



VOL. 78 NO. 8

DECEMBER 2017

# STAR NEWS

SHERIFFS' RELIEF ASSOCIATION



# Sheriff McDonnell's Holiday Message

**T**his year has been a tremendous time of change and opportunity for our Department, and I would like to extend my thanks for your support and the continuing contribution each of you makes to the Los Angeles County Sheriff's Department.

Our year together began with a new executive team and a fresh perspective. We have a new undersheriff and new assistant sheriffs, including the addition of a chief financial and administrative officer. An unprecedented number of captains and above were newly promoted this year. We renewed our commitment to the recruitment of quality individuals with a passion for community and public safety, and the retention of the talented personnel who are already part of our LASD family. The development of our next generation of deputy and professional staff leaders is our Department's number one priority.

As you know, there is no better career than working for the Los Angeles County Sheriff's Department. Our work together this year means that the LASD remains on the cutting edge of modern policing. We were invited on separate occasions to testify before the House Judiciary Committee studying best practices in combating emerging crimes. As a leader in law enforcement, the LASD stands ready to set the standard, but leadership roles can bring challenges as our practices are looked at to set a local, state or national standard. We faced that test in many of our communities as the national debate over immigration rights and state legislation brought focus to our interactions with Immigration and Customs Enforcement agents in our custody operations. However, the governor and, ultimately, the State Legislature used our LASD practices as a statewide model for law enforcement.

This appreciation for the LASD has been earned over the years, but our reputation with the communities we serve comes down to our everyday tradition of service. We never take for granted what kind of character, compassion and competence it takes to keep our public safe. This year, I had the privilege of congratulating the 59 Department personnel, including two retired LASD Sheriff's deputies and private citizens, who were honored at our 2017 Valor Awards. I am thankful that we, as a Department, take the time to honor the work underway and highlight the values of courage and commitment. Whether it is in responding to a call for service or in dynamic and tragic circumstances such as the Las Vegas shooting, we are reminded that we are together, never alone, in both good times and hard times. We are one big family like no other.

The traditions and commitment of the extended family of the Los Angeles County Sheriff's Department is essential to our mission.

There is no greater privilege than to serve as your Sheriff. I am thankful to be able to work with you, the men and women of the Los Angeles County Sheriff's Department.

My family and I wish you a safe and happy holiday season.

Sincerely,



Jim McDonnell, Sheriff





# STAR NEWS

THE OFFICIAL PUBLICATION OF THE SHERIFFS' RELIEF ASSOCIATION

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# Trustees Monthly Meeting

The regular meeting of the Sheriffs' Relief Association convened on Thursday, October 12, 2017, at 11515 Colima Road, Whittier. The following officers and trustees were present: Mike Abdeen, President; Joe Badali, Vice President; Trustees Kerry Carter, Joe Hartshorne, John McBride, Diane Stone, Veronica Urenda, Liza Vera and Glenn Walsh; and Bill McSweeney, General Manager. Trustees not present: Rich Maradiaga, Teresa Garrett and J.P. Harris.

The meeting was called to order at 4:37 p.m. A motion was made by Trustee Vera, seconded by Trustee Badali and unanimously carried to approve the minutes of the September 14, 2017, meeting and the August Foundation expenditures.

## COMMUNICATIONS

General Manager Bill McSweeney reported that communications were received from the following during the month of September:

From Pat Foxen to SRA, "I want to thank you for all the wonderful things you did for us when Don died. He always told me that my first call

should be to you, and he was right. You handled so many things so easily and some I didn't even realize until I heard from friends who had seen the notice in local newspapers where we had previously lived, many years ago. When I called Social Security to notify them, you had already done it. I cannot thank you enough for all the visible and hidden things you handled for us. The beautiful cased American flag you sent was a complete surprise and is so much appreciated by the whole family. It occupies a center spot on our mantel above the fireplace. It is stunning and Don would have been so proud to have it; I'm sure he knows it is here. The check you sent us was so helpful and I can't believe you didn't even need a death certificate to process it. Thank you again for all you did for us."

## BENEVOLENT REPORT

MORTUARY BENEFITS PAID DURING SEPTEMBER: \$125,500

MORTUARY BENEFITS PAID YEAR TO DATE: \$768,750

## MEMBERSHIP REPORT

We will be working closely with Susan Young in Personnel on newly retired members signing back up with SRA into retirement.

A total of 79 new membership applications were received during the month of October. A motion was made by Trustee Vera, seconded by Trustee Badali and unanimously carried to accept the following new members: Sean W. Adler, Kfleyesus M. Agostino, John A. Alas, Daniel J. Aldaz, Christopher R. Andrews, Aaron C. Appleton, Samantha R. Arreola, Donell A. Atienza, Brett M. Bailey, Dami- onne D. Baucham, Daniel Bautista, Luis E. Berrios, David T. Bouffard, Juan A. Calito, Julio C. Campos Jr., Michael R. Cardiel, Daniel Carlin, Jose L. Car- ranza, Conrado F. Castillo, Brian C. Clark, Terence D. Clark, Kristina F. Clover, Enrique R. Contreras, Diamond U. Cook, Richard L. Cranford, Andrea J. Cruz, Christian Damian, Rebecca S. Davis, Patric De Barros Pulido, Tyler C. Delzer, Truman C. Der, David Diaz, James T. Duus, Modesto Flores, Michael

*continued on page 6*



## Retired Deputies

By **Chickee Nelson and Don Fandry**

24 W. Winnie Way  
Arcadia, CA 91007  
(626) 447-6962

Email: [Chickee1@netzero.com](mailto:Chickee1@netzero.com) or [Djfandry@att.net](mailto:Djfandry@att.net)

On October 4, the Hi-Desert Luncheon Retirees got together for their monthly luncheon at *Marie Callender's Restaurant* in Victorville at 11 a.m. Those attending this luncheon were Chickee and Norman Nelson, Sheila and Joe Ortiz, Beth Comb, Annette and Lee Henderson, and Laupati Solaita. As usual, we ordered from the menu. Annette participated in a 27-mile breast cancer run and was sore the next day! Lee and Annette went on an Alaskan cruise last month and they had a stop in Canada, so they got off the ship. Lee almost didn't come back to the United States because he lost his ship's pass key card in Canada. When he went to check back into the ship, *no* ship card. He was lucky because someone found it and turned it in

to customs, so they had it there when he tried to check back in! If you are in the Victorville area on the first Wednesday of the month, come join us for a good lunch, excellent service from Amber and a nice group of people to spend some time with. Everyone is welcome.

On October 4, the Desert Heat Retirees got together at the Lake Havasu Elks Lodge in Lake Havasu City, Arizona. At the luncheon were Bill Violette, Jerry Gillen, Ed Ryan, Kevin Gavaghan, Mike and Leseah Castorina, Doug Muchmore, Mike O'Hara, Jim Slay, George Wilson, Don and Susie Sackett, Russ Kagy, Dan and Billie Grahek, Lee and Judy Anderson, and Jim Boatright. Come join us on the first Wednesday of every month. Thanks! — Jerry Gillen

On Wednesday, October 4, the Marshal's Old Timers Luncheon was held at *Marino's Italian Restaurant* in Bellflower. There was a good turnout. Those attending were John Davis, Leslie Taylor, Sharon Kramer, Roger DeHaan, Cliff Hartfield, Al Barnett, Peter Mack, Sam Combes, Robert Castro, Bill "Bull" Bulanek, Yolanda Lockhart and Terry Black. A good portion of conversation was devoted to the tragedy in Las Vegas. During the discussion, it was discovered that the Las Vegas officer who was killed was a cousin to Cliff Hartfield. Our condolences and prayers went out to him and his family. Davis is confirming the schedule for next year and is

*continued on page 6*



By David Rozas  
Airport Court

### LAW AND ORDER ON THE RUNWAY

’T is the season at Airport Court. Everyone is busy preparing for the upcoming holidays. Some of our regular customers are making return visits and collecting their frequent flier miles as the judge orders them another year of probation or a year in the County jail. But the employees keep up the challenging work to make each day a success. Our personnel work hard and train hard. Take, for example, our very own Nick “Scrooge” Coulter. At a recent training day, all the new deputies were excited to try the Taser. They were scurrying around, cutting in line so they could be first to fire it and watch the electrical display like kids on the Fourth of July. Well, except the “old guy.” As you can see in the picture, Nick is just thrilled to be there. I’m sure there are visions of sugarplums dancing around in his head.

Our own Sergeant Stacey Shire wanted to show off an early Christmas gift she bought for herself. Those pink shoes have a story behind them, though. It seems that while in between watching her son’s baseball games in San Diego, another team mom told her about a local outlet store near the border. The mom reassured her that the trip was only about 20 minutes down the freeway. Curious, Shire grabbed her daughter and the two drove down the 5 Freeway for about 45 minutes until they saw the dreaded sign “Last Exit in the United States. International Border Ahead.” As a slight panic shuddered over her, Shire made a mad dash across five lanes of traffic as her car kicked up the dust between the white lines of the exit ramp. Sweat beading on her



forehead, she thought of how she was going to explain that one to the Chief. With a few choice words under her breath and a sigh of relief, she found the outlet stores and had a nice few hours of quality shopping time with her daughter before heading back to the baseball fields. And all she got out of that was a pair of shoes!

As long as we are talking about fashion, we have to touch on personal grooming. In all my years on this Department, I have never seen a deputy sheriff not stop for a mirror. Of course, the higher up in rank you go, the bigger the mirror. But we all must start out somewhere. Our newest assigned deputy, Kevin Herrera, takes his personal grooming seriously. Besides being a good-looking kid, every morning he has his locker room routine. With the hair dryer blasting and him belting out his favorite song of the day, it’s always entertaining to get dressed in the morning. However, you can’t use the bathroom while he is in there, since all his personal toiletries line the sinks. The picture is only a sample of what we have to deal with, even though there are three sinks — all being occupied by Kevin. The end result is a sharp-looking deputy sheriff deemed the “Hair God” and the envy of Deputies Genao and Aguirre. Don’t worry, Kevin; your mom won’t see this article.



On the other hand, Jason “Kardashian” Lanska doesn’t bother with such frivolity. According to Jason, “If you’re going to do it, you might as well do it right.” That’s why he spends one day a month at the spa. Jason enjoys the luxury of having his hair done along with a pedicure at one of the finest salons in Beverly Hills on Rodeo Drive. And no, I am not making this up. This has been confirmed by numerous sources, including TMZ.

Going from personal hygiene to physical prowess, Ramy Khaddage is in the *Star News* again — this time



boasting about his grueling physical workouts, which include running up the 10 flights of stairs at the courthouse, 120 burpees and a two-mile run around the surrounding streets. Once again, to the higher-ups on the Department: Please take notice, as he describes himself as the epitome of what a deputy sheriff should be. He really wants to be on a billboard along any Los Angeles freeway.

Deputy Greg Arellano had a run-in with one of our frequent customers.

During an arraignment, a mentally ill homeless individual decided he wasn’t going along with the program and became upset with what the judge had to say. Unfortunately, Greg was in the wrong place at the wrong time. As Greg opened the door back to lockup, the handcuffed inmate headbutted Greg, knocking him out for a few seconds. Fortunately, Deputy Ed Aguirre was a few feet away, heard the commotion and assisted until help arrived. Greg is fine, and that’s why we have the photo of him lying in the hospital bed with the neck brace on. He was back at work the next day, full duty, filling out paperwork. There are easier ways to get the holidays off.



Well, another icon from Airport Court is leaving. This time Deputy Jonathan Stannard is transferring to Long Beach Court. We will miss you and your strong work ethic. We wish you the absolute best in all your future endeavors on this Department.

And can anyone please explain to Deputy Christian Davis the difference between corrode and tarnish?

As another year comes to an end, we at Airport Court wish all of you a very special holiday season and a very prosperous 2018. Stay safe, everyone. ☆

Fuentes, Allan E. Galvez, Eladio C. Garcia, Carlos A. Gutierrez, Jennene Hendrix, Joseph F. Herrera, Annabelle Hinchman, Genevieve M. Howell, Consta Y. Kelly, Grigor Kglyan, Juan M. Lem III, Cesar Lomeli-Rocha, Jonathan J. Lopez, Hector Macias Jr., Michael D. MacMullen, Arman S. Magsino, Caden Magwood-Gonzales, Jose J. Marquez Jr., Allan Z. Mata, Christian D. McCarthy, Christopher R. McDonald, Milton A. Mendez, Natalia A. Meraz, Cristian Morales, Oscar M. Morales, Devin N. Musil, Cristian M. Ortega, Karla E. Paniagua, Francis Sanchez-Montoya, Danielle N. Santos, Alyssa K. Sarkis, Danica J. Scales, Erinn M. Schirmeister, Rafael Sierra Jr., Scott A. Stevenson, Michael M. Sturgill, Ramiro Suarez Jr., Steven C. Thigpen, Adolfo C. Trujillo, Consuelo Velasquez, Keith S. Wells, Melanie Wiersma, William L. Wigodsky,

Martha Zamora-Pineda and Amethyst D. Zetina.

We had 1 death of an active member, 15 deaths of retired members, 3 cancellations of active membership, 3 cancellations of retired membership, 3 new honorary associate members and 2 deaths of honorary associate members.

There were 19 members who resigned, 7 discharges and 6 who transferred from the Sheriff's Department/Relief Association during the month of September.

### EMPORIUM REPORT

Uniform sales will only be at Store 3 in Castaic, as the store at STARS does not have enough room to accommodate.

The Lakewood fundraiser raised \$352 in gross sales. A motion was made by Trustee Badali,

seconded by Trustee Stone and unanimously carried to donate 50 percent of those proceeds to the Friends of Lakewood Sheriff's Station fund.

### OLD BUSINESS

Building construction has not been approved but still has a lot of attention and support from the Department.

### ADJOURNMENT

At 5:33 p.m., a motion was made by Trustee Badali, seconded by Trustee Vera 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 4*

looking for a replacement for the *Elephant Bar* in Downey. He is considering the *Lazy Dog Restaurant* in the same vicinity. John is always open to and looking for suggestions for places for the luncheons.

On October 9, the Lakewood ROMEOs met for lunch at *Fuddrucker's* in Lakewood Mall. Attending were Bill Richardson, Bob Pierson, Mike O'Hara, Peter Mack, George Boswell, Robert Pryor, Sandra Escandon, Frank Matillo, Bob Ruegger, Ed Dahlstrom, Randy Algra, Ron Morgan, Bill Snyder, Ben Hilliard and Jerry Berry. We all ate enough to satisfy our hunger and then left. See you in December at *Lucille's Smokehouse BBQ* in Brea. — Bill

On October 11, the San Diego Retirees met at *O'Sullivan's Irish Pub* in Carlsbad. A great time was had by all. Present were Lou Brown, Bill Findon, Richard Shockcor, Jim Stevenson, Billy Gaynor, Harry Penny, Ron Wisberger and Bob Henley. We were also joined by Jerry and Carol Olmstead, who made their first appearance at the San Diego Retirees lunch. — Joe

On October 17, Academy Class #187 held its 40th class reunion at *Steven's Steakhouse*. It was a well-attended event and all seemed to enjoy meeting and greeting their former classmates.



