



VOL. 79 NO. 2

JUNE 2018

STAR NEWS

SHERIFFS' RELIEF ASSOCIATION

SEA HUNT



Trustees Monthly Meeting

The regular meeting of the Sheriffs' Relief Association convened on Thursday, April 12, 2018, at 11515 Colima Road, Whittier. The following officers and trustees were present: Joe Badali, President; J.P. Harris, Vice President; Diane Stone, Secretary-Treasurer; Trustees Mike Abdeen, Kerry Carter, John McBride, Veronica Urenda and Liza Vera; and Bill McSweeney, General Manager. Trustees not present: Joey Fennell, Teresa Garrett, Joe Hartshorne and Glenn Walsh.

The meeting was called to order at 5 p.m. A motion was made by Trustee Abdeen, seconded by Trustee Harris and unanimously carried to approve the minutes of the February and March meetings, and the January and February Foundation expenditures.

COMMUNICATIONS

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

To SRA from the Cendrelli family, "Our family would like to thank you for the beautiful floral display shaped like a Sheriff's Star. Also, I was surprised and relieved to receive a check for help with the funeral expenses. My husband was a proud member of the Department for 30 years, five months and 25 days. I will always be grateful to the members of the Department for the many kindnesses they have shown me and my two sons."

From Patti Edgington to Denise Jezak, "Thank you so much for the beautiful flag. Mom would be really proud of it!"

To SRA and Denise Jezak from Marguerite Douglas, "Thank you for all the help I've received from Sheriffs' Relief. The plaque and flag are beautiful, and I know how proud Sam would be. Thanks also for the check and the help I've had from everyone I've talked to."

To SRA from Connie Noel, "The family of Walter Irvin Noel acknowledges, with appreciation, your kind expression of sympathy."

To SRA from Volly Jones, "Thank you for the flag, it is lovely. I have it on the mantel over the fireplace; I will admire it and think of Roy every day."

To SRA and Rick Jennings from Mary White, "Thank you for your letter on January 2. At this difficult time in my life, I am unable to adequately express my thoughts and feelings of appreciation, but I want you and everyone at Sheriffs' Relief to know that I am comforted by your care, the check and Sheriff's Shield of flowers. I would be honored to be an honorary associate member."

From Lawrence R. Kline Jr. to Leo Norton, "I wanted to thank you for the kind sympathies and the benefit. Please let everyone there know we appreciate the hard work and effort that goes into something like this. We know that the Sheriffs' Relief Association will provide much-needed support to future beneficiaries."

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Retired Deputies

By Chickee Nelson and Don Fandry

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

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

NEXT LUNCHEON:
Wednesday, July 11, 2018 @
11:30 a.m. Buffet \$10.95
Villa Catrina Restaurant
251 N. Santa Anita Ave.
Arcadia, CA 91006

On April 2, a few guys, all with ties to **Altadena Station**, met for lunch at *Jake's Roadhouse Diner* in Monrovia. Jim "Mats" Matsuoka orchestrates these get-togethers whenever he comes to town from Carson City. This gathering included Tim Ugarte, Rick Drake, John Stanley, Steve Skrnich, Al Paleaz, Joe Key, Brian Tibbett, Mats, John Samuel and Dale Falcon.

On April 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 were Chickee and Norman Nelson, Beth Combs, and Lee and Annette Henderson. This is the second time in 10 years that Beth ordered something different; she always orders the quiche, but this time she ordered the fish and chips.



Altadena Station. Left side: Tim Ugarte, Rick Drake, John Stanley, Steve Skrnich and Al Paleaz; Right side: Joe Key, Brian Tibbett, Mats, John Samuel and Dale Falcon

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STAR NEWS

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Cover photo by Chris Miller

From the daughters of Ted Dayian, a former employee of SRA, "Dad truly loved being at the SRA. Thank you to everyone who has reached out at this time."

BENEVOLENT REPORT

MORTUARY BENEFITS PAID DURING FEBRUARY: \$80,750

MORTUARY BENEFITS PAID YEAR TO DATE: \$170,250

MORTUARY BENEFITS PAID DURING MARCH: \$130,500

MORTUARY BENEFITS PAID YEAR TO DATE: \$299,750

MEMBERSHIP REPORT

A total of 110 new membership applications were received during the month of March. A motion was made by Trustee McBride, seconded by Trustee Harris and unanimously carried, to accept the following new members:

Evelyn Aguilar, Nathaniel M. Angel, Roy Arredondo, Evelyn G. Arriaga, Patrick E. Baisa, Robert P. Banuelos, Joseph D. Blair, Efrain Bugarin Avila, Zachariah J. Butler, Benjamin J. Caldera, Jonathan M. Calderon, Miguel A. Camarena, Javier Casillas,

Gabr Castellanos Arnzon, Iris A. Castellanos, Daniel S. Choi, Ken Chong, Clarence D. Cureton, Briana Davila, Michael A. Davila, Marisa Davis, Youlanda E. Deboyes, Douglas D. Diamond, Marcelino B. Dizon Jr., Simone D. Dotson, Rezekiel P. Dulaney, Cari L. Dunn, Forrest Escalera, Joe A. Espitia III, Norberto R. Fernandez, Paul J. Flores, Isabel Fonseca, Jaime A. Fonth, Yovanni Galindo, Emmanuel Gamino, Fredy J. Garcia, Rebecca L. Garcia, Kapil Gaur, Cassandra M. Gomez, Daniel E. Gonzalez, Monica M. Gonzalez, Cameron J. Gorman, Wyatt L. Graham, Adrian M. Guillemet, Raul Gutierrez, Dontavius Harvey, Vincent J. Hernandez, Matthew W. Huang, Sara M. Hughes, Stephen R. Jackson, Keenan M. Johnson, Melissa M. Kelley, Mark C. Kitchen, Stephanie Lebeau, Johnny C. Lei, Anthony K. Libutti, Henry E. Lopez, Jan Lopez, Roe Losycer, Joe Magana, Fra Maldonado Hernandez, Kevin M. Manley, Josue Martinez Ramirez, Frank G. Martinez, Orlando J. Martinez, Michael J. Martino, Awan R. Mejia, Laloaoa Milford, Brian Montes, Gerardo Morales, Ryan J. Morales, Vanessa Moreno, Gustavo D. Mota, Carlos A. Munguia, Karla J. Munoz, Emmanuel Nikoloudakis, Chinedu W. Nnadozie, Karen A. Nolasco Venegas, Edward Ocotlan, Juan P. Ortega, Carlos A. Perez, Damaris M. Perez, Sarai N. Perez, Stacie M. Perez, Christian E. Prieto, Enriqu Reynoso-Alvarado, Kyle J. Robinson, Angelo Rodriguez, Rosie Romero, Abigail I. Sanchez, Carlos E. Sanchez, Luis A. Sanchez, Ertap Saribas, Travis H. Shearer, Sylvia M. Sierra, Dylan L. Stevens, Dwight D. Street, Steven Tain, Daniel Tepale, Jorge Terreros, Adrian Torres, Araceli Trujillo, Javier C. Vasquez, Silvestre A. Vcortez, Eliezer Vera Jr., Rigoberto Villa, Edga Villarreal Arrieta, Laurita Wahoske, Steven M. Williams and Kyle R. Wilt.