Academy Class #187's graduation photo



Academy Class #187 on October 17 at their 40th class reunion luncheon

We hope to see all again at another less formal event, hopefully sooner than our 45th reunion. Class #187 had many participating agencies, so not all faces may have seemed familiar. The participating agencies were Compton P.D. (3), Covina P.D. (1), Downey P.D. (4), Glendale P.D. (10), Hawthorne P.D. (2), Hermosa Beach P.D. (1), Irwindale P.D. (1), L.A. City Schools (3), L.A. Community College (1), L.A. Housing Authority (3), Monrovia P.D. (1), San Fernando P.D. (1), Santa Monica P.D. (3), Torrance P.D. (1) and Vernon P.D. (1).

On October 18, the Las Vegas Retirees got together for their monthly luncheon at *Lakeside Charlie's* on Sahara and Decatur. Those attending the luncheon were Hershel Aron, John Hooge, Nik McGraw, Donald and Melody Gray, Virgil Bartlett, Jim Ellison, Dave Hansen, Ray Walker, Chickee and Norman Nelson, Mario Estrada, Barry Katz, Gary Griffith and Frank Hurtado. You never know who you might run into at a luncheon. We were sitting down and I looked down our row, and I thought, "That looks like Deputy Hansen, who I worked Lakewood with back in the '70s, and I haven't seen him since then." Guess what? It was Dave Hansen! What a total surprise. It was great to see him

after all these years! Time sure does fly. This was also Mario Estrada's and Frank Hurtado's first time attending the luncheon. We hope they return. If you are in the Las Vegas area during the third Wednesday of the month, just drop on in to *Lakeside Charlie's* at noon and have lunch with some good people, good food and good service. Everyone is welcome.



*Las Vegas Retirees. Front row: Don and Melody Gray, Hershel Aron, Barry Katz, Virgil Bartlett and Chickee Nelson. Back row: Jim Ellison, Nik McGraw, Frank Hurtado, Dave Hansen, John Hooge, Ray Walker, Mario Estrada, Gary Griffith and Norman Nelson.*

On October 19, the Retired Deputies had their quarterly luncheon at *Villa Catrina Restaurant* in Arcadia. This was our first time going there and the food was very good. We are going to change the day of the luncheon to the second Wednesday of the month. Those present at this luncheon were Cecil and Barbara Sabatine, Gilbert Sherwood, Woody and Liz Polidore, Earl Polidore, Norman and Chickee Nelson, Dale Johnson, Richard Smith, Bobby and Gina Harris, and Don Fandry. The next luncheon will be on Wednesday, January 10, at 11:30 a.m. You can choose a buffet or you can order from the menu. The buffet is \$10.95 plus tax. Everyone is welcome to join us for a delicious meal and fun.

On October 20–22, the Sheriff's Retreat was held at Serra Retreat House in Malibu. There were 65 of us who attended this retreat and we had a grand time. It was so peaceful and relaxing, and the weather was perfect all weekend long. In the evenings, it did get a little cool but it was nothing to complain about. As always, the conferences were interesting, the food was delicious and we all had a great time. Next year, it will be held October 19–21. Plan now to attend.

On October 23–26, the RELAC Camping Group got together at Emerald Desert RV Resort (76000 Frank Sinatra Drive) in Palm Desert. Those attending this campout were the Wagon Masters, Dian and Leon Stegall, Janet Cerato, Ron and Betsy Morgon, Peter J. and Beverly Loomis, Jeannie Klauk, Dorie Fregeau, Mike Reyes, Bob and Linda Reyes, Norman

and Chickee Nelson, and Bill and Janice Hayhurst. They had two delicious breakfasts. Monday night we had hors d'oeuvres, and then we had a potluck on Tuesday, October 24. We went to dinner at the *Fireside Restaurant* in Palm Desert on Wednesday night. Maria and Paul Myron and Cam Correa joined us at the restaurant as they all live out that way. We all

had a nice time together. If you have a motor home or trailer and would like to join us, you can give our coordinator Mike Reyes a call at (909) 556-8757. If you want to come in a day early, they do have an early day arrival. The RELAC Camping Group meets quarterly, but also in September and October!

On October 27, this morning was a beautiful morning in the Antelope Valley, clear skies, *no* wind and a cool temperature. For you "lowlanders" who are experiencing some very hot days, we in the high desert are enjoying some nice autumn weather. There were 23 people attending the monthly breakfast at *Denny's Restaurant* in Lancaster. Most of the conversing was with former Antelope Valley deputies who retired and now live in other locales. Out-of-town attendees were Bill and Joetta Webb, who hail from Phoenix. Bill used to live in Flagstaff, but I guess they preferred the warmer climate of Phoenix over the cold, snowy high country. Former AV Deputy and retired Arson Sergeant Bob Briley came, along with his daughters Kathleen and Ralee. Bob resides in Southgate. Mary McKain had a guest, Alberta Brazland. All the way from Hayden, Idaho, David Root was a deputy at AV Station in the late '60s and early '70s. It's nice to have "old-timers" stop by and pay us a visit. Ron Shreves showed up splendidly attired in Dodger blue, including a great-looking Dodgers cap. I guess he is a Dodgers fan. When my wife saw the hat, since our son-in-law's birthday is next week, and since he is a die-hard Dodgers fan living in the

Dallas area, she decided to buy him the same hat and a shirt to sport around. Retired Lieutenant Charles "Chuck" Wood was not in attendance; however, since his 80th birthday is near, we all sang the birthday song to him. This songfest was recorded by Glenn Hutchinson's daughter, who will be forwarding it to him. Happy birthday, Chuck. Attending the breakfast were Don Ott, Tom Ewens, Glenn Hutchinson, Ron Nybakken, Kent Anderson, John Ament, Ron Shreves, Keith Hoyt, John Sylvies, Dennis Papp, Al and LuAnn Shoomliansky, Vance Kirkpatrick, and Carlos and Bette Valdez, as well as the aforementioned guests. Until next month, stay safe and don't forget the Laughlin Roundup.

Retired Deputies Inland Empire hiked to the Bridge to Nowhere, located in the Narrows on the east fork of the San Gabriel River. After meeting at Walmart, we carpooled to the trailhead. Starting on the original East Fork Wagon Road, we hiked past the heavy pine tree area of Heaton Flats. Here we saw the remains of a rock miner's cabin on the south side of the trail. This cabin is believed to be that of a miner who was found dead from a rattlesnake bite across the river near his claim, around 1871. It was rumored at the time, in the mostly abandoned town of Eldoradoville, that he had a large cache of gold hidden near his workings. His identity has been lost to time, along with his gold. Leaving Heaton Flats, we continued on the improved trail constructed by the Boy Scouts as part of an Eagle Scout project. As the weather grew warmer we came to our first river crossing. Here we found the water knee-deep and warm. Climbing the trail, we found the asphalt remains of a road that had washed out in the great flood of 1936. We would continue to see portions of this road as we hiked. After about a mile we recrossed the river and came to what is effectively known to ELA deputies as Mario Cuevas Rock — so named because he had sunned himself there years ago for all of nature to see. For some strange reason animals still avoid the area. We continued our hike, passing Swan Rock (the halfway point) and the rushing water from Allison Gulch. Swan Rock is a 70-foot outcropping of white metamorphic gneiss that is shaped like a swan. There were also the remains of a tramway that used to support the high-altitude Allison Gold Mine. Crossing the river six more times, we climbed above the floor of the canyon and had a good view of its rocky bottom. Across the river were the ruins of cabins belonging to a gold mine from 1900. This mine is in great condition and difficult to locate unless one knows where the trail is. It is worth seeing and kept secret. As we crossed a landslide, the trail narrowed to approximately 10 inches with a 150-foot steep drop. A fall here would require an Air 5 response. In another mile, we came to the Bridge to Nowhere. This concrete bridge spans

*continued on page 8*

I know it's hard to believe, but December has arrived. If you're anything like I am, you still have several weeks before you start your Christmas shopping and you are eyeing your waistband, regretting all of the Halloween candy and Thanksgiving turkey you've consumed. Ah well, that's what New Year's resolutions are for, I suppose.

## SECURITY

I know you must be thinking that I spend a lot of time writing articles on data security. And you're right, I *do* write a lot on the subject of security. In this day and age, we have all seen the damage that can be incurred from having insufficient data security in place. Not even the largest organizations seem to be immune to being hacked. Yahoo, Equifax, Deloitte... The list goes on and on. Hackers are out there working day and night to exploit any weaknesses they can find in network security.

A new mindset has slowly been taking shape in the arena of cybersecurity that will hopefully make things a little more difficult for those individuals trying to break in. That mindset is switching from passwords to passphrases. The thinking is that just one word won't cut it anymore. Instead, a lengthy phrase or sentence is much more likely to stop a hacker in their tracks.

When users are limited to a certain number of characters, but are saddled with a lot of requirements to include unusual characters, we get passwords that are hard to remember, but easy to

hack. And when each account is calling for these difficult-to-remember passwords, tech users are more likely to become lazy and reuse passwords, which is one of the worst things you can do when it comes to personal security.

So instead, more and more networks are encouraging users to create a passphrase. To do that, users should tap into what the human memory is already skilled at: remembering things by association. But these passphrases should not be easy to guess through social engineering or easy web sleuthing, so don't use the names of your three kids strung together. Instead, passphrases should be words that can go together in your head, but no one else would ever suspect.

A passphrase alone won't suffice, however. They're much harder to crack, but still not impenetrable. Multi-factor authentication should still be used wherever possible, especially for email accounts and any banking or financial accounts.

But no matter how sophisticated our network security is, it's all for nothing if you write your password on a Post-it and stick it on your monitor.

## WI-FI VULNERABILITY

While we're on the subject of data security, it was recently discovered that the security protocol for most modern Wi-Fi systems (WPA2) contained a flaw that could allow an attacker to steal sensitive data such as email, credit card information and passwords. This key reinstallation attack (KRACK)

could also potentially allow someone to inject or manipulate information in the system (malware being installed into websites, etc.).

How it works is technically complex, but the easy explanation is that the attacker gets the access point to rebroadcast part of the initial handshake, analyzes that information and then intercepts the rest of the conversation.

In order to fix the problem, users should install recommended updates from end device and network equipment manufacturers. Microsoft already released security patches several weeks ago.

## CONGRATULATIONS

Data Systems Bureau would like to congratulate Senior Information Systems Analyst Rosemary Dean on her 30 years of Department service. She recently attended a luncheon where she was recognized by Undersheriff La Berge for her many years of faithful service. Thank you for your dedication and all the years of hard work, Rosemary!

## HELLOS AND GOODBYES

We've had a few new faces added to the DSB family photo in the past weeks. I'd like to take a moment to welcome Senior Application Developer Shraddha Kohad and Information Systems Analyst II Tom Chou, who joined the SDS team, and IT Technical Support Analyst I Becky Choi, who is handling business with the JDIC team. Welcome aboard! ☆

## Retired Deputies *continued from page 7*

the deepest gorge in southern California. It was built for a road that was to allow access to Vincent Gap. The great rain of 1936 and the violent rush of water destroyed this project, and it was never used. It is all that remains of the road. As we took lunch upon the bridge, the narrow walls of the canyon echoed the rushing water below. We were too weary to hike down the 300 feet to the water. We just rested and talked of the good old days of LASD, people we knew, future plans, vacations and things of that nature. It was easy to just sit and enjoy the ruggedness of the terrain. Spotting a couple of hawks soaring near Iron Mountain, we noticed a thunderstorm forming. Not wanting to get caught in a storm and hearing thunder, we decided to leave. Our return hike was not difficult and in fact was somewhat easy. With the sun setting behind the walls of the canyon and the



*Retired Deputies Inland Empire: Tommy Jimenez, Mark Weldon, Helen Pena, Rich Esquer, Roger Silos and Cornelius Healy*

coolness of the approaching evening, the remainder of our hike was pleasant. The last half-mile was uphill so we all felt it. This hike was supposed to be approximately eight miles, but our walking counters read 13. It was a "kick in the pants" for us. Leaving the trailhead, we ate dinner at *Norm's Coffee Shop*, where the food was great. It was a long day for us, but what the heck! We are retired. Any deputy is welcome to join us on our hikes. If you are new to hiking, we will start you easy on 1-1.5 miles. Just let me know and we will discuss it. — Cornelius Healy, [scranch@earthlink.net](mailto:scranch@earthlink.net)

Can you believe that another year has come and gone? Well, it has, and we are going into 2018. Happy new year to everyone! We hope that this will be one of your best retirement years ever! Take care. God bless. Sincerely, Chickee and Don. ☆

# FROM THE DOCS

## FINDING OPTIMAL PERFORMANCE, PART 1

By Heather Staufenberg, Psy.D.

The term *arousal* refers to a state of awareness and readiness for action. Like nearly all such states, arousal must be maintained at the appropriate level for a given task in order for you to be effective. The optimal state of arousal in any situation, whether routine or an emergency, is that which energizes you for proper action, but doesn't distract or hinder you from carrying out the task.

When there's a perceived threat of any kind — ranging from life-threatening to a simple annoyance — your body activates the stress response, “fight or flight.” This natural response helps you prepare to respond to perceived physical or mental threats. However, too much arousal sends you into adrenaline overdrive and you can become scattered, panicked and unable to complete tasks effectively. When this happens, the goal is to decrease your arousal to an optimal level that is appropriate for the situation so you can perform at your best.

Here are some techniques for decreasing arousal level that you might consider:

1. **Learn to relax.** Progressive muscle relaxation is used to monitor and control muscular tension. *Here's how you do it:* Isolate one muscle group at a time, creating tension for eight to 10 seconds and then letting that muscle relax. This process is guaranteed to work because it's based on a principle of physiology. Whenever you create tension in a muscle and then release the tension, the muscle has to relax. It doesn't have a choice. The interesting aspect is that the muscle will not only relax back to its pre-tensed state, but if it's allowed to rest, it will become even more relaxed than it was prior to tensing it.
2. **Breathe deeply.** This technique is used to control the tension you carry in your body. By filling your lungs when you breathe, your diaphragm contracts downward and stimulates your vagus nerve, which triggers your body's automatic relaxation response. *Here's how you do it:* Take a deep inhalation into your belly while counting to five. Then very slowly exhale while pursing your lips. To get into a vagus nerve stimulation mode, try reducing the number of breaths to five to seven per minute.
3. **Center yourself.** Centering is an ancient visualization technique popular in aikido. It teaches you to focus on the here and now, taking power away from outside concerns and negative thoughts. *Here's how you do it:* Focus on breathing deeply. Then locate your “physical center of gravity,” which, in centering, is visualized as being about two inches below your navel. Once you've found it, take at least five deep breaths in and out. Continue to concentrate on your center and feel the sensation of being stabilized and on the ground. Finally, channel your energy into achieving your goal — think about what you want to achieve and focus on positive thoughts related to it.
4. **Control your attention.** Attention can be either internal or external, and broad or narrow. When you're focused inward (i.e., thoughts, emotions, physical sensations), you have an internal focus. When you're focused on the environment (i.e., weather), you're using an external focus. In terms of width, a broad focus is when you're paying attention to many things at once (e.g., examining a suspect's hands, your partner's location, the backdrop), whereas focusing on a specific point (e.g., the barrel of a gun) is considered narrow. *Here's one way to practice:* First, get into a comfortable position, somewhere that is as free of distractions as possible. Pick an object in the room — a picture, a lamp or even a spot on the wall. Try to keep all of your attention on this object, tuning out any other stimuli in the room. Hold that focus for as long as possible, then voluntarily shift your attention away from the object to another

object in the room. Make that your focus of attention. Try this with a few other objects.

5. **Be mindful.** Mindfulness helps train the prefrontal cortex, the part of the brain that creates a calm and alert state of mind. It helps us stay focused, avoid distraction and perform at our best. By bringing our attention inward, we also activate the insular cortex of the brain. As a result, we experience a heightened sense of awareness of our body and improve communication between the body and mind. This helps us sense physiological changes and make split-second adjustments even before we're consciously aware of what's going on (and before those factors impact our performance). *Here's one way to practice:* Lie on your back with your eyes closed, palms up and legs relaxed. Bring your attention to your toes, noticing how they feel. Focus your attention here for a few breaths, then move on to the sole of your foot. Repeat the process as you travel up your ankle, calf, knee and thigh. Bring your attention to your right foot and repeat the process. Continue to move up your hips, lower back, stomach, chest, shoulders, arms, hands, neck and head — maintaining your focus on each body part and any sensations there. Breathe into any areas that are holding stress and try to release it.
6. **Use external cues.** These include music and selective attention (e.g., spending your off hours at the beach). You can use these with the other techniques in order to have an overall greater cumulative effect.

If you would like support in learning how to decrease your arousal to an optimal level so you can engage in optimal performance, please contact the Psychological Services Bureau at (213) 738-3500 to schedule an appointment. Appointments and all consultations are confidential. To obtain additional information, visit our intranet site (<http://intranet/intranet/ESS/Index.htm>). ☆



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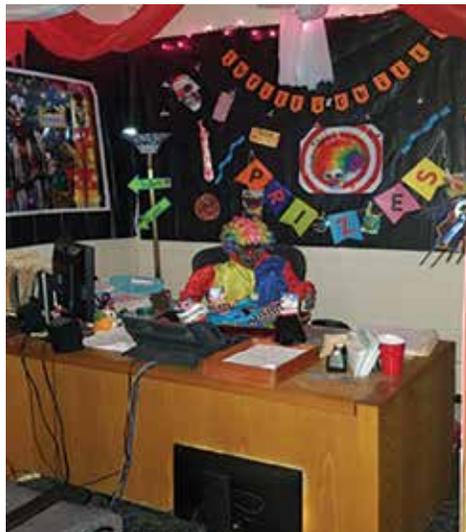
Sheriffs' Relief members can purchase discount tickets on our website.

Go to [www.sheriffsrelief.org](http://www.sheriffsrelief.org).

## CARSON STATION DISPLAYS THE HALLOWEEN SPIRIT!

In early October, station clerical staff had the idea of a Halloween decorating contest in an effort to get Carson Station into the Halloween spirit. Station secretaries and detectives, along with several other station personnel, soon joined in creating Carson Station's first annual Halloween decorating competition. Participants decorated their assigned workspaces with themes ranging from scary clowns to crime scenes to spider infestations, just to name a few.

The entire station voted in late October, and after a very close vote, Supervising Secretary Annette won the inaugural competition. The effort and incredible imagination of all who participated made for a memorable event.





### CARSON STATION RECOGNIZES OUR STATION VETERANS

Veterans Day is an official United States public holiday, observed annually on November 11, honoring those who served in the United States Armed Forces.



Since our forefathers founded this country, America's military has battled to keep it — to keep us — safe. Veterans Day honors every veteran who has fought for freedom. Please join thousands of other patriotic Americans this Veterans Day in pledging your support of the men and women of our valiant military, and:

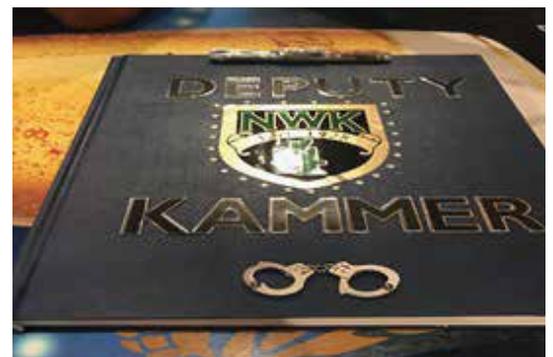
- Reflect on the sacrifice of America's warriors. Please observe a moment of silence on Veterans Day with family, and encourage friends and co-workers to do the same.
- Spread the word about the real meaning of Veterans Day, because it's not just a "day off work." It's a time to remember that our American freedoms come at a cost.

Deputy Joshua Bohnert, Deputy Keenan Fyles, Detective Dion Ingram and Volunteer Benny Licon (all pictured), along with Deputy Rayman Bailes, who is currently deployed, and Deputy Ramon Cardenas (each not pictured), are just a few of the heroes assigned to Carson Station who are currently serving or have served so honorably in our armed forces. We thank you immensely for your service to our country!

### CARSON PERSONNEL COME TOGETHER FOR LAS VEGAS SHOOTING VICTIMS

On October 1, in Las Vegas, Nevada, we witnessed the largest mass shooting in our nation's history, which killed 58 people and injured over 500. Our Department had close to 170 personnel attending the event on their personal time when the shooting occurred,

and two were struck by gunfire at the event. The sergeant and deputy sustained non-life-threatening injuries, but they have an extensive recovery process ahead of them. With this in mind, members of the Department hosted and sponsored fundraising events to assist with the recovery efforts, along with showing each and every one of us the importance of the brotherhood the law enforcement community represents. Carson Station Explorers, volunteers and deputies came out and represented at Norwalk Station's spaghetti fundraiser for Deputy Kammer. ☆





By Ernest Bille  
American Legion Star Post 309

## 90TH ANNIVERSARY BALL

On October 13, close to 175 legionnaires, veterans, active-duty military service personnel, dignitaries, friends, family and supporters celebrated the Star Post's 90th anniversary in grand style.



Several dignitaries were in attendance, including Assemblymember Reggie Jones-Sawyer of the 59th District (where the Bob Hope Patriotic Hall is located) and Sheriff Jim McDonnell, along with his wife, Kathy. Representing the Los Angeles County Board of Supervisors were Kathryn Barger and her field deputy Debra Mendelsohn of the Fifth District, and Tony Chapa representing Supervisor Hilda Solis and the First District. Also in attendance was Secretary of the California Department of Veterans Affairs and fellow legionnaire Dr. Vito Imbasciani, along with past CalVet Secretary and retired Major General Peter Gravett.

From the American Legion, we had the honor of hosting California Department Commander Robert Heinisch, Department Commander Wayne Yee, Past Department Commander Hugh E. Crooks Jr., and many other distinguished guests from the department, area, district, and post levels. We realize that we may have left out a lot of people by name, but we want to acknowledge everyone present. In our eyes,

every person in attendance was a distinguished guest and we are truly grateful for the support and recognition we received during the event.

Our ceremony began in customary fashion with the presentation of colors led by Third Vice Commander Pete Ramirez (Army, retired LASD). Leading the gallery in the Pledge of Allegiance were the young men and women of

the Southland Young Marines. They received much praise from our attendees for their poise and discipline. Star Post proudly supports these youth programs and will continue doing so for a long time.

Our comrade Ron Nybakken (Korean War veteran, Navy, retired LASD) led us in the POW/MIA remembrance service while Sergeant-at-Arms Christian Perez and Assistant Sergeant-at-Arms Richard Valenzuela stood guard at the Missing Man table.

After some introductions, Assemblymember Jones-Sawyer was called to the stage. He said it best when he recognized the men and women of the Star Post and their commitment to "still serving proudly." As veterans of our military, Star Post members continue to serve as guardians of our communities. The assemblymember presented the Star Post with a beautifully crafted resolution recognizing the contributions and service of Star Post members, past and present.

In similar fashion, Supervisor Barger also recognized all personnel in service to our communities and to the residents of Los Angeles County. She and Supervisor Solis each presented the Star Post with a scroll of appreciation for our continued service. After seeing the nicely framed resolution from the assemblymember, Supervisor Barger promised a framed scroll to be signed by all five supervisors for the Star Post.

We would also like to thank State Senator Holly Mitchell of the 30th District for also presenting the Star Post with a resolution honoring our service. While she was not able to attend because of a prior engagement, she did send her best wishes to all members of the Star Post.

During the ceremony, Post Commander Patrick Gadut also acknowledged the legacy of our departed past Commander John Wolak Sr. Wolak was post commander from 1979 to 1980 and served with distinction as a veteran, Star Post member and longtime member of the Sheriff's Department. His legacy at the Sheriff's Department lives on through his children, three of whom were present to celebrate with us. Post Commander Gadut made it a point to acknowledge James Wolak, Jason Wolak and John Wolak Jr. for carrying on the memory of their departed father.

It was no secret that last year, the Star Post was on the verge of possibly giving up its charter because of low membership and inactivity within the Legion. The story of our revitalization was displayed beautifully in a video produced by Star Post. It is available for viewing on our website at [www.StarPost309.com](http://www.StarPost309.com). Through a concerted effort by concerned veterans, and with the blessing and support of Sheriff McDonnell, the Star Post was able to continue moving forward and has grown into a premier post of the American Legion. Several Star Post legionnaires were instrumental in the revitalization. For their efforts and commitment to service, they were recognized for their hard work and achievements. Department Commander Heinisch, Department Historian Yee and Sheriff McDonnell presented the American Legion General Medal — Gold to the following legionnaires:

- Post Commander Patrick Gadut (USMC)
- First Vice Commander Steven Gross (USAF Ret.)
- Second Vice Commander/Historian Jason Crosswhite (USA)
- Sergeant-at-Arms Christian Perez (USMC)
- Adjutant Ernest Bille (USA)

- Assistant Adjutant/Retiree Liaison Ron Nybakken (USN)
- Finance Officer Charles Duncan (USA Ret.)
- Chaplain/Judge Advocate Hugh E. Crooks Jr. (USA)

After the presentation, Steve Gross said a few words about the importance of veterans, especially within the Sheriff's Department, and the significance of the Star Post to promote the veteran identity within the Department. Military service teaches values that are beneficial to civilian employers. Service before self, excellence and integrity are veteran values and the foundation of a good deputy sheriff and a citizen in general. He went on to explain that within the American Legion, there is no rank, meaning that any veteran can aspire to lead with the focus of veterans in mind. In closing, he called upon Sheriff McDonnell to be recognized for his commitment to his veteran personnel and the veteran community.

Star Post was honored to present the Sheriff with a token of our appreciation for his continued support of veterans and active military personnel. Sheriff McDonnell spoke of the partnership between the U.S. military and the Sheriff's Department dating back to its founding in 1850. The partnership continued with several sheriff's deputies answering the call to service during World War I. In 1927, four-time Sheriff William Traeger was a founding member of the Star Post. Sheriff McDonnell recounted how he was approached by veterans in the Sheriff's Department to revitalize the Star Post. Understanding the history and importance the American Legion holds for veterans, he pledged his full support and remarked about the Star Post's amazing progress. This progress includes inculcating a sense of identity for the veterans within the Sheriff's Department. Additionally, he spoke of the partnerships with other entities to continue the good work of the American Legion, including other American Legion posts, local and county-level government representatives, veteran resource officers, community-based organizations, and concerned veterans and citizens. In closing, he hopes the Sheriff's Department can continue with more collaborations with organizations like the American Legion. He was very gracious in thanking all present for their service.

No celebration would be complete without music and dancing. We were treated to a great live musical performance by the Bobby Z Band. They were terrific and played a whole array of dance music. You can find them on Facebook along with event information. During their break, we were treated to the musical stylings of DJ Oscar Colindres, who is also a USMC veteran. If you'd like information for booking any of these entertainers, feel free to email us at [info@starpost309.com](mailto:info@starpost309.com), and we'll forward you the information.

Once again, we would like to extend a warm thank-you to everyone who attended. We realize

not everyone could make it because of distance, health concerns or other obligations. We know you were there with us in spirit. We hope to see you again at our next ball.



### CHILI COOK-OFF CHAMPIONS!

That's right! Your Star Post took the Grand Master Award for the judges' choice as the best chili in the west! — well, maybe, at least in Castaic.

Two of the four pillars of the American Legion are Americanism and children and youth. As part of our ongoing commitments to fulfill our obligations to our nation and community, the Star Post regularly promotes these ideals. Star Post has been a supporter of the Southern California Special Olympics since our revitalization, and well before then. We have participated in the Law Enforcement Torch Run, along with another veteran support organization, Team RWB. We also participated in the 2016 Chili Cook-Off benefiting the Special Olympics.

This year, we made a pledge to bring home the trophy for the best chili, and we came through with our promise. There were several prizes awarded at the event. Star Post took second place this year for the best booth. As you can tell by the photograph, a plane crashed into the roof of the booth; rumor has it that Harrison Ford was flying the plane. All kidding aside, we'd like to give special mention to Star Post's Second Vice Commander and Historian Jason Crosswhite for all his hard work in getting the booth to look as great as it did. The nose art was painted by inmates at PDC as part of their ongoing rehabilitation programs. Our theme this year was: "We bring the heat. Our chili is da bomb."

As for the chili, it was robust and filled with brisket, bacon and various chilies. We would say what else is in it, but we wouldn't want to disclose the secret recipe. Accompanying the chili, Star Post served a jalapeño cornbread and other delicious condiments. Many people came back for seconds and to vote for our chili.

There are two main tasting awards presented to the best chili. The first is the People's Choice Award, which is given to the booth that receives the most tickets as voted by the tasters. We received many tickets, but came up short on this end. But we did win the Grand Master Award, which is voted on by a select panel of judges. Look for more pictures and a video of us winning the perpetual trophy on our website. It took seven Star Post members an entire day of working together to create the award-winning chili. We'd like to thank Otium Restaurant in Downtown Los Angeles for the use of their kitchen. They continue to be avid supporters of law enforcement, veterans and other causes, such as the Special Olympics. Making 20 gallons of chili in a commercial kitchen is far easier than using a domestic kitchen, which is what we did last year.

We invite all Star Post members to actively participate in these special events throughout the year. We'll keep advertising them, so make sure you make it a point to support the Post. After all was said and done, the event raised close to \$50,000 for the Special Olympics. Because each team volunteers their time, food product, booth and other expenses, close to 100 percent of that money goes directly to the cause. We hope to see you at our booth next year, where we will be defending our championship crown. ☆



# L.A. SHERIFFS' MUSEUM

By Chris Miller

Los Angeles Sheriffs' Museum

## A VOICE FOR THE SHERIFF'S DEPARTMENT

The television show *America's Got Talent* has produced two winners who enthralled audiences with their talents as ventriloquists, but it's doubtful that either of them will ever have the lasting influence of one very special deputy. During the 1970s, '80s and '90s, the Los Angeles County Sheriff's Department had its own ventriloquist star who not only thrilled his audiences but educated them as well.

Aaron Williams was a professional ventriloquist who was first hired by Sheriff Peter J. Pitchess as a reserve deputy to perform at Sheriff's Department events. When Sherman Block became Sheriff, he appointed Aaron to a full-time position where he went to schools educating and entertaining children. Through the magic of ventriloquism, Aaron broke down the wall between kids and deputies, teaching them how to stay safe and that police officers were there to help people, not harm them. This interaction with children provided a positive influence that affected their views of law enforcement for the rest of their lives.