A total of 37 new membership applications were received during the month of April. A motion was made by Trustee Urenda, seconded by Trustee Stone and unanimously carried, to accept the following new members:

Tom Greg O. Almona, Valeria Alvarez-Rosas, Joseph Angelo L. Araneta, Tatevik A. Araujo, David L. Carranza, Patricia D. Carrillo, Sara S. Comeaux, Selin Eskandary, Ryan D. Ferrone, Vincent L. Fratianne, Martha L. Guevara, Angela M. Hairston, Farhan U. Hakim, Kevin S. Hamor, De Izaguirre J. Herrera, Edward D. Holguin, Nicole B. Ingalls, Rena Jones-Warren, Abraham Lopez Moreno, Michael R. Lyon, Andrew J. Makins, Fe N. Malit, Phillip V. Marquez, Chhut Pa, Yaxiry Palacios, Mason R. Peacock, Johnny Quinonez, Karina Tatianna Reyes, Jordan D. Righter, Juan C. Rodriguez, Abraham Salais, Martha Sanchez, Walter A. Santos, Greg Shirvanian, Erin D. Stibal, Dalia K. Torres and Alexis N. Velazquez.

We had no deaths of active members, 9 deaths of retired members, 1 cancellation of active

membership, 2 cancellations of retired membership, 3 new honorary associate members and 3 deaths of honorary associate members in February.

There were 15 members who resigned, 3 discharges and 6 who transferred from the Sheriff's Department/Relief Association during the month of February.

We had 1 death of an active member, 14 deaths of retired members, 0 cancellations of active membership, 0 cancellations of retired membership, 4 new honorary associate members and 3 deaths of honorary associate members in March.

There were 12 members who resigned, 2 discharges and 5 who transferred from the Sheriff's Department/Relief Association during the month of March.

EMPORIUM REPORT

The new PDC building is about to begin construction; it will be a six-to-eight week project. The store should be ready to open in June.

SPECIAL EVENTS

This year's Roundup was a great success! The Emporium made upward of \$10,000 with the highest sales coming from the challenge coins. This year's giveaways included a small pocketknife with "SRA" on the handle and a first-aid kit; both were a hit! Trustee Vera attended the event along with Dave Godfrey, Greg Johnson, Cheryl Bullock and Margie Botello.

The planning for this year's SRA picnic is well underway, and all is on track.

OLD BUSINESS

Architect David Senft made a short presentation about the new SRA building at BC to help the Board envision his plans for where the building will be.

Bill Salvesson answered some questions about the possible new IT system that will be implemented by end of this calendar year.

NEW BUSINESS

Currently, the Department goes to Yary Photography for any and all unit photos. General Manager Bill McSweeney is proposing that we look into 911MEDIA's photography contacts; they may be a better value.

ADJOURNMENT

At 6:32 p.m. a motion was made by Trustee Abdeen, seconded by Trustee Urenda and unanimously carried to adjourn the meeting of the Sheriffs' Relief Association, Sheriffs' Relief Foundation and Sheriffs' Relief Services, Inc. ☆



WILL AND TRUST ATTORNEYS WANTED FOR SRA PANEL

The Sheriffs' Relief Association invites will and trust attorneys to join its panel for members seeking legal referrals. Attorneys interested in applying may call Bill McSweeney or Leo Norton at the SRA office, (800) 544-4772.



By Thomas Brooks
Pitchess Detention Center, South Facility

SOUTH RATTLER ROUNDUP: SOUTH FACILITY NIGHT AT JETHAWK STADIUM

Greetings, faithful readers, and welcome back. This month, we are highlighting South Facility Night at JetHawk Stadium. On April 18, South Facility personnel came out to cheer on the Lancaster JetHawks at The Hangar.

In attendance were Captain Paula Tokar, Sergeant Thomas Brooks, and Deputies Scott Frayer and Louie Barragan. Sadly, one of the organizers of the event, Lieutenant Craig Wiggins, was drafted at the last minute and was unable to attend. Always the team player, Wiggins gave away his ticket so someone else could enjoy the event.

Between the JetHawk beating and the freezing wind, very few participants made it past the fourth inning! Ultimately, the Lancaster JetHawks lost to the Rancho Cucamonga Quakes (11-4).

INS AND OUTS

Welcome aboard to the following personnel: Captain Paula Tokar, Deputy Rafael Sierra, Deputy Aaron Appleton (Tidball Junior), Deputy Caden Magwood-Gonzales, Deputy Erinn Schirmeister, Deputy Yaxiry Palacios, Deputy Juan Calito, Deputy Devin Musil, Custody Assistant Mark De La Garza, Deputy Ricardo Delgado, Deputy Chelsea Schmidt, Deputy Javier Chavarin, Deputy Megan McCormick and Senior Deputy Jacquelyn Sorce. Last month, I forgot to

add Deputy Nicole Bell to the “Welcome Aboard” section of the article. I humbly apologize and can only say that some days I’m lucky enough to even remember my own name. Sorry!

We lost Captain Patrick Jordan to the Population Management Bureau, Deputy Justina Gallardo to Crescenta Valley, and Deputies Eric Treadway and Heather Zimmerman to Lost Hills. While it saddens us to lose good partners, we’re proud of you all for going out to battle evil!

THAT’S A WRAP

I’ll leave you with the following question: Which deputy took the name of this article seriously and decided to “bring home the bacon” or, in this case, “rattlesnake” for dinner?

Until next time, dear readers. Stay Safe! ☆



Retired Deputies *continued from page 2*

What is going on with Beth? We missed some of our regular attendees. We know that Lou Olney had a bout with pneumonia, but she is doing better now. If you are in the Victorville area on the first Wednesday of the month, come join us. We assemble next to the bar area in the back. Drop on in! Everyone is welcome.

On April 4, the **Desert Heat Retirees** got together at the Lake Havasu Elks Lodge in Lake Havasu City, Arizona. Those attending were George Bachmeier, Richard and Ruth Byrd, Shirley Hiler, Jerry Gillen, Don and Susie Sackett, Nick Tippings, Bill Taggart, Kevin Gavaghan, Tommy Jimenez and Mike Castorina. We meet on the first Wednesday of every month. All are welcome. Thanks, Jerry Gillen (lnx1993@yahoo.com).

On April 4, the **Marshal’s Old Timers** held their monthly luncheon at *Villa Tepeyac* in West Covina. Those attending were Roger DeHaan, George Gonzalez, Jack Snyder, Richard Duran, George Moore, Richard Tinsley, Hal Richey, John Davis, Cliff Hartfield, Roger Konoske, Terry Glisson, David Gonzales, Terry R. Black, Al Barnett, Roger Reaves and John Matarrazo. A couple of highlights to note: John Matarrazo celebrated 70 years of marriage on March 12, and Eugene “Swanee” Swanston turned 94 on April 13. Congratulations to you both. — Terry

On April 6 to 8, the **Sunshine Rollers** got together for their monthly campout at Rancho Jurupa County RV Park in Riverside. The Wagon Masters were Terry and Elroy Morris. Sadly, Elroy got sick and ended up at the Kaiser Hospital in Ontario because the one in

Riverside was full. So, of course, his wife, Terri, had to stay at the hospital with him. Their two daughters stepped up to the plate and took over orchestrating the campout for them; they did a fantastic job. In fact, they overdid it. They supplied a delicious dinner for everyone on Saturday night. We had 11 rigs and a few cancellations. The weather was nice, so we all had a wonderful and fun weekend. If you would like to come out and join us or get more information about our campouts, you may contact Claude Waddle at (562) 547-3935 or email him at cgw9041@aol.com.