## GROWING UP

Aaron Williams was born on August 22, 1932, in Atlanta, Georgia. Facing very hard times, his 16-year-old mother took a job as a maid working for a couple who traveled around the country. He was moved to his grandmother's home and since he seldom saw his mother, he didn't know her and thought his grandmother was his mother. One day, Aaron's mother showed up and took her now-6-year-old son with her to live in his middle aunt's home in Dayton, Ohio.

His mother had an off-and-on relationship with a man who badly abused her. She and Aaron would live with the boyfriend until the abuse became so bad they would leave and move back in with Aaron's aunt. His mother finally decided she was done living in a toxic environment with an abusive boyfriend and left for the last time. Sensing that she wasn't coming back, the boyfriend said that if he couldn't have her, no one could. So, one night he waited until she got off work and then shot her five times, killing her.

At 8 years of age, Aaron found himself with no mother and no home. His eldest aunt took him in, but he quickly learned that if he wanted to stay there, he had to pay his way. Little Aaron managed to get hired at a bowling alley, and when he arrived home



Deputy Aaron Williams and his puppet, Freddie, in their LASD uniforms

from work each night his aunt required him to place a dollar in a cigar box. Adding insult to injury, this aunt whom he barely knew left one day and never came back. It was now up to his uncle to raise him.

Aaron was only in elementary school at the time. Other kids might have lashed out by causing trouble, joining a gang or using drugs, but not Aaron. Although Prohibition had been repealed in 1933, the repercussions lasted for years; there was big money in bootlegging, and Aaron grew up watching criminals transporting illegal booze. He had seen firsthand the devastating effects of alcohol on people's lives. One of the kids he grew up with, a world-class athlete with a promising future, began drinking at a young age and by 10th grade was an alcoholic. He dropped out of school and his life went downhill from there. He was never able to overcome his addiction, and alcohol eventually killed him. Because of this, Aaron never smoked or drank. It would have been easy to quit school, but Aaron didn't do that. Instead he gained a passion for learning, and it was this passion that he used later to encourage kids to remain in school.

## THE SCHOOL TRAFFIC SQUAD

Sergeant Hessinger, who worked for the Dayton Police Department, had a huge influence on Aaron when he was in elementary school. Hessinger, a

white officer who treated everyone with respect, was in charge of the school traffic squad where kids acted as crossing guards directing traffic so that fellow students could cross the street safely. Aaron joined the school traffic squad and thoroughly enjoyed it.

Living in a rough neighborhood, he was always happy to see the police because there was a lot of violence and he felt safer when they were around. Aaron was a loner, steering clear of illegal activities and watching as some of his friends went to jail. He didn't want that to happen to him.

## LEARNING MAGIC

Aaron was in fifth grade when a magician visited his school. His teacher asked him to help the man carry his equipment into the classroom. Aaron watched the show with fascination and decided that he wanted to learn to do that, too. He soon realized that magic was a great way to break the ice, overcome his shyness and talk to girls. He also realized that the magician who came to their school wasn't very good. Nonetheless, magic had opened the door and ventriloquism would soon follow.

## FIRST EXPOSURE TO VENTRILOQUISM

Professional ventriloquist Edgar Bergen and his puppet, Charlie McCarthy, were popular when

Aaron was a child, and he always listened to their radio show. Even though it sounded like there were two people talking, he had seen a photo and knew Charlie McCarthy was a puppet. In 1942 Aaron went to the theater and watched a movie starring Edgar Bergen and Charlie McCarthy. He was fascinated by the talking puppet and even more amazed when the puppet jumped out of Edgar Bergen's arms and ran around the room!

In sixth grade, Aaron was called back into the classroom by his teacher, Miss Smith. One of the students had brought in a Charlie McCarthy doll that had a string coming out of its back. When the string was pulled, the doll's mouth moved. Some of the kids told their teacher that Aaron could make the doll talk. Aaron took the doll, but had no idea what he was doing. Pulling repeatedly on the string, he attempted to throw his voice, but couldn't do it. Miss Smith told Aaron later that she chose him to operate the doll because she had noticed that he was very good with his hands.

### THROWING HIS VOICE

In 1952, Aaron was working as a civilian messenger, with top secret clearance, at Patterson Air Force Base in Dayton, Ohio. While operating a duplicating machine with his back to the entry door, he would pass the time by singing or talking to himself. One day when he was talking to himself, a woman walked in the door and asked, "Do we have an intercom system in here now?" Aaron said that it wasn't an intercom system and he was the one who was talking, but she insisted it was coming from someone else. A little while later, another lady came in and thought the same thing. Since Aaron had never had any ventriloquism training, he thought about what he had been doing when the women heard him and tried to replicate it. He started playing pranks on the people who came into the office. Telling them that the colonel was on the phone and wanted to talk to them, he would throw his voice as though it was coming over the telephone. The people he played the joke on were completely baffled.

### THE MOVE FROM OHIO TO CALIFORNIA

In July 1957, Aaron moved from Ohio to California. Starting the trip with \$6 in his pocket, he had three cents left by the time he reached Los Angeles. Needing money badly, he worked washing dishes and washing cars. Having nowhere to go, Aaron discovered that he could sleep in one of the theaters downtown for just 50 cents a night.

### BECOMING A VENTRILOQUIST

On September 19, 1957, Aaron was given a job at Rapid Blueprint, where he earned \$122 every two weeks operating a duplicating machine. Discovering

that Aaron could throw his voice, a co-worker offered to pay him \$150 a week to perform at clubs as a ventriloquist. In order to do this, however, Aaron needed a dummy. He was told that an actor who lived in Burbank had a dummy for sale, but after talking to the man, he realized that he couldn't afford to buy the whole thing, so he asked, "How much for just the head?"

Aaron had majored in art at school, so, after borrowing enough money to purchase the head, he put his creative talent to work making the dummy look like him. The dummy's face was white, so Aaron bought some acrylic paint and painted the face to match his own. Searching through a Salvation Army store, he found an old doll and a wig. He removed the doll's hands, which he painted to match the skin color of the dummy's face, then designed a body with arms and legs for his puppet. Cutting the afro wig down until it fit perfectly, he then glued it to the dummy's head. Through the years, Aaron created a variety of dummies that he used in his performances.

### WORKING CLUBS

Aaron began performing at different clubs for \$5 a night, and the more he performed, the more proficient he became. Mantan Moreland, an actor who starred in Charlie Chan movies, was Aaron's friend as well as his youngest daughter's godfather. Mantan took Aaron to the Sands on Figueroa Boulevard and introduced him to the owner. He showed his skills and was hired. After the Watts Riots, Aaron began performing at the Persian Room. The publicist for the Smothers Brothers saw his act and introduced Aaron to Tom and Dick Smothers. They liked him so well that they hired him as a warmup act for their TV show.

### SMOTHERS BROTHERS TV SHOW

On *The Smothers Brothers Comedy Hour*, Aaron's job was to engage the audience and get them laughing so that when the main show began, they would be prepped to react and laugh at the skits. He performed prior to the rehearsal, the dress rehearsal and the actual show. Each had a different audience and their reactions would be filmed. When the episode aired, footage of all three audiences was cut into different parts of the show, which made the crowd appear much larger than it actually was. Week after week, Aaron was so successful in getting the audience involved and laughing that the Smothers Brothers invited him to become a regular on their variety show.

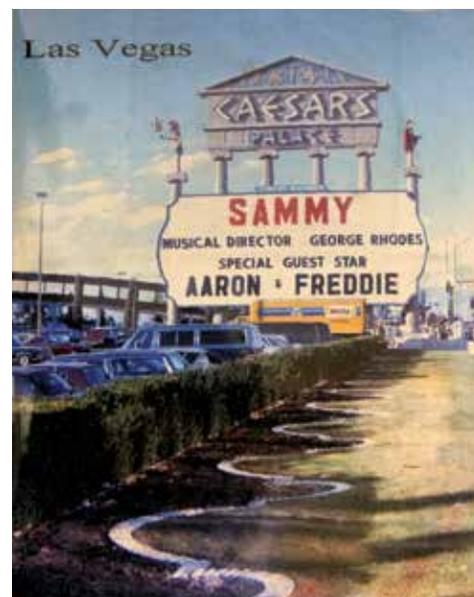
### THE TONIGHT SHOW

In 1968, the Smothers Brothers were going to be on *The Tonight Show* and wanted Aaron to go with them. He flew to New York, performing, as usual, during the warmup. The following night Aaron was supposed to be included as one of the guests, but

was bumped because the show ran over. Instead, he was on the next day, joining an impressive lineup of Dr. Martin Luther King Jr., Paul Newman and Nipsey Russell. After his appearance, Aaron went behind the curtain and saw Dr. King, who said that ventriloquism had always fascinated him and asked to be shown how the dummy worked. Aaron removed the head and demonstrated the controls he had to manipulate. When asked if he threw his voice to the dummy, Aaron said that he did. Dr. King seemed surprised.

Over time, Aaron worked for and with many celebrities and politicians. He was the opening act, getting audiences laughing and clapping in preparation for the main show. Jerry Lewis, Sammy Davis Jr., Redd Foxx, singers Aretha Franklin and Dionne Warwick, as well as musical groups such as Friends of Distinction, the Temptations, and Gladys Night and the Pips were just some of the celebrities with whom he performed. He met Rosa Parks, who remembered seeing him on *The Tonight Show*.

Even when he was working full-time as a deputy sheriff, Aaron still managed to appear with celebrities in Vegas and other parts of the country on his days off or while on vacation. Aaron performed in almost 30 countries, including a yearly visit to Japan, where he became so fluent in the language that he would perform his shows speaking Japanese.



*A marquee advertising one of Aaron and Freddie's Las Vegas appearances*

### BECOMING A RESERVE DEPUTY

In 1967, Aaron Williams' cousin, Bill Mitchell, was in the Sheriff's Academy and told Aaron that he should become a deputy. At 35 years old, Aaron had reached the cutoff age to become a deputy sheriff. As it turned out, Los Angeles County Sheriff Peter J. Pitchess had other ideas. Having

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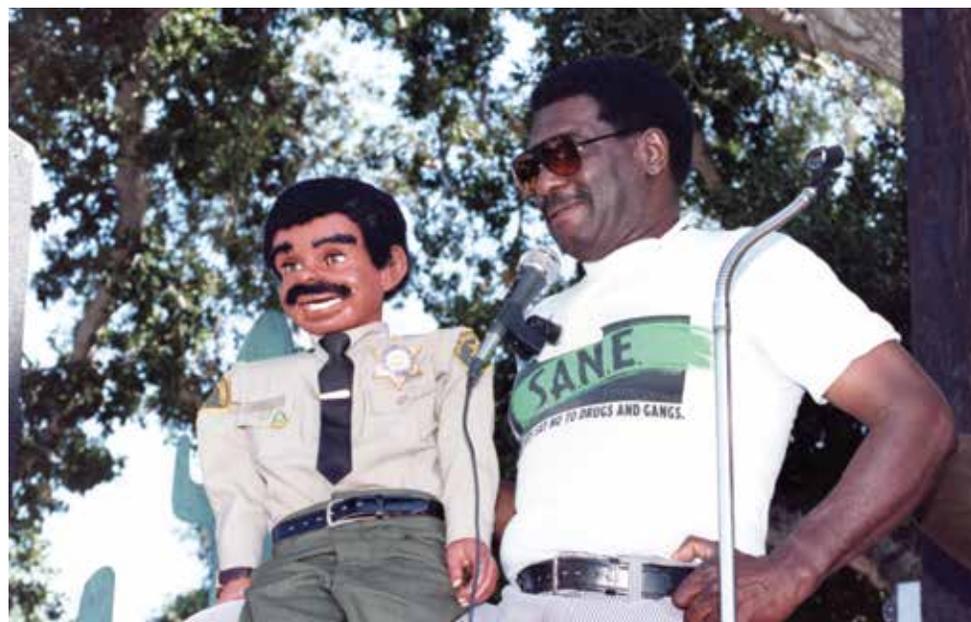
attended events where Aaron had performed with his puppet, Freddie, Pitchess was so impressed that he asked him to become a reserve deputy. Aaron told the Sheriff that although he was interested, it would be difficult because he was out of town a lot performing in Las Vegas and other cities. The Sheriff arranged to accommodate these restrictions by allowing Aaron to attend the Reserve Academy when he was available, over a longer period of time, with different Academy classes. It took a while, but Aaron completed the instruction required by Peace Officer Standards and Training. After doing so, he reported to the Sheriff's office on the second floor of the Hall of Justice, where he was presented his POST certificate personally by Sheriff Pitchess, who announced, "You're one of us now." He was then assigned to work for Deputy Janet Parker, who was the community service officer at Lennox Station. Performing at many Sheriff's Department events, Aaron proudly wore his uniform and even had a matching one made for Freddie.

### APPOINTED POSITION

In 1982, when Sherman Block became Sheriff, he called with a proposal. He wanted Aaron to go around to schools in the area and perform for the kids. Since this man had a special and unique talent that benefited the Sheriff's Department, Sherman Block circumvented the 35-year age limit by appointing Aaron Williams to the position of deputy sheriff. Appointed positions were not subject to the age restriction.

### ADOPT-A-DEPUTY PROGRAM

Even before he became a member of the Sheriff's Department, deputies who taught during the Adopt-a-Deputy Program asked Aaron to come to the schools. After becoming a full-time deputy



*Aaron and Freddie performing at a SANE school assembly*



*Aaron and Freddie performing for schoolchildren*

in 1982, Aaron focused on the Adopt-a-Deputy Program, which became the Substance Abuse Narcotics Education Program (SANE) in 1985. Regardless of the name, Aaron and Freddie reached out to thousands of children throughout the years, teaching them the importance of making wise choices in a confusing, and often dangerous, world.

### LEARNING ABOUT HIS AUDIENCE

While growing up in Ohio, Aaron learned a useful skill from the traveling shows that occasionally came to town: If you know your venue and know your audience, you can make a connection.

When visiting colleges, Aaron would have some of the students help him unload his equipment.

As they did, he would talk with them, gathering information about the school, such as how bad the food tasted and who was a favorite teacher.

Another thing Aaron learned from working with Sammy Davis Jr. and comedian Moms Mabley was to peek out from behind the curtain at the crowd as they were coming in. It helped so much to get a feel for the audience prior to going out on stage.

Aaron would arrive early at schools and ask the principal and teachers about problems the kids were having. This way he could customize his presentation to address these issues.

Aaron performed at schools that were very diverse. In order to help break the ice and get the kids on his side, he would tell the students he wanted to say hello to them in their own language. He was never given a language where he couldn't say hello. The kids enjoyed him so much that many times they would invite him to stay and have lunch with them, which he did.

As the students filed in for the assembly, Aaron would ask them who the most popular girl in school was. After receiving the same name several times, he would remember it. Later in his presentation he would ask Freddie who his girlfriend was, and the response would be the name of the most popular girl. This always got a laugh. Another thing he did as everyone was entering was to perform magic. This got their attention and kept them entertained.

Aaron knew how to relate to kids. He understood and addressed their problems, keeping the program not only fun and educational, but interactive and personal.

### DEPUTIES WANT TO HELP

Bullying, drugs, gangs — problems faced by

many students on a regular basis. When speaking to his audience, Aaron made sure they understood that deputies were there to help, not to hurt them. Understanding builds confidence, so he would have one of the kids come up on stage, point out a piece of his uniform, then say what they thought it was used for. Aaron talked about all of the equipment deputies carry on their Sam Browne, explaining each item, one by one.

He told them that handcuffs needed to be put on criminals to keep them from escaping and from attacking the officers. He would ask who wanted to be handcuffed, then picked a boy and a girl to come up. He would put a cuff on one of the girl's hands, and the other on one of the boy's hands. After loosely handcuffing them together, he would say how secure the handcuffs were and that they couldn't get out of them. The kids would slip out of the cuffs and give them to him, causing everyone in the audience to laugh. Aaron would then grab one of the girl's hands and one of the boy's, hold them in the air and say, "I now pronounce you husband and wife." The kids would all laugh again.

He told them that deputies carry a lot of equipment to help control violent suspects, and if those people would only do as they were told and not attack officers, then the officers wouldn't have to use these devices. He explained that police don't want to shoot anyone, and only do it to save their lives or someone else's life.

## LESSONS TAUGHT

Aaron's objective was to entertain his audience while instructing them about safety, staying in school and taking care of themselves. His method of teaching was to mix information with entertainment. Sometimes he would cut a rope, chew on it, then put it back together. He could also make colorful handkerchiefs appear out of nowhere.

## DISPLAYS

Aaron often created his own displays to use during presentations. One was a board with many toy guns mounted on it. The orange plugs had all been removed from the barrels, so you couldn't tell



*Aaron's gun display*

they were toys by just looking at them. Along with the toy guns were two real guns. Aaron explained how law enforcement officers sometimes couldn't tell toy guns from real guns, and how dangerous it was to play with guns.

Working with Narcotics Bureau, he obtained drug paraphernalia and mounted them to three display boards. Under each item was a description of the harmful effects the drug had on a person's body. Holding up a rope, Aaron explained that the rope was like a spinal cord. The spinal cord has many nerves that go to all parts of the body. When a person takes drugs, they're distributed all over the body, thus affecting the entire person.

## LITTLE PATROL CAR

Sheriff Block had seen a little black-and-white police car that was being used to entertain children at school events. It was maneuvered by a wireless remote control and had a microphone the operator could speak into so that their voice came out of a speaker inside the police car. There was a control box to activate the red lights and siren, and also to open and close the eyes on the police car. The Sheriff liked the idea so well, he had one purchased for Aaron to use during his school programs. The car was named "Little Patrol Car," or LPC.

To introduce the LPC to the public, a press release was sent out announcing a new crime-fighting tool that would make its debut in the parking lot of the Hall of Justice. Since LAPD had recently obtained a battering ram to knock down doors when a suspect was barricaded in a house, the media was anxiously anticipating what they would see from the Sheriff's Department.

The day of the unveiling, reporters were gathered in the parking lot in front of the Hall as Aaron hid around the corner with the little patrol car. When the Sheriff announced, "Here is our newest crime-fighting vehicle," the gate to the Hall of Justice compound opened and a Sheriff's refrigeration truck drove out. The news media was puzzled; how was this refrigeration truck going to fight crime? Just then, Aaron came around the corner with his little patrol car.

Walking behind the LPC and maneuvering it with the wireless remote, Aaron used his skills as a ventriloquist to talk into the microphone attached around his neck. His voice came out of the speaker on the LPC, and the news media couldn't figure out where the voice was coming from because Aaron's lips weren't moving.

In addition to performing at school assemblies, Aaron used the LPC at station open houses and other Sheriff's events. He would maneuver the LPC from inside a van with tinted windows so the kids couldn't see inside. The children could not figure out who was operating the car and how it was talking to them.

Since he could hear what was being said, he would ask questions, using the car to talk about safety and what they would do if they were faced with an unsafe situation. If their answer wasn't the best, he would tell them a better way to handle the incident. Aaron wanted young people to understand that the police were there to help them. Even when they were busy keeping other people safe and didn't



*Children admiring the Little Patrol Car*

have time to talk, they were still there to help.

Other small police agencies in Los Angeles County saw the popularity of the LPC and, after having Aaron give a demonstration, ended up purchasing one of their own.

## PREVENTING A KIDNAPPING

One little girl who saw Aaron and Freddie's presentation remembered what he taught her about avoiding strangers. This knowledge prevented her from being kidnapped. The child's mother wrote a grateful letter to Sheriff Block, thanking him for sending Aaron to her daughter's school.

## PROBLEM CHILD

The principal of one school asked Aaron if he would speak to a child who was causing problems. The boy lived with his single father and just needed someone to show that they cared. Aaron bought him a magic set and took it to him. The boy was thrilled.

## AFTER SCHOOL

After Aaron performed at a school, he would stay around for a while. Talking to the crossing guards, he learned that some cars would drive by without stopping. Aaron reflected back on his time

*continued on page 18*

as a member of the school traffic squad. Wanting to help, he parked his black-and-white patrol car on a street near where the kids were picked up and stayed until school let out. Then, he sat in the car and watched. This really helped the school regulate the pedestrian and vehicle traffic that was creating a danger to the students.

## EVENINGS

In the evenings, Aaron would perform at Boy and Girl Scout meetings. Talking to the scout leaders prior to the meeting, he found out what the boys or girls needed to learn or what they were having trouble with, such as bullying. Aaron not only enjoyed his job, he was totally dedicated to it and often worked extra hours on his own time.

## SPECIAL EVENTS

There are many kids with terminal diseases who cannot leave the hospital, even during the holidays. Aaron traveled to hospitals, performing for these children who could not leave their rooms. The huge smiles on their faces showed how much they enjoyed seeing Aaron and Freddie. He treated the kids as if they were being released from the hospital the next day, and never addressed their situation because he wanted them to live for the moment. The kids laughed and clapped as Aaron brought some joy into their mundane hospital atmosphere.

During the holidays, Aaron and Freddie, along with Sheriff Sherman Block, Santa Claus and Sassy the Skunk, visited children in hospitals where the Sheriff would pass out presents to the young patients. Aaron even spent his own money to have a friend create the Sassy the Skunk adult-sized costume, which was worn by a deputy from the SANE unit. Sassy's slogan was "Drugs stink."

Many toys were donated to the Sheriff's Department to give to children in need. When Aaron visited schools in low-income areas, he would

take these gifts with him to present to the kids.

Another special event in which Aaron appeared was the locally televised SANE Telethon that raised money for the SANE Program.

During holidays such as Thanksgiving, Aaron and Freddie would accompany deputies passing out turkeys to families who might not be able to afford a dinner.

## SOLVING PROBLEMS

Aaron was also a problem solver. Should an issue develop between the Sheriff's Department and a school, Aaron was sent over there to resolve the situation. If a school didn't want to continue or begin the SANE Program, Aaron would meet with the administrators. He always talked them into accepting the SANE Program.

## SENIOR CITIZENS

Aaron even developed a presentation for senior citizens, where he used magic to demonstrate how people could steal money from them and scam them out of their life savings. He also showed how they could be shortchanged, even though they were watching exactly what he was doing. The key thing he wanted them to learn was that your eyes and ears can play tricks on you. If you think you see something and you are told something, then you believe it. That's how con artists take advantage of the elderly. He demonstrated the shell game and three-card Monte to show his audience that it's not a game they could ever win, explaining that there was a reason they used the term magic "tricks," because they were being tricked.

## PUBLIC SERVICE ANNOUNCEMENTS

A reporter for Channel 11 asked if they could produce an anti-drug public service announcement using Aaron and Freddie. When Aaron agreed, she came up with a slogan: "Say nope to dope and ugh to drugs." The PSA aired on channels 11 and 9 for years, even winning a national award. Posters using the slogan and featuring Aaron and Freddie were distributed. Other PSAs were produced featuring Aaron and his puppet McGruff, the crime-fighting dog who advised people to "Take a bite out of crime!"

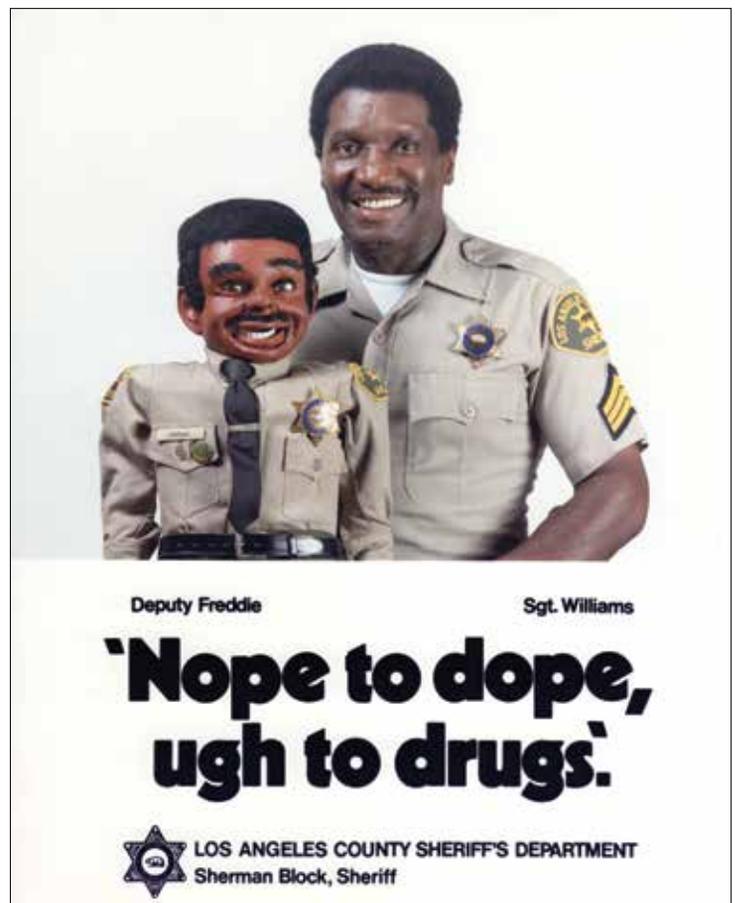
## TV SHOW

Aaron and Freddie appeared in uniform on the TV show *Diff'rent Strokes*. It was unique because the show took place in New York, and Aaron and Freddie were wearing Los Angeles County Sheriff's uniforms. The producers asked Sheriff Pitchess if Aaron and Freddie could wear New York Police Department uniforms, but Pitchess declined. Since they really wanted them on the show, the producers agreed. To get around the uniform issue, Aaron and Freddie were introduced as law enforcement officers from California who were going around the country telling kids how to stay safe from strangers.

*continued on page 19*



Sassy the Skunk, Sheriff Block, Santa Claus, Freddie, Aaron and other LASD personnel delivering holiday toys to children at the hospital



Freddie and Aaron in an anti-drug PSA

# PEER SUPPORT PROGRAM

By Mike Rodi

**G**reetings to all. October was one of the toughest months in recent years for the LASD. It appears that there were approximately 110 Sheriff's Department members and close to 240 family members of personnel at the Las Vegas incident. October also brought the one-year anniversaries of the deaths of Sergeants Steve Owen and Al Lopez. The outpouring of help from our local communities and Sheriff's Department personnel have been amazing.

As most of us know, almost every Department member has been affected in some way by

these incidents. It is important to know that the Department's Psychological Services Bureau is available as a resource for all Department members and their families.

It is typical for people to experience a variety of emotions following such traumatic events. These feelings can include shock, sorrow, numbness, fear, anger and disillusionment. You may experience nightmares, and have trouble eating, sleeping, concentrating or even doing simple tasks. This is common and should pass after a while.

Try to remember that people are resilient, and sometimes it's beneficial to remind one another

that some of these thoughts and reactions following a critical incident are normal. One of the biggest advantages for law enforcement personnel is our camaraderie and the way we look out for one another. It is important to support one another during these tough times. It is imperative for someone involved in a critical incident to stay away from heavy drinking or other reckless behavior, as they can lead to more problems down the line.

For questions about Department resources, please call Psychological Services Bureau at (213) 738-3500. ☆

## L.A. Sheriff's Museum *continued from page 18*

### DODGER HERO

Standing in the middle of the field at Dodger Stadium, Aaron was honored as a Dodger Hero. It was overwhelming to look up and see himself on the huge jumbo screen. He was presented with a Dodgers uniform, tickets to Dodgers games and photographs of himself in the center of the baseball field receiving his award.

### THE END OF AN ERA

The 1998 election for Sheriff of Los Angeles

County was a heated battle between Sherman Block and Leroy Baca. As it turned out, Block passed away unexpectedly before the ballots were cast, thus assuring Baca's win. After securing his victory, the new Sheriff set about making changes and doing some reorganizing; this included the SANE Program. Although it was not eliminated, the name was changed to the STAR Program and the number of schools involved was significantly reduced.

Aaron Williams, who for so many years had been the voice of the Sheriff's Department, now found himself in a difficult situation. His position as deputy sheriff had been appointed by the former Sheriff, and the new Sheriff was not obligated to honor it. After a year of uncertainty, he was called into Assistant Sheriff Waldie's office, where he turned in his badge. Deputy Aaron Williams retired shortly thereafter, and the positive influence he had on so many schoolchildren came to an end.

One day, Aaron ran into a member of the professional staff who worked Personnel Bureau. It was then that Aaron found out that in his 30-year

career he had received more commendations than anyone else on the Department.

### SHERIFF'S DEPARTMENT VOICE IS MISSING

Today, the effects of years without school outreach programs are making themselves known. The 56 deputies once assigned to the STAR Program have dwindled to seven, and very few schools now participate. When kids see and hear the mostly negative stories about law enforcement portrayed by the media, there is no uniformed deputy coming to their classroom to answer their questions. The lack of face-to-face communication and interaction is causing many kids to grow up with a negative image and attitude toward police. It is becoming more difficult for law enforcement officers to do their job, and fear and misunderstanding may actually keep some kids from calling for help when a law enforcement officer is in trouble. Adding to this problem is the shortage of qualified applicants for deputy sheriff.

Deputy Aaron Williams was the voice of the Los Angeles County Sheriff's Department, not only locally but around the world. He touched the hearts and minds of children with a kindness and understanding that greatly influenced their perception of deputies. It was a sad day when he no longer spoke for us, but to the thousands who saw him, the wit and wisdom of Aaron Williams and Freddie will be heard forever.

*Edited by Jan Jenkins (ret. LASD). ☆*



*Aaron and Freddie being honored at Dodger Stadium*

Happy holidays! Halloween and Thanksgiving flew by this year. By the time you read this, we will be well into the holiday season.



Men's Central Jail participated in the Chili Cook-Off. This year's MCJ theme was "4077th MASH," led by none other than "Hawkeye Pierce," aka Sergeant Keith Rickell. Keith was joined by his group of MASH characters (and yes, most of these people are characters): Captain Sergio Mancilla; Lieutenant Andy Bedogne; Sergeants Bertha Ramirez and Larry Villareal; Senior Deputy George West; Deputies Jeff Morales, "Ozzie" Gonzalez and Kyle Deschamp; Custody Assistant Ava Lopez; and their family members and friends who helped out. Special thanks to Custody Assistant Darryl Fish for his outstanding chili blend. His chili was such a hit that we ran out an hour before the end of the judging. Deputy Roberto Banuelos provided his version of iHeart Radio hits and Sergeant Dave Neill barbecued for the MASH crew.