On April 8 to 11, the **Laughlin Roundup** was held at the Riverside Casino. There’s going to be an article about the Roundup elsewhere in this issue

continued on page 6

of *Star News*, but I just wanted to add a couple of tidbits. There were 1,143 people who came into the Briefing Room, and there were other retirees who didn't attend the briefing but took part in luncheons and other events at the Roundup. Fourteen of our friends had signed up for the Roundup, but, due to different medical reasons and unexpected events, had to cancel. I called them all to find out what happened. Robyn underwent successful gallbladder surgery on April 11 in Prescott, Arizona. It was an outpatient surgery, and she is now at home resting. Rumors had it that retired LASD Bob Pangborn suffered a heart attack at the Roundup, but in truth, Bob suffered a heart spasm. Bob was taken to the hospital, where tests determined that he did not suffer a heart attack. Bob is back at home resting. A total of 473 retirees qualified for the HR 218. We want to thank Sheriff Jim McDonnell for letting his range staff come to Laughlin and qualify our retirees. Here are the HR 218 helpers: Gary Diederich, Jim Catlett, Bob Molina, Ed Corrette, Jim Klinger, David Donovan, Janice Hansen, Manny Skruggs, Andy and Mable Lee, Mila Bouman, Lee Leatherman, Joey Stocker (LASD range staff), Randy Tweedy (LASD range staff) and John Sullivan, who donated the portapotties. Thank you all! Next year's Roundup is going to be held on April 7 to 10 at the Riverside Hotel and Casino. You do *not* have to be retired to attend the reunion. Mark your calendars. Hope to see you there!

On April 9, the old AVS of Lancaster and Palm-dale held their dinner at the *El Palacio Mexican Restaurant* in Bullhead City. The total attendance was 83, of which 57 were LASD retirees. A special shout out goes to Carlos Valdez and Mike Naccarato. Carlos is our "senior dinosaur" who retired 28 years ago. Mike traveled the farthest, coming from the island of Maui in Hawaii. Special thanks goes to Barbara and John Ament for providing our only photograph. Unfortunately, group photos that others took were not provided. Sorry to those dozen or so who didn't get their mugs in this article. Due to our ever-increasing turnout, we have reached the maximum room capacity at the *El Palacio Restaurant*. We are looking into other, quieter venues that can accommodate our size. — C. Brandon

On April 18, the **Retired Deputies Luncheon** was held at *Villa Catrina Restaurant*, 251 N. Santa Anita, Arcadia, at 11:30 a.m. Those attending were Shaquay Polidore, Woody Polidore, Richard Sells, Barbara Sabatine, Cecil Sabatine, Dale Johnson, Don Fandry, Liz Polidore, Doris and Dave Kading, Regina Goss and Earl Polidore. The next meeting will be held on July 11.



Antelope and Lancaster Retirees



Retired Deputies Luncheon: Shaquay Polidore, Woody Polidore, Richard Sells, Barbara Sabatine, Cecil Sabatine, Dale Johnson, Don Fandry, Liz Polidore, Doris and Dave Kading, Regina Goss and Earl Polidore



Las Vegas Retirees: Leona Nelson, Norman and Chickee Nelson, Gary and Mary Olson, Carlos and Maria Gonzalez, Dora and Steve Hernández, Rosary and Frank Terkelsen, Mark Robinson, Robert Woods, Nik McGraw, John Hooge, Jim Ellison, Larry Griffith, Dave Hansen and Gary Griffith (Note: Virgil left for a doctor's appointment before the picture was taken.)

On April 18, the **Las Vegas Retirees'** monthly luncheon was held at noon at *Charlie's Lakeside*, 8603 W. Sahara Ave., in Las Vegas. The service was excellent, and the food has been consistently good. Those attending were Virgil Barlett, Leona Nelson, Norman and Chickee Nelson, Gary and Mary Olson, Carlos and Maria Gonzalez, Steve and Dora Hernandez, Frank and Rosary Terkelsen, Mark Robinson, Robert Woods, Nik McGraw, John Hooge, Jim Ellison, Larry Griffith, Dave Hansen and Gary Griffith. Now, I am *not* one for starting any mess, but why did Hershel miss the luncheon?

On April 27, it was a beautiful, spring-like day in the **Antelope Valley**. I even got up early and was able to beat some guys to *Denny's Restaurant*. This month, I sat at a different end of the table, as opposed to last month when I sat at the other end? Don't make much sense, do it? But, you know what I mean. We greeted a new member, recently retired Scott Short, who was introduced by Tom Ewens. Welcome, Scott. Since I was seated across from Mary McKain, she updated me on the progress of her "little cabin." (Little, I say, how about two stories tall and 5,400 square feet.) She is having her cabin built in some of the most beautiful open country in Montana. Mary is not too concerned about anyone bothering the property while she is away, as she has a neighbor who watches it for her — Howie Long, formerly of the Raiders football team. The other conversations were about our experiences while on the Department. What memories we all have, and sharing them is part of what retirement is about. This morning, we had a guest speaker, Christian Scott, who is assigned to Community Relations at Lancaster Station. He approached us with the idea of having some of us "old-timers," or "dinosaurs" as we call ourselves, appear with station personnel and relate our experiences of the years gone by while patrolling the Antelope Valley, something that current personnel seems to be interested in. He also offered to conduct a tour of the station for us retired



RDIE. Clockwise: George Magallanes, Dan Bartlett, Gordon Crowel, Mike Michalak, Andy Ramirez, Joe Eaton, Able Moreno, Matt Elash, Roger Silos, Rodney Silos, Mike Duran, Cornelius Healy, Mark Weldon and Gary Morgan

ones, and we agreed that it would be interesting; hopefully, it will happen in the near future. Attending this morning's breakfast were Glenn Hutchinson, Ron Nybakken, Vance Kirkpatrick, Don Ott, Mary McKain, Pat Hood, Tom Ewens, Fred McNutt, John O'Neal, Kent Anderson, Scott Short, Danny Gilmore, Dennis Papp, myself, Carlos Valdez, and of course, our guest, Christian Scott. Until next time, be safe, enjoy retirement and Godspeed. For information on the Antelope Valley retirees' activities, contact Carlos Valdez at valdez5150@msn.com.

On April 27, it was a beautiful spring day for our luncheon at *Mitch's* on El Paseo. Attendance was down to 23 from the usual 45 to 50 attendees. Sadly, we noted the passing of one of our usual attendees, Jim Vogts. Art Reddy paid tribute to his friend and

neighbor. Jim's accomplishments as a past president of PPOA and legislative representative for three decades were duly noted. Art reminded us that the many benefits we enjoy today were obtained through the hard work of Jim. He will be missed but not forgotten. Others in attendance were Phil and Ardella Staats, Gerry and Elaine Minnis, Jim and Bette Shuler, Greg and Gloria Morgon, Bob and Sandy Kostka, Smokey Givens, Dennis and Gloria Gillard, Jack and Meg Pina, Bill Alley, Ernie Roop, Paul and Maria Myron, Gus Carleton and yours truly, Dave and Loxi Hagthrop. We managed to assemble the group for a picture before lunch to ensure nobody would sneak out early. The fall luncheon will be held in early November. — Dave

Retired Deputies Inland Empire Lunch. RDIE had our monthly lunch in February at a local restaurant in the Inland Empire. Those attending were George Magallanes, Dan Bartlett, Gordon Crowel, Mike Michalak, Andy Ramirez, Joe Eaton, Able Moreno, Matt Elash, Roger Silos, Rodney Silos, Mike Duran, Cornelius Healy, Mark Weldon and Gary Morgan. Several individuals were unable to attend. Those who did enjoyed a fine meal. There was a lot of laughter regarding "war stories" from our patrol days. We also discussed plans for future events that will take place in the coming months. After approximately four hours, we left in good spirits — it is always good to see one's friends. If you would like further information on RDIE, email Cornelius Healy at scranch@earthlink.net.

We should always be thankful for something, and our retirement is something for which to be thankful. We are blessed, so make the best of your retirement. — Chickee and Don ☆



Phil and Ardella Staats, Gerry and Elaine Minnis, Jim and Bette Shuler, Greg and Gloria Morgon, Bob and Sandy Kostka, Smokey Givens, Dennis and Gloria Gillard, Jack and Meg Pina, Bill Alley, Ernie Roop, Paul and Maria Myron, Gus Carleton, and Dave and Loxi Hagthrop

2018

Retiree Roundup WRAP-UP

The 19th Annual Retiree Roundup was held at the Riverside Resort and Casino from April 8 to 11 in Laughlin, Nevada. This year's Roundup set a new attendance record, with 1,143 retirees in attendance. If you were not there, then you missed out on what most Roundup veterans said was the best one yet. Sheriff Jim McDonnell was in attendance on Sunday and Monday morning; he is the first incumbent sheriff to attend any Roundup. With retired Sheriff John Scott also in attendance, this was also the first time that two sheriffs were at the Roundup at the same time.

With the approval of Sheriff McDonnell and the financial support of ALADS, the HR 218 Qualification was conducted by LASD Range Staff Deputies Joey Stoker and Randy Tweedy. The two-day event was coordinated by Walt Bouman, and this year a new record of 473 retired shooters qualified.

Thanks goes out to the financial supporters of this year's Roundup: the Sheriffs' Relief Association, ALADS, PPOA and PPOA FCU.

Now for my own random thoughts on the Roundup:

Each year, various individual units hold reunions in the form of cocktail parties, dinners or lunches. Many of these reunions sellout, so in making your plans to attend next year, it would make sense for you to plan far ahead to attend one of these fast-growing events. These events are the ones that often produce the oldest and fondest of memories; they provide retirees with opportunities to share their memories with the people who helped make them.

Last summer, while on a cruise with a friend, we were discussing the Roundup over

drinks and he told me, "When I find someone who is considering going to the Roundup, I usually tell them they have to go, because inevitably they will run into someone they have forgotten about or not thought about in many years and they will be overjoyed to see them again."

From time to time, people post on social media about the Roundup. There have been some references to old retirees attending. So, a word or two about the old retirees. Most of us retire after 20, 25 or 30-plus years. Rarely does a young person retire. The word "old" has never been specifically defined, but I trust that we are all striving to become older retirees as opposed to the alternative. I like the old retirees. They have interesting histories and stories to tell. Their experience far outreaches mine because of time alone. In many ways, they paved the way for all of us and often taught us what they learned along the way. They trained us. I remember hearing then Lieutenant Steve Selby say that when you train a deputy, you are building a deputy. The old retirees helped to build a good many deputy sheriffs, and if we were smart enough

to listen and learn, the benefit was ours. They are due the honor and respect they deserve (the way younger folks hope to one day be received). The old retirees are not angry; they are happy, and are happy to see everyone in Laughlin because it gives them hope that this tradition will continue. I don't like seeing an old person at the Roundup and realizing that I was in the Academy with them. If you think there are too many old folks at the Roundup, I would suggest that you get your young hips out to Laughlin and show us all what a young retiree looks like.

In truth, males and females of all ages are enjoying the benefits of the Roundup, so if you suffer from the fear of missing out, now is the time to make your plans for next year.

Retired Reserve Captain Steve Pair met and had a very long conversation with a retired RCMP (Canadian Mountie) who was visiting Laughlin with a tour group. The Mountie saw the sign for the Briefing Room and proceeded upstairs to find out what it was all about. There, he encountered Steve and was in awe by the mass of retired cops and the genuine fellowship taking place. It is impressive to see



for sure, and first-time attendees are usually equally awed by the scene.

On the first Sunday night, I was with friends at a nearby restaurant and sitting at a table next to us were Art Herrera, Wes McBride, John Bowler and Steve Newman. All great cops, as were many, but I was struck by the amount of law enforcement history sitting and talking at that table. It's a sight that you can only see at an event like the annual Roundup; in fact, it's a sight that you can behold if you attend.

After last year's Roundup, a first-time attendee said: "Even though I have been retired 14 years, this was the first Roundup my wife and I attended, but it definitely will not be our last one. I regret not attending them from the moment I retired as this was a most enjoyable event. I do not have any one favorite, most memorable moment as it was like being hit with a wave of all of those things when I

first walked into the Briefing Room and saw those who I worked with and for during my career. Each day that I went into the Briefing Room, I saw someone else that I knew. The memories of working with or for these people just came flooding back. Yes, we had all aged a bit, but I still recognized everyone. It was great seeing these people and others during the Roundup, and I am so thankful for Moon and Robyn and their volunteers. Now that we have experienced our first Roundup, my wife and I intend to attend every future one so long as we are able."

Some folks avoid the Roundup because they fear they might see someone they don't like. The problem with that is that they miss out on seeing the many folks they do like. I don't have to go all the way to Laughlin to find people I don't like; I merely have to go out and drive in traffic. It has been said that

there's nothing simpler than avoiding people you don't like. Avoiding one's friends, however, that's the test.

The 2019 Roundup, our 20th anniversary party, is already promising to be the biggest in attendance, even better than this year's best-ever event. You will hopefully want to be a part of it instead of hearing about it. Mark your calendars for April 7 to 11, 2019, and you'll have already taken the first step to being there. If you've never attended, come and try it out. If you've attended, but not in a while, come on back. If you think you won't know anyone, we will prove you wrong. If you think you aren't old enough, come and grow old with the rest of us because when the memories come flooding back, you are going to be in for a special treat. You will experience old friends, good times and cherished moments. Isn't that what retirement is all about? ☆



By Shirley Miller
Santa Clarita Valley Station

SERGEANTS, SERGEANTS AND MORE SERGEANTS

Greetings from Santa Clarita Valley Station, home of the “Awesometown” deputies. In the past few months, we have had so many changes with sergeants that it’s been hard to keep track of them all! But, here’s the rundown, and we’ll quiz you if you visit us just to see if you can remember them all. Let’s start with Detective Bureau. Sergeant Ron Price retired in April, and Sergeant Joel Nebel, who was previously a sergeant at Altadena Station’s Detective Bureau, is now our new robbery sergeant. Sergeant Chris Maurizi transferred to Homicide Bureau, and Steve Sgrnoli is now our burglary sergeant. Sergeant Dan Peacock, who was our COBRA sergeant, hopped over to join the Highway Enforcement Team, and Brian Shreves took on the COBRA detectives. Are you dizzy yet? We’re not finished.

Pete Bringas was named as the new sergeant of the CIT Team after Sammy Soehnel’s

retirement. Sergeant Mike Wright of the Crime Prevention Unit (CPU) transferred over to Jail Investigations Unit (JIU), and Dan Dantice has returned to the CPU as a sergeant.

On top of that, we also have six new sergeants to SCV. Welcome Eric Caplinger, Mark Caron, Bernie Lopez, Chris Voda and Mike Pokorny!

Speaking of promotions, we would like to congratulate our longstanding Gorman resident, Deputy John DeYoung, and Burglary/Theft Detective Brandon Painter on their promotions to sergeant!

LIEUTENANT NEWS

We welcome Andy Dahring and April Carter to SCV as our two watch commanders. Andy was a sergeant here a few years back, and it’s nice to have him back.

Congratulations to Lieutenant Salvador “Chuck” Becerra, who was selected as the new lieutenant for our Crime Prevention Unit. His email auto-reply currently says, “I’m on vacation, reachable by cell only — Aloha.” Just to clarify, that’s not his new job auto-reply. Coincidentally,

his planned family trip to Hawaii fell around the same time as his assigned start date in CPU.