Special appearance cameos were made by Commanders Joe Dempsey and Roosevelt Johnson and Deputy Ivan Vallardes. When Hawkeye saw Ivan, he thought, "Who is this guy? ... Oh yeah, he jumped ship just before he could help out with MCJ's booth." All kidding aside, Ivan made it to greener pastures, "patrol" and off training. Congratulations, and good to see you! Commander Dempsey always makes it back to MCJ's booth, his "home away from home." Always good to see you, too! Rumor has it that Commander Johnson was seen in the "walk-through" of Neill's BBQ, getting orders to go and leaving leftovers. TMZ's Harvey Levin reports that Lieutenants Dave O'Sullivan and Tonya Edwards couldn't make the chili cook-off due to prior commitments in Hawaii. Their spiritual wishes were sent along the way.

Congratulations to the MCJ 4077th crew for winning second place for Best Theme Booth.

On to another fundraiser that our team competed in, the Randy Simmons CrossFit Challenge. Randy Simmons was the first LAPD SWAT officer to be killed in the line of duty, as a result of an 11-hour hostage standoff in Winnetka. Randy had a great career in law enforcement and he did great things in the community where he took an oath to protect and serve. Many people and organizations have honored Randy posthumously for his heroism as a police officer and for the things that

*continued on page 21*





By Kristy-Dee Mendizabal and Darlene Zamora  
Personnel Administration Bureau

**BABIES BORN IN 2017**

Though this year may have been filled with a number of challenges and tragedies, it was also filled with immense love. We would like to end this year by welcoming all of the new babies born in 2017. New life is a wonderful reminder of what to be thankful for. Welcome to the Personnel Administration Bureau family! We wish you all long and happy lives! ☆

Employee	Unit	Baby Name	Birthdate
Joana Warren	West Team Backgrounds	James Stetson	January 28, 2017
Susan Young	Employee Service Center	Estela Jane	February 12, 2017
Scott Meredith	Operations	Sydney K.	April 17, 2017
Stephanie Aguayo	Professional Exams Unit	Emma Esther	May 14, 2017
Norbert Lung	Sworn Exams	Nicholas Lung	June 20, 2017
DeAnna Gonzalez	Processing & Compliance	Olivia Daniel	July 20, 2017
Jesus Padilla	Employee Service Center	Olivia Rose	August 20, 2017
Sara Villalobos	Processing & Compliance	Leonardo Ivan	October 14, 2017
Christopher Crotty	North Backgrounds	Penelope Ophelia	October 15, 2017
Jaime Morales	Employee Service Center	Ezra	October 20, 2017



**Men's Central Jail** *continued from page 20*



he did off-duty. The man behind the badge was a true hero, a positive role model and a constant mentor for at-risk youth. Each year, the Randal D. Simmons Outreach Foundation holds several athletic fundraising events, such as a 5K/10K run, a 50-mile bike ride and a CrossFit Challenge.

This year, we had an MCJ team throw down at the CrossFit Challenge. The team of three males

and one female was led by Deputy Ronnie Patron, with Deputies Nolan Bruyninx and Justin Meng and Ronnie's wife, Kathleen. They poured their hearts out throughout the day, putting up some pretty incredible numbers and times. The team looks forward to next year's competition, and even called out several of their peers to throw down with them. I wonder who they called out?

We say goodbye to Analleli Romo-Martinez (ELA) and Daniel Pickering (TSB), who are headed to patrol. We wish both of you the best of luck! Stay safe!

We hope you enjoy the holidays with your family and loved ones. See you in 2018!

Always hug your No. 1 fans when you get home! Stay safe out there! ☆



By Team Cerritos  
Cerritos Station

### LASD MOTORSPORTS CAR SHOW

Our station was the site of the first annual LASD Motorsports Car Show, benefiting the LASD Motorsports Scholarship Fund for Auto Technologies. The devil is in the details and preparation work. Our entire team made it happen — LET, sworn, Explorers and VOPs from the station. The Key Club from the high school also helped us, and our neighbor, the Church of Jesus Christ of Latter-Day Saints, Cerritos Ward, allowed the use of its parking lot as we overflowed the City facility. Notice LET Leslie Gutierrez worked into the night filling all the swag bags lining the hallway for the participants (over 120 paid to display). The Graham family enabled fantastic vendor participation, both displays and donations. Sergeant Stephanie Mandujano and her team of SAOs did the setup, and she personally cooked over 120 pounds of tri-tip for the sandwiches. We had Sergeant Bill Mattis and his band M.L. Crisis (MLC) performing, and the City provided a kid zone with a bounce house and a DJ. The event generated over \$8,000 in income and, after payouts, netted \$5,700 for scholarships. Job well done, team. We really set the bar high for the next event.

### MEDAL OF VALOR

Deputy Randy Meyers of our station received the Meritorious Conduct Medal — Silver for his actions in assisting at an incident on June 23, 2016, in which the suspect shot two of our deputies. At the ceremony, our station was represented by Captain Joe Nunez and Lieutenant Ed Wells, along with VOP Lily Menjivar.

### DOUBLE-HEADER

On October 18, we had a “double-header” to complete. Tip-a-Cop to support Special Olympics was held at *Wood Ranch BBQ* here in Cerritos. The local Special Olympians participated with our deputies, Explorers and VOPs. Working together, they raised \$1,807 in donations for Special Olympics.

We had the “Town Hall at City Hall” in the same night and time frame. This time it was broadcast live on the City TV station and held in City Council chambers in front of a live audience. The two predominant concerns from the residents were burglaries and homelessness

in Cerritos. We prepared by having a cadre of our staff queued up to address the questions. One example was COPS Bureau’s Lieutenant Geoff Deedrick’s presentation on homeless engagement and how the County has a multiagency task force working on the issue. It went well, with 78 residents attending plus others watching live on TV.

The leadership behaviors we have among our staff (both LASD and City of Cerritos Public Safety) is what enabled handling two events simultaneously.

### GOLF TOURNAMENT

Our city has adopted USMC Combat Engineers First Battalion (CEB1) from Camp Pendleton and annually honors them through various events. Fundraising to support the CEB1 is an ongoing process. One event is an 18-hole golf tournament at Cerritos Ironwood course. VOP Clarence Stephens, past Mayor George Ray and Council Member Jim Edwards coordinated this year’s event. Captain Joe Nunez and Sergeant Paul Ramirez played together, as did VOPs Dale Meyers and Merlin Driggs.

It was a beautiful day on the course, and the low score was two under par. The tournament winning team? VOPs Dale and Merlin. Score of Joe and Paul? NFD. It was a good time and supported our community.

### PERSONNEL CHANGES

We welcomed to Cerritos Station Deputies Lorie Youngberg, Paul Smyth and Ramon Zendejas. Sergeant Andy Gill also came to CER this month.

Deputy Amy Wong is leaving us and transferring to Court Services Division of LASD. We wish her well.

### HAUNTED JAIL

On October 28 we held our Haunted Jail. Lakewood Station had theirs the night before, so we had the local area to ourselves for this type of activity and it was a good turnout and result. The staff from our station and city rallied around to enable an event that creates more value than we consume. There was a “Boo-Tique” with rows of vendors, an inflatable obstacle course for children, food and entertainment venues, and quite a lot of choices. We even had volunteers from local high schools and recreation groups

come to assist. It was a long day and the results of donations gave evidence that we can deliver safe entertainment and garner the appreciation of our community.

It wasn’t without challenges. We met and overcame them because we have invested in ourselves through positive team building and work done through various encounters on the job and in other events we support. The core values of our Department are the foundation our Team Cerritos stands upon, both on duty and when we rally around events like this. Seeing our resources in action and partnering for success is gratifying to experience.

### EXPLORER POST 23

Our Explorers partnered with the Explorers from NWK station to decorate and staff one cell in our Haunted Jail. Their adult advisors utilized this opportunity to develop the Explorers’ networking and teamwork skills. From these youngsters we may have future members of law enforcement working in multiple aspects.

In November, we had a crime analyst seminar and exercises arranged so that they could hear from another area of LASD all the career opportunities we have open to them.

### VOLUNTEERS

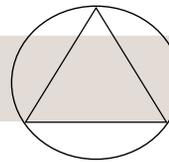
As we recruit and train new VOPs, we also recognize and thank those who have served. VOP Claude Harrison has gone inactive, as his health and mobility now require more attention. He served CER since 2006. To properly acknowledge him, he was honored at our October VOP meeting. Clergy Council Member Bea Williams Ulli led off the meeting with a blessing and prayers for his health and those of his family. City of Cerritos Public Safety Manager Daryl Evans, who was the station captain at the time Claude joined the VOP program, summarized his history both with us and his family since moving into Cerritos in 1978. Sergeant Mandujano presented him with an embroidered bomber jacket, and Emely Merina from the City provided a station hoodie.

### TRIPLE PLAY, OR DID WE HIT FOR THE CYCLE?

Depending on where one measures from, one dimension stands out: the generosity that comes

*continued on page 23*

# Peace Officer's Fellowship



By Willis Braggs

## AN UNNECESSARY JOURNEY

Every day, we as law enforcement professionals arrest people for drunk driving. We send them through the booking process, they receive a court date and then a trial is held with the possibility of conviction. Every week, police officers, deputies or highway patrol officers are being arrested, tested, booked, arraigned, tried and possibly convicted for driving under the influence of alcohol. Some personnel are further embarrassed by being arrested by their own law enforcement agency. The Los Angeles County Sheriff's Department does not tell its employees they cannot drink. The Department does say that each employee will be responsible for their own actions. If you, as a member of the Sheriff's Department, drink and drive, you are risking the loss of your career. If you are involved in an accident and someone is injured or a death occurs, you could be charged with a felony. If you drink and drive and are caught prior to being involved in an accident, you will be tested, arrested, booked, arraigned, tried and probably convicted. In many courtrooms across America, there are judges who will hand out the stiffest penalties allowed to law enforcement officers because they should have known better. You will have extra bills to pay that you did not budget for. The Department will discipline you for being convicted. Usually there will be days off without pay, and if you receive 10 days off without pay, that is a large chunk of your monthly salary; it is very hard to pay bills with only your partial salary.

There is the expense of the lawyer; there are fines that will have to be paid. There might be a bill for a tow truck. There may be bills to have your

## Cerritos Station *continued from page 22*

out of the Cerritos community for fundraising. The public participation is what makes this possible. It was the public that prioritized public safety when our City Council directed the City Manager to keep our station and all services "as is" in the budget this year. And their contributions are a testament to the value they place on us and the public's support for what we do for others.

- The Car Show for LASD Motorsports cleared \$5,700.
- Tip-a-Cop generated \$1,807.

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

NAME	HOME PHONE	CELL PHONE
Eric Castano*	(562) 493-5465	(323) 537-0927
Joe Collins	(320) 684-4008	(909) 240-0509
Bob Ghan		(714) 916-3299
John Heckman	(661) 272-5756	
Kathy King		(714) 323-8600
Chris Loomis	(626) 447-9011	(626) 230-3137
Dave Phillippon		(909) 296-0203
Ray Terhorst	(505) 705-5656	
John Valencia	(909) 599-1160	(951) 316-3633
Marty Weirich	(360) 570-1216	

\*Active LASD

vehicle or another person's vehicle repaired. Sure, you have insurance, but we all have deductibles. There may be hospital bills for yourself or someone else. You may suffer the ultimate humiliation and be jailed.

As a condition of employment for the Sheriff's Department, you are required to have a valid California driver's license. If your driver's license is suspended or revoked, you will not be able to meet one of the conditions of your employment. This could be a serious problem if you are working patrol or transportation. There is a solution, and it's simple — don't drink and drive. You cannot suffer any of the above consequences if you don't drink and drive.

So ask yourself this question: Will my life be better without risky alcohol misuse? It's time to

be proactive. Reach out for help and develop a plan to drink responsibly or be sober. The Psychological Services Bureau (PSB)/Substance Abuse Resource Program (SARP) is a safe, confidential place to start.

This will be one of your best calls to preserve your future success. Call PSB at (213) 738-3500. You can also contact the Peace Officer's Fellowship members listed here. There is no better time than now! ☆

## L.A. County Retired Marshals Lunch

SCHEDULED FOR 12 NOON

**December 6**

*Villa Tepeyac*

2200 E. Garvey Blvd.

West Covina

- Haunted Jail saw \$2,862.
- And the 999 for Kids swim from Avalon to San Pedro? Over \$11,000 came from Cerritos into the total raised of \$19,121.

So, in about a month, our Cerritos personnel raised over \$21,369 for purposes beyond what our station is chartered to do for law enforcement. Caring for the community and living that in actions is what matters.

That, my friends, in baseball lingo, is "hitting for the cycle." Four ups at bat and touching all four base options. Go, Team Cerritos. ☆

# SRA EMPORIUM LAW ENFORCEMENT GEAR



Sheriff Back Patch  
(Velcro, 7" x 3")  
**\$6.95**

Deputy Cloth  
Star (Velcro)  
**\$3.95**

SHERIFF  
Sheriff  
Front Emblem  
(Velcro)  
**\$3.50**

## Rifle Plate Carrier Vest

This must-have vest  
accommodates rifle fire  
plates and soft armor.

**\$54.95**



## REINFORCEMENTS

KEEPING YOU COVERED

NIJ IIIA Level  
Soft Panel  
Handgun-rated,  
bulletproof soft-side panels

**\$39**



Rifle Fire Plate  
Rifle fire plate, Level III,  
lightweight

**\$129.99**

## EYEWEAR

PRECISION PROTECTION

### SSP Eyewear Chelan Assorted Kit

**\$22.95**

Personalize these safety glasses for different conditions  
with three sets of anti-fog shooting lenses (amber, clear  
and smoked) in a neoprene zipper pouch.



**We're not in it for profit — we're here to serve you.**

The SRA Emporium is dedicated to providing the gear Los Angeles Sheriff's Department personnel need at unbeatable pricing, guaranteed.

Support the efforts of the Association by making the Emporium your first stop for tactical equipment, LASD merchandise, and gifts for friends and family.

**SUPPORT  
THE STAR**  
Shop SRA Emporium



# GEAR YOU NEED AT UNBEATABLE PRICING

## SOFT ARMOR

CONSTANT READINESS



### Phalanx Defense Systems Executive Carrier System

**\$249.95**

Designed for detectives, executives and others wearing street clothes, this rapid-deployment armor system looks like an ordinary briefcase or computer bag, but can transform into a lifesaving device in less than 15 seconds. Level IIIA 10"x12" soft armor panels.



## HOLSTERS

CARRY COMFORTABLY



**\$24.75**

### Stealth Operator Twin Mag Holster

Outside-the-waistband (OWB) holster also enables secure carry of double stack magazines.



**\$24.75**

### Stealth Operator Full Size Holster

Lightweight, low-profile OWB holster providing maximum concealment.



**\$24.75**

### Stealth Operator Compact Holster

Slim and simple OWB profile with open-muzzle bottom providing ample barrel space for an assortment of handguns.

Why spend elsewhere when you can keep your money GREEN with SRA? Check us out today!

LOWEST PRICES  
GUARANTEED!

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Price in Any Store?  
We'll Beat It!