BETTER THAN GIRL SCOUT COOKIES

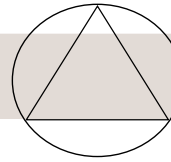
If you see lines outside our Traffic Office very early in the morning, you can attribute them to Sergeant Scott Shoemaker’s cookies. He has a knack for concocting the most delicious cookie recipes, and they are available to personnel on a first-come, first-served basis.

THE MOST IMPORTANT WORD YOU NEED TO LEARN IS ‘NO’

LET Kathy Stone, who has been a staple at SCV and has managed our fleet for years, recently retired. We wish her the best with her new chapter in life. She is planning to celebrate her retirement by taking a cruise to Alaska with her husband this fall. LET Julie Ibrahim is our new “Kathy Stone.” Julie spent time training with Kathy before she retired. Kathy didn’t want any of the guys taking advantage of Julie by asking her for things for which they have previously



Peace Officer's Fellowship



By Willis Braggs

HOW DO I FACE MY PARTNERS?

There are questions you might ask yourself after an alcohol-related incident: How can I go back to work? What will they think of me? Can I ever get promoted? Will I be able to transfer to a good assignment? It is normal to ask yourself all of these questions and more.

Some members on the Department have had to give up alcohol entirely to save their careers. Some have had to abstain to save their marriages. Some saw that excessive alcohol misuse was ruining their lives or health and decided to stop. Some were sick and tired of being sick and tired.

Whatever the reason a person may have for taking that first step toward sobriety, he or she will be faced with the question, "What about my job?" Many who have stopped drinking after joining the Peace Officer's Fellowship, which is Alcoholics Anonymous (AA) for cops, have decided to do just as the name implies and remain anonymous. They go about their daily work lives without discussing their drinking habits and are assured by other Fellowship members that their anonymity is protected. If a friend or supervisor notices that they were once a heavy drinker but have now stopped drinking, they can give any explanation or none. Abstinence does not require an explanation, and it does not hinder one's ability to be a trusted friend. Others have told friends and supervisors

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) 673-3374	
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 Philippon		(909) 296-0203
Ray Terhorst	(505) 705-5656	
John Valencia	(909) 599-1160	(951) 316-3633
Marty Weirich	(360) 570-1216	

*Active LASD

that they no longer drink and have offered to be of assistance to anyone who is having a problem with alcohol. They are willing to share their story and risk the disapproval of some in the hopes of helping others.

Returning to work after quitting drinking is not as difficult as one might think. Regaining trust and mending soiled reputations may be necessary, but the returning employee will find that most people want to see them succeed. If the past is any example, promotion, transfer to special

assignments and outstanding evaluations are there for those who seek them.

If you are reading this and know something is wrong and needs to be taken care of, or if you're wondering whether you have a drinking/thinking problem, call Psychological Services Bureau at (213) 738-3500 to speak with the substance abuse resource program coordinator or one of our doctors. Call the members listed in this article and attend a Peace Officer's Fellowship or AA meeting. Do it for yourself and your family. ☆

Santa Clarita Valley Station *continued from page 10*

been denied. So, she told Julie that one of the most important answers to get down pat was "no." That was a really easy skill for Julie to master, as she is a mother of four. So, sorry guys, don't bother asking.

OH, BABY

Congratulations to Detective Keith Greene and his wife on their newest member of the family: a 6-pound, 6-ounce boy named James, who was born on April 13. They are all doing well.

THE GLUE THAT HOLDS THE STATION TOGETHER

Our sheriff station clerks have been as busy as ever, processing reports, putting together booking packages and keeping it all together behind-the-scenes. We would like to welcome

new sheriff station clerks Patricia Pulido De Barros, Tamika Harris and Lela Gundrum. If you call our Records Department and ask to speak to "Patricia," you may get a moment of silence. You see, we now have a total of four sheriff station clerks named "Patricia." It just kind of happened that way. They are working out a system among themselves, designating who is to be called Pat, Patti, Patricia, etc. And, to top it all off, our captain's secretary's name is Patricia, too — so that makes five! Congratulations to Sheriff Station Clerk Patricia Valzirzadeh, who was recognized for her 40 years of service to L.A. County. You read that correctly — 40 years! Chief John Benedict stopped by and presented Pat with a nice set of personalized glass bookends to commemorate her accomplishment.

That's all for now. ☆





By J. Reiley
San Dimas Station

THE END OF AN ERA

Deputy West has left the building. Yup, that's right, our scheduling deputy of 18 years made the huge mistake after being prodded to make an appointment with LACERA. While "running the numbers," John was told the value he holds on the Department is \$3 an hour. You times that by 20 working days in a month, and John quickly realized his monthly earnings wouldn't even cover the cost of his favorite habit: supporting the employees at the local Wild Turkey distillery. And, it didn't help that the representative at LACERA began snickering when she discovered John was the station's "money man" and never ran his own numbers. So, after a quick call to his wife, John signed on the dotted line.

The news of John retiring sent the station in a little bit of a frenzy. I mean, John was known as "The Czar," "The Wizard," "Mr. San Dimas" and a few other names that were spoken behind closed doors. The station had a little less than three weeks to facilitate interviews, ask for resumes and try to get John to cram 18 years of knowledge and experience into two and a half weeks of training. Not only did John have to try to train his replacement, but also, at the same time, many station employees had to learn their own jobs since John was always doing it for them.

The captain selected Deputy Steve Pence to take over upon John's departure. Steve is a very quiet

and humble man. He is married with what seems like 20-plus children and states that he has never drunk a lick of alcohol. Now, being a father and grandfather, I have no idea how that statement can be believed, but Steve states that it's true. It didn't take long before Steve realized this job would take more than a sheer desire to help others and doing a good job. Steve's head has been spinning ever since he took over and he has been scrambling to discover a vice to assist him through this ordeal. Right now, it seems jelly beans help him get through the day. But don't worry, Steve, if you tire of jelly beans, I'll keep my flask on standby for you.

COOLEST GIFT EVER

We did our best to host a barbecue or luncheon for John, but he straight-out refused, saying, "If I even smell smoke, I'm going home. What are you going to do? My badge already says I'm retired." So, what's a person supposed to do for a gift and proper farewell? Seemed like everyone had the same idea. John had all his gifts sitting on his desk, and I would venture to say there isn't a bottle of Wild Turkey Bourbon left in a liquor store within a 2-mile radius.

One person put her creative thinking cap on and showed a proper goodbye to John. LET Susan Hutchinson made the coolest gift. Susan loves all things "cowboy" and utilized horseshoes for the gift. Pictured is a stand made of bent horseshoes

and tin shaped to resemble a cowboy holding a gift for John; it was the coolest design. On the reverse of the statue is a plaque that reads: "For all those times I drove you to drink." So now we all know whose fault it was.

SMILE, PICTURE TIME

It's been forever since San Dimas hosted a station photo. Recently, we had Sergeant Matt Bodell return to his old stomping grounds wearing three stripes. Upon his return, he quickly set out to facilitate the photo. Matt did a great job communicating with Walnut Station, who helped out (Thanks, Rob Blunt!), and scheduling the photographers. With the approval of "Used-to-be" Ops Lieutenant and now Captain Berg, the day was set and everyone dropped off their uniforms at the dry cleaners. And, like any event that is well organized, with plenty of time to prepare, there will always be "that one" person who scrambles at the last minute for a tie or belt. This year, we, as a station, were prepared for such an occasion. All bets were on Jose Magana to be "that person." It was pretty much a sure bet in Vegas terms. And, if you know Magana's — how do I say this — tremendous stature, it wouldn't be easy to prepare for missing articles upon photo day. With the help of his shift personnel and the children's section at Toys R Us, we were able to find a shirt that would properly fit him, if needed. Gratefully, Magana was on spot and showed up





ready with all equipment and a large smile. The shirt wasn't needed. Hopefully, Toys R Us accepts refunds. If not, I'm sure someone's child could use it to dress up a doll.

Along with the photo, we were able to witness the reunion of *Star Wars*' very own Chewbacca and C-3PO (Martin and Salami).

We were also able to capture a very rare photo of Chris Miller. Chris has always been behind the camera, and rarely is he ever in the front of one. Even when taking a picture with a phone, he can't help himself in providing direction on the angle, sunlight and shutter speed.

THE RETURN OF JORGE CHAVEZ

For those of you who don't know, we had one of our own battle that piece of crud disease called cancer. Let's face it, cancer sucks, plain and simple. With the help of City of Hope, Jorge fought the battle like a true hero, and gratefully, we can say the illness is in remission. During that time, the whole station stepped up to help, especially Sergeant Nicole Davis. Nicole coordinated with the hospital for platelet donations, raised media awareness and took on a thousand other responsibilities. (As if she wasn't busy enough.)

Jorge made an appearance for the station photo, and it was outstanding to see him. The photo would not have been the same without Jorgey boy. I didn't ask, but I wonder if he is still sporting his Captain America Underoos?

On a side note, even though one of our own is out of the hospital, City of Hope could still use your help with platelet donations and registering for bone marrow matches. A small sacrifice of your time can honestly save lives. Please consider donating and registering. Call (626) 218-7171 for more information.

Until next time, be safe. ☆





By Patrick Morey
Carson Station

THE CIVILIAN COMMUNITY ACADEMY AT CARSON STATION

Some time ago, the city of Carson and the Los Angeles County Sheriff's Department developed a Civilian Community Academy. The purpose of this program is to provide civilian personnel with an inside look at the Sheriff's Department and Carson Station, and how various aspects of the law enforcement mission interact with the criminal justice system. During this Civilian Community Academy, individuals are introduced to a wide variety of Department operations.

Other topics include ethics, our core values and mission statement, the use of deadly force, patrol procedures, communications, narcotics/gang education, community policing and a number of other aspects regarding the duties of the Sheriff's Department. An integral part of the Civilian Community Academy is a scheduled ride-along with a patrol deputy; this provides a firsthand look at Department personnel at work.

The Civilian Community Academy is not designed to provide someone with the level of training required to perform the duties of a peace officer. Its intended purpose is to familiarize civilians with the operations of the Sheriff's Department and Carson Station, and it also educates them on the challenges facing law enforcement and how the criminal justice system operates.



CARSON STATION EXPLORER PROGRAM

The Sheriff's Department is the largest in the nation and serves some of the most diverse communities in the world. It also offers some of the most exciting careers you can imagine. If you are between the ages of 14 and 21 and have an interest in learning more about law enforcement, consider joining the Los Angeles County Sheriff's Deputy Explorer Program at Carson Sheriff's Station. The primary purpose of this program is to provide young men and women with a hands-on learning experience in the law enforcement field. To qualify for the position of a deputy explorer, you must be mature, have at least a "C" average in high school, be between 14 and 21 years of age and be of good moral character, without any serious arrest record.

The Deputy Explorers must undergo a background check, pass an oral interview and complete the Explorer Program Academy. Once the deputy explorer graduates, he/she will assist regular deputy sheriffs with basic duties, such as managing crowds during parades and public safety events, and working the front counter at a station. Explorers also participate in ride-alongs, field trips and have various opportunities to attend different tactical competitions with other Explorers from all over the United States.

In early April, our Carson Station Explorers participated in the Explorer Olympics at the Pitchess Detention Facility. This event featured 36 teams from throughout the Western region of the United States, all of whom participated in multiple tactical competitions. During the competitions, our Carson Explorers gave it their all. The Explorers placed second, fourth (twice) and fifth place, respectively.

It is worth noting that our Carson Station Explorers clearly outdueled all the other Sheriff's





Explorer Posts within our area, placing first in every tactical competition amongst all other Los Angeles County Sheriff's Department Explorer Posts; no easy feat considering we are one of the smaller Explorer Posts on the Department.

CARSON STATION SPOTLIGHT

During the month of April, our own Deputy Wiggins “adopted” a young child during a call for service on a 909C (Child Locked) inside of a vehicle. Deputy Wiggins was able to safely get

the vehicle unlocked, retrieve the small child and comfort him as if he were his own. The child was a little frightened, but was unharmed. The parents of the child were eventually located, detained and arrested about 30 minutes after the incident. What a painful and stressful day for the young child.

On another note, our Carson Station Special Assignment Teams attended tactical search warrant entry training at the Tactics and Survival Unit located at the Biscailuz Training Center. The training went well, with one small exception. Our own

Deputy Jose “Joe” Ramirez took on the training with his usual zeal and intensity and in doing so, received a few stitches and some bruising. A typical day in the office for Joe Ramirez.

Lastly, Carson Station deputies also assisted with the Special Olympics of Southern California Regional Games at Veterans Park located in the city of Carson. The deputies assisted with some of the sporting events and handed out medals to the athletes who participated in the events.

Until next time, everyone! ☆



MCJ has been very busy these past few months, so I am playing catch up with the latest in this article.

Baker to Vegas is behind us, and another chapter of this legacy is in the books. Men's Central Jail placed second in its category. We would like to give a *huge thank-you* to the runners, who ran in unexpected cold temperatures, and to the Support Team, who motivated runners to keep going. Our B2V team was headed by Senior John Frechette (team captain and runner) along with Lieutenant Ron Bottomley, Sergeant Paul Vargas and Senior Deputy Jon Pera; Deputies Delfino Jauregui, Jules Neale, Arthur Kusak, Luis Hernandez, Emilio Batres, Joseph Medina, Alec Trilles, Andy Luu, Matthew Bottomley, Brendan Falkner, Jason Kil, Daniel Munoz, Jonathan Lopez and Cameron Fish; and Custody Assistants Jose Armenta and Francisco

Torres. Deputies Christian Vasquez, Tracy Harris and Thomas Reynolds and Custody Assistant Martin Camacho were our team's alternates. Our Support Team was headed by Senior Herb Aguirre, along with Captains Sergio Mancilla and Agustin (Augie) Del Valle and Sergeant Scott Edge; Deputies Osbaldo Gonzalez, Kyle Deschamp, Peter Callado, Ryan Onofre, Francisco Arredondo, Bijon Franklin, Juan Sanchez, John Aronson, Richard Montez, Lucio Solano and myself; Custody Assistants Cecelia Alvarado, Steve Saucedo, Ava Lopez and Luisa Espinoza; and Grace Placencia from Medical Services. We would also like to thank our family members who came out to help the Support Team during the run. Sergio and Augie got our team started at the first leg; Sergio was the follow vehicle and Augie was there to catch our runner. A few shout outs to John Frechette and Herb Aguirre for all

their hard work in putting the teams together, and to Juan Sanchez and John Aronson for all their hard work organizing things before the run and in Vegas. Great job, everyone! I can't wait to see what MCJ is going to do next year! As we celebrated victories across the board, we didn't forget the victims and survivors of the 1 October shooting, and Officer Gregory Casillas of the Pomona Police Department. There were so many great tributes throughout the run.