Sheriffs' Relief Association Emporium locations:

STARS Center, Whittier (562) 946-7271 | PJP Rancho, Castaic (661) 295-8030

[sheriffsrelief.org/store](http://sheriffsrelief.org/store)



**By Kym Duxbury**  
Military and Veteran Affairs Unit

**W**elcome to the last month of 2017! Like everyone, our unit is especially busy with holiday projects. The MVA always endeavors to show appreciation to those who serve our country by thanking them for all that they do, especially at this time of year. Let's kick off the month by bringing you up to speed with who has been serving.

**NORTHERN CALIFORNIA WILDFIRES**

There were many National Guard members who were called out last month, and last minute, to fight the awful fires in northern California. We show our gratitude to the following for their service to our state, protecting the life and property of the many affected by the fires. Sergeant Mike Marion from PDC South, Deputy Carlos Levario Jr. from TPD, Asset Acquisitions Team's Deputy Gina Cali and Deputy Andre Cornejo Padilla of NCCF are four personnel that MVA was made aware of who deployed. Forgive us for not knowing the names of *all* who deployed, as there were no doubt others also called upon. In any case, to all who deployed for these fires, your service is very much appreciated, and California is a grateful state to have servants such as yourselves. Thank you, thank you!

**STILL SERVING**

We currently have 17 friends and co-workers deployed across the world on active military duty: California Army National Guard:

- Deputy Jorge Olmos, Lakewood Station
- Deputy Rayman Bailes, Carson Station
- Deputy Christian Maciel, IRC (boot camp)
- Custody Assistant Joel List, Twin Towers

California Air National Guard:

- Deputy Michael Doucet, Lancaster Station

United States Army:

- Deputy Jamhari McDonald, TSB
- Custody Assistant Darcell January, IRC
- Security Officer Atzelvy Alcantara-Vieyra, County Services Bureau
- Info Systems Analyst II Jorge Palomera, Data Systems Bureau

United States Marines Corps:

- Sergeant Mike Gonzales, MCJ
- Deputy Matthew Newhouse, IRC
- Deputy Gregory Johnson, Central Operations Bureau

United States Navy:

- Sergeant Marko Tinoco, TDP South
- Sergeant Rodney Loughridge, Lost Hills Station
- Sergeant Mitchell Jones, South L.A. Station
- Custody Assistant Adetunji Lateeph, PDC

East Fire Camp

- Nurse Cecilia Mendoza-Rivera (DHS/MSB), CRDF/IRC

**HOME**

On Friday, October 27, Sheriff McDonnell welcomed home Army Reservist and Deputy Dewahn Brooks. Deputy Brooks had been deployed to Kuwait from January to August with his Air National Guard Unit. He is very proud of his military service and plans on continuing his military career for 14 more years so that he can complete a dual career as a reservist and deputy!

Deputy Brooks left a 20-year-long job in the city of Long Beach before proudly hiring on with us in 2015! He has worked Twin Towers since then, but came home from deployment to happily learn he had been transferred to patrol. At this time, he has completed patrol school and is going through the rigors of training at San Dimas Station.

Dewahn has a real heart to reach out to troubled youth and wants to intercept kids "going the wrong way" to help and guide them. He would be happy to do so either by working as a school deputy or in gang task forces. Promoting to detective positions also interests him — anything, as long as it allows him to help people find better paths to better lives and deter them from making the wrong choices.

Thank you for your service to this great country, Dewahn. We know you'll do great on patrol, and we are proud to call you a co-worker and partner!

**SANTA CLARITA STATION'S "MILITARY SHOWCASE"**

One duty that Deputy Kevin Duxbury has taken on as the station's military liaison officer (MLO) is the creation of a space and design where all personnel at the station who are or have been in the military can be highlighted. But Deputy Duxbury has gone beyond just the basics of displaying station personnel who have served — he also had the thoughtfulness to include pictures of station volunteers as well as a few family members of station personnel who serve or have served in the military! He has done a beautiful job with the display! It is surrounded by related materials and topped with a respectfully crafted wooden sign, designed by

*continued on page 29*



# GREAT GIFTS FOR EVERYONE ON YOUR LIST!



**A** **LASD Women's Poly-Tech Zip-Up Sweater**  
Colors: black, gunmetal heather  
**\$34.95** Item #: 2057

**B** **Blackhawk Bolster Jacket**  
**\$59.00** Item #: 4011

**C** **Blackhawk Field Jacket**  
Colors: fatigue, slate  
**\$79.99** Item #: 4012

**D** **Los Angeles Sheriff 1850 Quarter-Zip Sweatshirt**  
Colors: heather grey, heather brown, heather black  
**\$27.50** Item #: 2058

**E** **LASD Blue Line Flag T-Shirt**  
Colors: heather grey, heather brown, heather black  
**\$15.99** Item #: 2059

**F** **Holiday Husky With LASD Scarf**  
**\$9.95** Item #: 1490

**G** **LASD Round Shatterproof Ornament**  
Colors: red/gold, gold/green  
**\$5.95** Item #: 1932

**H** **LASD Snowman Ornament**  
**\$11.99** Item #: 1930

Larger styles subject to increased prices.

For more info, visit [sheriffsrelief.org/store](http://sheriffsrelief.org/store)

**Sheriffs' Relief Association Emporium locations:**

STARS Center, Whittier (562) 946-7271 | PJP Rancho, Castaic (661) 295-8030



## What's Cooking?

### NOTEWORTHY

**C**ongratulations to our Food Services Procurement team and their families who participated in the Los Angeles Making Strides Against Breast Cancer Walk on October 21! Abigail Aguilar, Merced Burmeduz, Rocio Bravo and Anny Estrada walked three miles and raised \$445 for breast cancer research. Thank you ladies for your support and dedication to helping find a cure for breast cancer!



### RECIPE OF THE MONTH

One of the great things about Christmas is the gathering of family and friends and the sharing of meals. The Christmas season is a joyous time to reflect on this past year and to look forward to a new one. Happy holidays to you and your families!

#### CROWN ROAST OF PORK WITH PINK LADY APPLES AND SHALLOTS

Two 8-bone racks of pork (about 4 pounds each), chine bone removed, fat trimmed to 1/4 to 1 inch thick, rib bones frenched  
 1 1/2 cups (packed) light brown sugar  
 10 ounces kosher salt (2 cups Diamond Crystal or 1 1/4 cups Morton)  
 1 cup apple cider vinegar  
 12 garlic cloves, finely grated

2 tablespoons chopped fresh thyme, plus 8 sprigs  
 1 tablespoon brown mustard seeds  
 1 teaspoon coarsely ground black pepper  
 1/4 cup, plus 2 tablespoons, whole-grain Dijon mustard  
 4 tablespoons olive oil, divided  
 4 ounces bacon, chopped  
 12 Pink Lady apples, halved  
 1 1/2 pounds shallots, peeled, halved lengthwise if large  
 3 cups dry hard cider

1. Lay racks of pork flat on work surface, meaty side down (the inside of the ribs should be facing up). Use a knife to make three vertical 3-inch-long slits (about 1 inch deep) into the loins of each rack, one slit between every two ribs. Place each rack of pork into a 1-gallon resealable plastic bag and chill.
2. Heat brown sugar, salt and 4 cups water in a large saucepan over medium heat, stirring until sugar and salt are dissolved, about 5 minutes. Remove from heat and add vinegar and 4 cups ice water. Chill brine until cold, about 1 hour.
3. Divide brine between bags with pork and seal, squeezing out excess air; chill pork for 8–24 hours.
4. Remove pork from bags and pat dry. Place on a large rimmed baking sheet; let sit 2 hours to bring to room temperature.
5. Preheat oven to 300 F. Mix garlic, chopped thyme, mustard seeds, pepper, 1/4 cup mustard and 2 tablespoons oil in a small bowl. Smear all over pork, working into slits; tuck thyme sprigs into slits. Upend both racks so they're parallel to each other with bones facing up and slits facing out. Curve racks toward each other so that they meet at both ends to form a crown (call a friend to help with this part). Holding pork in place, encircle racks with string and tie securely in

- two places: around rib bones and around thickest part of loin. If desired, wrap tops of bones individually with foil to keep them from burning.
6. Heat remaining 2 tablespoons oil in a large skillet over medium. Cook bacon, stirring often, until fat is rendered and edges are crisp, about 5 minutes. Transfer bacon to a roasting pan with a slotted spoon.
7. Working in two to three batches, add apples, cut side down, and shallots to same skillet and cook over medium-high heat (undisturbed) until golden brown, about 5 minutes. Transfer apples to roasting pan; turn shallots and cook until golden brown on the other side, about 3 minutes. Transfer to roasting pan.
8. Remove skillet from heat and carefully add cider, stirring and scraping up any browned bits. Pour liquid into roasting pan and place pork in the center, pushing apples and shallots to the edges; reserve skillet. Roast pork until an instant-read thermometer inserted into the center of loin registers 135 F, 1 3/4 to 2 1/4 hours.
9. Remove roast from oven and transfer apples and shallots to a platter; tent with foil. Increase oven temperature to 500 F. Transfer pork to a cutting board and pour pan juices into reserved skillet. Return pork to roasting pan; roast until browned and crisp all over, 5–10 minutes. Transfer roast back to cutting board and let rest 30–45 minutes before cutting into chops.
10. Just before serving, whisk remaining 2 tablespoons mustard into pan juices in skillet and bring to a simmer over medium heat. Cook, whisking often, until sauce is reduced to about 1 cup, 7–10 minutes.
11. Transfer pork chops to platter with apples and shallots; spoon sauce over.

*continued on page 29*

Deputy Brian Heischuber, indicating the purpose of the display! The work of Deputies Duxbury and Heischuber in creating this loving tribute to the military personnel at the station serves as a great example for others who would like to do the same for their unit! Very nice job, gentlemen!



SCT's showcase with Deputies Duxbury and Heischuber



Deputy Brian Heischuber stands near his own picture from his Air Force days, where he concluded his military career as a staff sergeant.

### ARE YOU A VETERAN OR RESERVIST?

In an ongoing effort to capture as many names as I can, let me repeat the following call to action: You may be surprised to hear that we have no comprehensive tally of all employed by LASD

who have or are currently serving. While LAPD shared that they have approximately 2,900 across their department, I have no doubt that our numbers are similar. Until we can arrive at the most efficient way to attain a proper count of our own military population, I would like to request here — in the most unsophisticated, non-computerized, old-school way — information from you. *Will you please send me an email if you are a service member, past or present?*

I implore you to take a moment to do this. This information can be used to emphasize the high number of veterans employed by the LASD and affirm the need for the efforts of the MVA for employee services, for our Vets 4 Vets programs and our partnerships with outside veteran service organizations. The numbers will be used to provide the county and state with an accurate assessment of the veterans still serving proudly. Please email me at [kjduxbur@lasd.org](mailto:kjduxbur@lasd.org) and provide the following information:

- Name
- Best contact phone number
- Best email (if not the one you used)

- LASD rank or position
- LASD UOA
- Branch of service
- Current or last rank
- Number of years you served and/or are currently serving
- Major campaigns (please name)
- Y/N: combat experience
- Y/N: if we can email you information regarding laws, outreach and support efforts, veteran-centric related events in and outside of LASD, as they occur, etc.

### THE ROAD SHOW

The MVA is taking it on the road! We have been going unit to unit to educate reservists, supervisors, training/scheduling and operations staffs about the rights and laws governing job protections, obligations and best practices as related to our LASD personnel serving in the military. If you would like us to come to your unit sooner rather than later, please contact us and we will arrange to do so. Additionally, if you ever have any questions regarding your military obligation or that of an employee, please contact the MVA anytime at (213) 229-3152 or by email at [MilitaryandVeteranAffairs@lasd.org](mailto:MilitaryandVeteranAffairs@lasd.org).

You can also find us on Facebook [@LASDMilitaryandVeteranAffairsUnit](https://www.facebook.com/LASDMilitaryandVeteranAffairsUnit), and on Twitter and Instagram [@LASDMVA](https://www.instagram.com/LASDMVA).

Finally, the MVA wishes you and your families a wonderful Christmas holiday and a very happy new year! I would like to personally say it has been an absolute pleasure to work at this unit, and I find much satisfaction in my now-everyday job getting to stand alongside our military reservists, past and present.

Until next time, keep thanking our heroes. It's the least we can do, considering all they have done. ☆

### FOOD SAFETY TIP OF THE MONTH: HYGIENE PROMOTION

Effective sanitation and hygiene cannot be “delivered” by an external agency; they are goods and behaviors that communities and households must want for themselves. While a latrine or public toilet can easily be paid for by public authorities, these facilities will not constitute effective sanitation unless people want to use them.

Diarrhea causes approximately 1.6 million deaths each year. Out of these, 90 percent are

among children under the age of 5, and these deaths represent approximately 15 percent of all child deaths under the age of 5 in developing countries. In low- and middle-income countries, diarrheal diseases rank third after perinatal conditions and lower respiratory illnesses as the top cause of death in children under 14 years of age. An effective hygiene promotion program can reduce risky hygiene practices and conditions for children, women and men. For example, the simple act of washing hands with soap at

key times, such as after going to the toilet, can reduce diarrheal incidence by nearly half. In this guide, hygiene promotion is defined as processes to promote changes in behavior to reduce the spread of sanitation-related diseases (e.g., washing hands with soap at critical times and the safe management of children's feces). Broadly speaking, hygiene promotion focuses on changing personal behavior. Both are essential to maximize the benefits of investments in water, sanitation and hygiene. ☆



By Mark Slater  
Crescenta Valley Station

## HAPPY HOLIDAYS AND HAPPY NEW YEAR

**W**ow. Did this year go by fast? It seems that it was just summer and now we are now preparing for the holidays. First of all, we want to express our thoughts and prayers for all those affected by the shooting in Las Vegas. We are saddened for all the lost lives, but we are grateful for those LASD members who are recovering from their injuries. We salute all the first responders who put themselves in harm's way to assist during the shooting. Good job to all of you.

## FUTURE DEPUTIES

Crescenta Valley Station is well on the way to helping our Department's recruitment efforts as we welcome two new "future deputies." Lieutenant Marjory Jacobs and her wife, Jeanie, welcomed their son, Mason Jacobs, on August 25. Mason weighed in at 9.1 pounds and measured 22 inches long. Secretary V Maria Regis and her husband, Ryan, welcomed their son, Kenji, who was born on October 17. Kenji weighed in at 7.8 pounds and measured 19 inches long. Both moms and their sons are doing well. Congratulations to all.

## OFF TRAINING

We congratulate Deputy David Leon, who completed his patrol training. On his first day after being off training, he arrested an individual for possession of narcotics. Good job, and keep up the good work.

## HOOK OF THE MONTH

Speaking of good work, Deputy Jaime Huerta, who recently transferred from Temple Station to Crescenta Valley Station, made an excellent observation arrest. While assisting on a theft call, he was searching the surrounding area when he spotted a suspicious vehicle unrelated to the original call. It seems the vehicle had its license plate covered with paper plates and the three males tried to hide their faces when they saw Deputy Huerta. The vehicle was stopped and Deputy Huerta discovered gloves, a ski mask, a police scanner and a window punch. They also located a handgun nearby in the bushes. The three gang members were arrested. Good job, Deputy Huerta, and welcome to Crescenta Valley Station.