One would think that after running Baker to Vegas, you would take a break and pick up training again somewhere down the road — but, we have some die-hard runners here. Senior John Frechette and Deputy Raymond Kimmel ran the Run to Remember in remembrance of our fallen brothers and sisters, and Deputy Saul Castro-Ramos ran the Boston Marathon. This was Saul's first time running the Boston Marathon, and





he ran it in 3:43:00 in 30-degree weather with rain and wind. Saul said that although his run time was not where he wanted it to be, he was very glad to have finished the race and is looking forward to doing it again next year. Great job to John, Ray and Saul! I apologize if I left anyone out.

The celebrations continued when we got back from Vegas, as promotions and transfers came through.

Men's Central Jail is busy with the usual transfer of personnel and promotions. We welcome newly promoted Captain Ruthie Daily, and we say goodbye to Captain Augie Del Valle, who left us for the Custody Support Services

Bureau. We also welcome Lieutenant Brad Gray, and we say goodbye to Lieutenant Dave O'Sullivan, who also left us for the Custody Support Services Bureau. Good luck to Augie and Dave in their new assignments. No more "Lieutenant Annoying" — Yes!

We welcome newly promoted Lieutenants Jim Cerda and Catrina Khasaempanth. We welcome Lieutenant Joseph Melvin as he transfers in. We say goodbye to Lieutenant Anthony Haynes as he heads to Pitchess North, and Louis Vigil as he heads to Inmate Services. Jim and Joseph are no strangers to MCJ, as they were here as sergeants. Welcome back and good luck to everyone in their assignments.

We welcome newly promoted Sergeants Andrew Basey, Tina Beauregard, John Deyoung, Mara Osuna-Kluth, Gerardo Rodriguez and Vincent Romero. We say goodbye to Sergeants Christopher Chavez (NCCF) and Stephen Park (MSB). To those working Medical Services with Sergeant Park, rumor has it that he likes ketchup. Adding to our list of goodbyes are Deputies Francisco Arredondo (TEM), Roberto Banuelos (TSB), Ashton Clemence (ELA), Art Diaz (SDM), Ismael Diaz (PRV), Carmen Gudiel (SCV), Joel Guillermo Jr. (TSB), Migiel Herrera (CSN), Brew Lopez (NWK), Aaron Maestas (LMT), Omar Sanchez (CSN) and Jonathan Torres (MAR), as they are all headed to patrol. Good luck to all of you and stay safe out there.

We have an unsung hero among us. Senior John Frechette was nominated by Manuel Zapata for his dedication to the Autism Spectrum Athletics (ASA) program ever since its founding in 2012. This is what ASA had to say about John. John has coached countless ASA children in baseball, basketball and football, and his coaching style is one of strong support, team participation and a never-ending "can do" attitude. John has become one of ASA's most popular coaches; he is one of the most requested coaches by the children. Even though John does not live in the

continued on page 19





HELPING THOSE IN NEED

On April 10, deputies from the Community Partnerships Bureau's Homeless Outreach Services Team and the West Hollywood Station COPPS Team, along with representatives from the West Hollywood Homeless Initiative (Ascencia, LGBT Center, Tarzana Treatment Centers and APLA Health) and the Los Angeles Homeless Services Authority (LAHSA), conducted a homeless resources operation in the city of West Hollywood. Their efforts were a success; they located and identified numerous homeless individuals who would benefit from various resources. Over 125 individuals in need were provided with information regarding services, transported to nearby shelters, received care packages or reunited with family across the country. Outstanding efforts by everyone involved!



RUN TO REMEMBER

As a station, we are proud that not only our captain, but also our representatives from Operations and the COPPS Team, participated in this year's Run to Remember Los Angeles on April 7. For those unfamiliar with the race, Run to Remember, which is modeled after its sister race in Boston, pays tribute to both fallen officers and firefighters. The half- and full-marathon run not only honors the past by raising money to serve the families of those who have made the ultimate sacrifice, but it also looks to the future by raising funds to enable first responders to better serve the communities they work and patrol. A job well done to all involved, including Captain Sergio Aloma, Operations Sergeant Angela Gonzalez and Deputy Jorge Calvillo, and COPPS Deputies Yesenia Olvera, Brandon Zeff and Daniel Martinez.



211N TO 10-15 IN MINUTES!

On the afternoon of March 29, a bank robber made the mistake of robbing two banks within minutes of each other in the city of West Hollywood. During both robberies, the fearless felon handed a demand note to the unsuspecting tellers; he then fled the scene on foot after obtaining \$1,000 in cash during the second robbery. The deputies utilized their ground and air resources to scour the area while the handling unit dispensed pertinent information to field units. Receiving an update over the radio regarding the bank



robber traveling by way of a taxicab, FTO Deputy Servin checked the crowded streets surrounding the second robbery location for the suspect. With a quick glance in the rear passenger compartment of a passing cab, Deputy Servin observed whom he believed to be the suspect (based on very limited information and a grainy surveillance photo). He immediately coordinated his assisting units and detained the suspect, who was ultimately arrested for the two bank robberies. As the field sergeant on this particular shift, I was impressed by the coordinated police work that occurred. It made me proud to work at West Hollywood Station and alongside the men and women who show up to work with their game face on — as evidenced by the outstanding observation by Deputy Servin and the teamwork by all involved.



WHD VOLUNTEER APPRECIATION NIGHT

On April 9, West Hollywood Station hosted a night of appreciation for the men and women who volunteer at the station; they graciously donate their time, energy and efforts to not only the station but also to the community at large. The evening,

which was attended by a large portion of our 23 volunteers as well as Operations Lieutenant Hutak and Service Area Lieutenant Ed Ramirez, was filled with awards and a meal. A big thank-you to all of our station volunteers — you serve a vital role in making our station function as smoothly as it does! Until next time. ☆

Men's Central Jail *continued from page 17*

local community, that has not stopped him from committing countless hours to the development of ASA players. Additionally, John is a highly respected member of the Los Angeles County Sheriff's Department. The ASA is very honored to nominate John because of his unwavering commitments to the ASA, LASD and community at large. Congratulations on a job well done!

In January, the Men's Central Jail Softball Team competed in the Brian Wilson Memorial Softball Tournament. Our team competed with the determination to win and came home taking first place — Men's Central Jail went undefeated the whole tournament! Thank you to Deputies Sean Whiteman, Mike Cameron, Gustavo Martinez, Mario Ramirez, Aaron Dominguez,

Miguel Melendriz, Bryson Clark, Peter Lavin and Matthew Diedrich, and to Custody Assistant David Valdez. Great job, guys!

During the month of May, we remembered our brothers and sisters in law enforcement who made the ultimate sacrifice this past year. Keep them and their families in your prayers. At the end of your shift, make sure you get home and hug your No.1 fans! ☆





By Mark Slater
Crescenta Valley Station

Can you believe that summer has arrived? It seems like yesterday we were ringing in the new year. I hope that everyone has some great vacation plans for summer and that you get to spend some quality time with your family and friends.

MATCH GAME

Some of the “more tenured” (OK, older) personnel were reminiscing about their first cars. It seems that some of the older crowd drove some interesting cars back in the day. So, can you match the person with their first car? No peeking, but the answers are at the end of the article.



1. 1971 Ford Pinto; manual transmission, green and purchased for \$100



2. 1973 Mercury Capri; yellow with black stripe



3. 1974 Dodge Colt Wagon; Estate package



4. 1976 Chevy LUV pickup truck; manual transmission, lowered

- A) Lieutenant Mark Slater
- B) Captain Christopher Blasnek
- C) Sergeant Jeff Curran
- D) Lieutenant Dave Holwager

GO KINGS GO

I know that the season ended a little early for the Los Angeles Kings and Lieutenant Dave Holwager, but it seems Dave made a little promise just before he transferred to Personnel Administration Bureau. He had tickets to Game 4’s playoff game, but his work schedule stood in the way. So in order to attend the game, Dave convinced Sergeant John Gilbert to cover the watch commander spot on early mornings. In order to seal the deal, Dave promised that the Kings would win. Well, we all know how the game ended, and I heard that Dave even asked for bereavement time in order to get over the loss. I only tell you this because I don’t want his new assignment to fall for the same “promise” should the Kings find themselves in the same situation next season. GKG!