## MONTROSE SEARCH AND RESCUE 70TH ANNIVERSARY

Montrose Search and Rescue Team (MSAR) recently celebrated their 70th anniversary at Newcomb's Ranch in the Angeles National Forest. Hundreds of people attended to show their support of the team. With patrols each weekend, the team has built a reputation of saving lives in the Angeles Forest and is well received by both hikers and bikers alike!

Jay Leno arrived in his prized 1917 Fiat Botafogo Special, which caused quite a stir. Jay stayed around for photos and donated the largest prize to the cause, a private tour of his famous car collection by Jay himself.

The audience included three members of the public who were rescued by Montrose SAR. Donald Buchanan (father of an LASD deputy) became lost on a solo hike in January 2014. Multiple LASD SAR teams responded, and a joint Montrose/Antelope Valley team heard him blowing a whistle as a patrol helicopter passed by. Soon thereafter, he was located by Sheriff Air Rescue 5 on a narrow ledge above the team, where he had spent the night trapped.



One rider told us about the time when he was rescued by Montrose after a violent motorcycle accident. He said he felt just lucky to be alive after losing control of his motorcycle when a Montrose SAR team was on patrol just minutes away.

Lastly, Laurel Granger shared about the night when her vehicle went 300 feet over an embankment in the snow and she spent the night there. Her core body temperature had dropped to 79 degrees when she was located by a Montrose team member. Air Rescue 5 transported her to the hospital, where she went into full cardiac arrest multiple times. She made a full recovery. Now, she is one of the team's biggest supporters.

*Volunteer Steve Goldsworthy contributed to this story.*



## DEPUTY OF THE YEAR

On October 26, Deputy Jasmyn Arredondo was recognized as the 2017 Deputy of the Year by the Crescenta Valley Chamber of Commerce. Jasmyn was selected for her outstanding contributions for the betterment of the community. Congratulations, Jasmyn.

## CHILI COOK-OFF

Crescenta Valley Station participated in the annual "Fun in the Sun" Chili Cook-Off. Although we did not receive an award for our "Over-the-Side" chili, we thought it was the best and that our booth was outstanding. We want to thank Deputies Jasmyn Arredondo and Jeff Martin; Sergeants Audrey Alvarez and Jeff Curran; Law Enforcement Technicians Julia Tafoya, Rich Engersbach, Tabitha Harness and Souseh Petross; Lieutenant Jory Jacobs; and all their families and friends who assisted with our chili and booth. A special



thanks to Laurie Lopez-Marquez, who provided the recipe for our famous applewood bacon chili. We are already thinking about next year's event,

so stand by because Crescenta Valley Station will be a top contender. We will see you next year, and please stay safe. ☆

## HAUNTED JAIL

We held our annual haunted jail over two days in October. The turnout was great. The haunted maze scared many of the people who attended, while the costume contest was also outstanding. We want to thank Deputies Alex Covian and Eric Matejka, Sergeant Cynthia Gonzales, Sandy Enslow (who mapped out and designed the maze), Rudy Espinoza (who installed all the electrical and sound), Volunteers Paul and Lisa Dutton (who were there from start to finish) and many other volunteers. If you did not make it to the haunted maze this year, then watch for our flyers next year. Thanks again to all who helped make this community event a huge success.

## HOLIDAY PARTY

Our annual Holiday Party will be held on Thursday, December 14, at the De Luxe Banquet Hall in Burbank. We hope to see you there.

# SPREAD THE WORD!

## The 2018 Lakewood Annual Retiree Luncheon

11 a.m., Wednesday, January 24, 2018  
Chili's, 4931 Candlewood St., Lakewood, CA 90712  
(562) 602-0413

The Annual Lakewood Reunion Luncheon will again be held at the local Chili's Restaurant. They offer open space with full service, full menu and bar with all the conveniences we are accustomed to. We don't need a head count. We'll order and pay individually from their menu. Libations are available COD, no extra charges for anything ever, and service tipping is optional. Everyone is always welcome, and we hope to see all of you there again.

Mickey Reedy, (562) 799-1410, RmickeyR@aol.com  
Keith Mohagen, (714) 525-7485, kamohagen@aol.com  
Ike Sabeen, (562) 494-8596, ike@lasdretired.org



# The Chaplain's Notebook

By Chaplain Oleg I. Gulin  
Special Enforcement Bureau

## THE HOLYDAY SEASON

It is common to call the months of November and December "the holyday season." Thanksgiving, Hanukkah and Christmas are some of the happiest times of the year for children and their families. During this time, we give gifts of love and appreciation to one another. We visit and spend time with our families. We save money during the year and wait for Christmas sales in order to get the gifts we desire for our loved ones and ourselves. Thank God, we have this opportunity because we live in the best country in the world. When the Pilgrims reached this land and settled here, they wanted to express their thanks to God Almighty. Pilgrims were sincerely thankful to God, who allowed them to reach a land of freedom.

As president of the United States, George Washington proclaimed the first nationwide Thanksgiving celebration on November 26, 1789. He marked the occasion "as a day of public thanksgiving and prayer to be observed by acknowledging, with grateful hearts, the many ... favors of Almighty God." President Ulysses S. Grant declared Christmas a legal holiday on June 28, 1870, and the day celebrates the birth of Jesus Christ. We should not forget the true meaning of Thanksgiving or Christmas. By the last quarter of the 19th century, Americans eagerly decorated trees, caroled, baked delicious treats and shopped during the Christmas season. Since that time, materialism, the media, advertising and mass marketing have changed Christmas forever.

The holyday season is not just about giving gifts, going shopping or taking vacations. Of course, these things go hand in hand with the holidays, but the real importance of this time of year is appreciating what we have: our lives, our significant others, our children, our parents, our friends, our health, our job and our country — the greatest in the world. Today, I want to wish everyone a happy Thanksgiving, a happy Hanukkah and a very merry Christmas.

Holiday prayer: "May the Lord bless you and keep you. May the Lord make his face shine upon you and He be gracious to you. May the Lord lift up His countenance upon you and give you peace."

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

## ☆ IN MEMORIAM ☆

DOMINADOR G. BERGANO	RETIRED 09-07-99, DECEASED 10-12-07	PROPERTY CUSTODIAN/ CENTRAL PROPERTY & EVIDENCE
MARILYN J. CARLSON	RETIRED 09-06-80, DECEASED 10-16-17	SERGEANT/CIVIL PERSONNEL
BARBARA J. COX	RETIRED 03-31-98, DECEASED 10-03-17	PROPERTY & EVIDENCE/ PROP & EVIDENCE IRC
ELIZABETH A. DICKINSON	RETIRED 11-13-01, DECEASED 10-09-17	CHIEF/DETECTIVE DIVISION ADMIN
JOSE F. DURAN	RETIRED 03-31-06, DECEASED 10-06-17	DEPUTY/TST
GLORIA D. FOSTER	RETIRED 03-17-86, DECEASED 05-01-17	LIEUTENANT/IRC
LEE B. NESMITH	RETIRED 01-08-84, DECEASED 10-03-17	SERGEANT/NARCO NORWALK STATION
BASIL J. NORTH	RETIRED 06-30-97, DECEASED 10-01-17	DEPUTY/SPECIAL INV BUREAU
JOHN M. BILLINGS, SPOUSE OF RETIRED MEMBER MARIA G. BILLINGS, DECEASED 10-01-17		
JERRY F. DEAN, SPOUSE OF ACTIVE MEMBER ROSEMARY B. DEAN, DECEASED 10-08-17		
KATHLEEN HESTER, SPOUSE OF RETIRED MEMBER DOUGLAS A. HESTER, DECEASED 10-06-17		
TOMMIE PADDOCK, SPOUSE OF RETIRED MEMBER FREDERICK T. PADDOCK, DECEASED 10-19-17		
MARGIE VERDUZCO, SPOUSE OF ACTIVE MEMBER BENJAMIN R. VERDUZCO, DECEASED 10-05-17		

# SRA BUSINESS PAGE

## APPLICATION FOR CHANGE OF BENEFICIARY



LASD EMPLOYEE # (IF KNOWN): \_\_\_\_\_

CURRENT MAILING ADDRESS: \_\_\_\_\_

EMAIL: \_\_\_\_\_

**Sheriffs' Relief Association OF LOS ANGELES COUNTY, CALIFORNIA, INC.**

STARS Center, 11515 Colima Road, Bldg. B | Whittier, CA 90604 (562) 946-7081

Name of Member \_\_\_\_\_ Date: \_\_\_\_\_

I wish to change (amend) the name, or names, of the person, or persons, heretofore shown as my beneficiary, to receive any and all death benefits which may accrue by reason of my membership in the Sheriffs' Relief Association of Los Angeles County, California, Inc.

I hereby designate and appoint as my primary adult beneficiary: \_\_\_\_\_ Relationship: \_\_\_\_\_

Address: \_\_\_\_\_ Phone # \_\_\_\_\_

I hereby designate and appoint as my alternate beneficiary (OPTIONAL): \_\_\_\_\_ Relationship: \_\_\_\_\_

Address: \_\_\_\_\_ Phone # \_\_\_\_\_

It is understood and agreed by me that the provisions of the By-Laws of this Association, as the same now exist, or may be heretofore modified, amended or enacted, shall be binding upon me.

This supersedes any previous designation of beneficiary.

**Please mail to:**

Sheriffs' Relief Association  
11515 Colima Road, Bldg. B, Whittier, CA 90604

\_\_\_\_\_  
*Signature of Member*



## LOAN POLICY CHANGES NOTICE

**Attention, members: There are two important changes to the Sheriffs' Relief Association loan policy, effective November 1, 2017.**

- ▶ **There will no longer be restrictions on the number of loans to a member each year.**
- ▶ **SRA will no longer make loans of less than \$400.**

## CHANGE OF ADDRESS FORM

NAME: \_\_\_\_\_

DATE: \_\_\_\_\_

EMPLOYEE # (IF KNOWN): \_\_\_\_\_

CURRENT ADDRESS: \_\_\_\_\_

CITY \_\_\_\_\_ STATE \_\_\_\_\_ ZIP: \_\_\_\_\_

PHONE: \_\_\_\_\_

EMAIL: \_\_\_\_\_

Please email to [membership@sheriffsrelief.org](mailto:membership@sheriffsrelief.org) or mail to:

Sheriffs' Relief Association  
11515 Colima Road, Bldg. B, Whittier, CA 90604



# Sheriffs' Relief Association Discount Tickets

SRA: (800) 544-4772/(562) 946-7081 (M-F, 8:30 a.m. to 5 p.m.), Emporium II: (562) 946-7271 (M-F, 9 a.m. to 4:30 p.m.), Emporium III: (661) 295-8030 (Mon.-Sat., 9 a.m. to 5 p.m.). Holiday Hours: Closed Tuesday, Dec. 12, 10:30 a.m. to 2 p.m.; Friday, Dec. 22, at noon; Monday, Dec. 25; Friday, Dec. 29, at noon; and Monday, Jan. 1.

**Tickets Available and Sold to Members Only**

## BUY TICKETS ONLINE!

Tickets available for purchase with a credit card through our website at <http://members.sheriffsrelief.org>.

ATTRACTION	SRA PRICE Adult/Child	ONLINE PRICE Adult/Child	GATE PRICE Adult/Child
AMC Black Ticket (unrestricted) . . . . . <i>Ages 3 and up</i>	\$10.25	N/A ONLINE	\$11.00-\$15.00 depending on location
BOOMERS IRVINE . . . . . <i>All-day unlimited attractions</i>	N/A IN OFFICE	Several packages available, \$25.00 and up \$0.99 processing fee per transaction	
CINEMARK (unrestricted) . . . . . <i>Ages 3 and up</i>	\$8.50	N/A ONLINE	\$11.00-\$13.50 depending on location
DISCOVERY SCIENCE CENTER . . . . . <i>Children 3-14</i>	N/A IN OFFICE	\$14.00/\$10.00	\$17.95/\$12.95
HARKINS (unrestricted) . . . . . <i>Ages 3 and up</i>	\$8.00	N/A ONLINE	\$10.50-\$15.50 depending on location
KNOTT'S BERRY FARM . . . . . <i>Good through 12/31/17</i> <i>Children 3-11; senior 62+</i>	\$42.00/\$39.00 <i>No processing fee</i>	\$42.00/\$39.00 \$5.99 - \$7.99 - \$9.99 processing fee per transaction	\$75.00/\$45.00
LEGOLAND — Free 2nd Day . . . . . <i>Good through 12/31/17; 2nd day free within 90 days of first visit/use or before expiration date; children 3-12</i>	N/A IN OFFICE	\$76.00/\$71.00	\$95.00/\$89.00 <i>(1-day ticket)</i>
LEGOLAND HOPPER — Free 2nd Day . . . . . <i>Good through 12/31/17; 2nd day free through the end of 2017; children 3-12</i>	N/A IN OFFICE	\$81.00/\$76.00	\$119.00/\$113.00 <i>(2-day ticket)</i>
MAGIC MOUNTAIN . . . . . <i>Good through 9/16/18; ages 3 and up</i>	N/A IN OFFICE	\$52.99	\$76.99/\$51.99 \$8.99 processing fee per transaction
MEDIEVAL TIMES . . . . . <i>Children under 12</i>	N/A IN OFFICE	\$39.03/\$26.98 plus tax	\$61.95/\$36.95 plus tax
REGAL/EDWARDS (unrestricted) . . . . . <i>Ages 3 and up</i>	\$8.50	N/A ONLINE	\$10.00-\$12.50 depending on location
SEAWORLD . . . . . <i>Children 3-9</i>	Temporarily unavailable		\$189.98/\$177.98
SEAWORLD — Fun Card . . . . . <i>Children 3-9</i>	Temporarily unavailable		\$94.99/\$88.99
UNIVERSAL STUDIOS . . . . . <i>Children 3-9</i>	N/A IN OFFICE	\$95.00/\$89.00 and up Pricing is date specific. Please log on to our website to view.	\$115.00/\$109.00 and up \$119.00 12-month season pass

**NOTE: SRA will no longer be carrying Disneyland tickets.**

IMPORTANT: Payment — cash or check only in our office (check payment limit=\$750.00). Ticket limit=10 per attraction per month (except for Disneyland tickets, limit is only 8) per member. If member is having someone other than spouse pick up tickets, only the member's personal check with employee # written on the same check is accepted for payment. Please read and check instructions and restrictions on the back of each ticket before leaving the ticket counter. All sales are final. Prices are subject to change without prior notice. Online pricing may differ from in-office pricing. Additional service charges may apply; please see individual websites for details.

REVISED 11/15/2017

# The Sheriff's Department is continually changing



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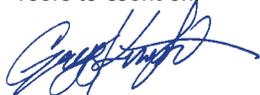
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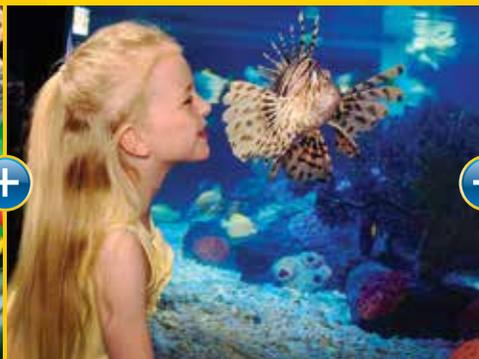
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