INS AND OUTS

We say goodbye to Lieutenant Dave Holwager, who transferred to Personnel Administration Bureau. So let me get this straight. Crescenta Valley offered you early mornings, County double and the ability to work holidays, and you opted for an A+ schedule, weekends and holidays off and a County car — so what made you leave? We also say goodbye to Deputy John Gaudino, who was selected as a detective at West Hollywood. Good luck, and will you still be CV’s Baker to Vegas team captain, runner and support staff? Just kidding, we thank you for all you did for our B2V team. Lastly, we say goodbye to Deputies Trevor Blair and Melanie Cook, who are both transferring to Court Services. Good luck to all, and stop by and say hi!

We welcome aboard newly promoted Lieutenants Gary Harman (ICIB) and Mark Lopez (Custody Administration). We also welcome Field Training Officer Deputy Justin Boosalis (LCS) and Deputies Gregory Afsharian and Justina Gallardo, who will begin their patrol training. We hope you enjoy your time at Crescenta Valley.

FOUND SHOES

Last month, a pair of new dress shoes was found on the roadway just in front of the station. We have tried to locate the owner to return the shoes, but to this date, we have not been successful. So, I turn to the *Star News*. If you are missing some Bates dress shoes, size 11, please let us know. Now I know what you are thinking. Captain Blasnek wears a size 11, and he left moments before the shoes were found, and all indications suggest the shoes are his, but he swears they are not. He even went so far as to rush home to verify that his shoes were home. I am not sure if a phone call from home assures us of anything, but we “believe” you, sir.

YOU CANNOT MAKE THIS UP

How would you handle a call where a resident caught a skunk in a backyard cage? Well, our own Sergeant Don Knight arrived on scene and he somehow managed to free the skunk without being sprayed. I am not sure about you, but voluntarily getting that close to a skunk is not in my job description.



FROM THE DOCS

SURPRISING SIGNS THAT YOUR STRESS LEVEL IS TOO HIGH AND HOW IT COULD BE HURTING YOUR RELATIONSHIPS

By Sara Butte, Ph.D.

Whether you work patrol or custody, there's no need for me to waste your time by telling you how stressful your job is and how it's becoming even more stressful with each passing day. Most people know that toxic levels of stress are harmful to their mind, emotions and bodies. But, how many consider the effects of toxic stress on their loved ones?

Warning: Stress often has a way of building up slowly; it takes time before you notice its negative effects on your performance, sense of well-being and personality. By the time you become aware of how much you're being affected, you might be so focused on your own discomfort that you don't think to consider how it's been affecting your loved ones. In fact, you may even think, "I'm the one having to put up with all of this crap to provide for my family, so my family needs to cut me some slack!" Although this thought is certainly understandable, your loved ones will only be able to put up with so much.

Here are some common ways toxic stress can affect you and your relationships:

- **You become moody, quicker to anger or more easily irritated.** Your growing irritability will be hard on your loved ones. Eventually, they may respond back with anger or gradually shut down.
- **Your thinking becomes negative, and you focus on the negative aspects while overlooking the positive ones.** You anticipate bad things will happen versus allowing yourself to feel excited. This one isn't just a sign of stress, but it's also an occupational hazard! A pattern of negative thinking can begin to affect the way you see your significant other. You might find yourself less interested in your partner, and you may

even start to fantasize about being with someone else, someone who is fun to be with and isn't going to burden you with the demands of everyday life.

- **Your chores and to-do list feel more and more overwhelming, and nothing seems to come easy anymore.** Your partner might begin to feel taken advantage of because you're not helping out at home the way you did in the past.
- **You gradually stop taking care of yourself, perhaps because you're not sleeping as well or as much.** This can lead to a huge domino effect! During sleep, your body makes feel-good chemicals, like serotonin, and the process of sleep heals and restores your body. If your body doesn't have a chance to heal, restore and produce these important chemicals, you will wind up feeling tired, depressed and anxious. As a result, you do less and eat more (and you go for junk food because your brain knows that the yummy, bad food has chemicals that will help you feel better for a little while, like a drug or alcohol).
- **You may find yourself drinking more or abusing prescription drugs to cope with how badly you're feeling.** Using alcohol/drugs to cope can negatively impact your relationships because when you're under the influence, you aren't present, and that can lead to a disconnect with your loved ones.

Here are some very powerful ways to decrease your stress:

- **Start with getting at least 6 to 8 hours of quality sleep.** Try to get this amount of sleep in one block of time. Breaking up your sleep into two to three naps can prevent you from

obtaining an adequate amount of deep sleep, which is the sleep state where most repair and regeneration happens.

- **Simplify your life.** Respect that you have only so many hours in a day and scale back on some of your activities. Start saying "no" more often, get rid of possessions that are cluttering your space and get your debt under control.
- **Don't isolate!** Get together with friends and family (especially when you don't feel like it)! If you're short on friends and family, go to meet-up groups that match your interests, join a club, or take a group-style dance class or a class you might find fun. And reduce the amount of time you spend on your electronic devices (this is a poor substitute for face-to-face interactions).
- **Do 10 to 15 minutes of daily, vigorous exercise.** It will burn off excess cortisol (your stress hormone) and increase the release of endorphins (your feel-good chemicals).
- **Go to counseling!** Most employees are surprised when they learn that the vast majority of those seeing a Psychological Services Bureau (PSB) psychologist are doing so voluntarily and that their primary reason for assistance has to do with improving their relationships.

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

Crescenta Valley Station *continued from page 20*

CODE 3 PROJECT

You would think that if you were called into Captain Blasnek's office at 10 a.m. and he told you that we received "a Code 3 Project from the new Commander Coronne Jacob," it would mean that you drop everything and get started on the project. So, as I listened to the captain explain the project, I immediately focused on the time the project was due: 4:27. I immediately

responded by asking, "Why is it due at 4:27 and not 4:30?" Captain Blasnek did not answer me, and he even gave me a puzzled look. So I dropped everything and completed the project with a few hours to spare. I emailed it off to Commander Jacob well before the 4:27 deadline. After it was emailed off, Captain Blasnek forwarded me the original email, and to my surprise, 4:27 was not the time, but the project due

date (April 27). Yes, a few people got a laugh out of this and said that I would not write about it, so here you go, I told the story. Bottom line: Who needs a week to complete a Code 3 project when you have three hours? Next project, please.

Well, until next month. Be safe.

Answers: 1) Sergeant Curran; 2) Captain Blasnek; 3) Lieutenant Holwager; 4) Lieutenant Slater ☆



LOS ANGELES SHERIFF'S DEPARTMENT BAND

By Dawn Anderson

Los Angeles Sheriff's Department Band

A TRADITION OF SERVICE THROUGH MUSIC

The LASD Band has some exciting news.

We have been hard at work recording a CD that will be used to showcase our bands. Our Swing Band plays jazz/swing genres, and our Concert Band plays music to fit all occasions, with selections from our library of modern, classical, patriotic and old favorites, as well as songs from musicals

and children's programs. Our Swing Band consists of 17 members, and they are selected from our Concert Band, which includes over 65 musicians. Our plan is to have CDs ready for distribution sometime this summer.



We will now continue on our musical journey into the Concert Band's clarinet section. I would like to introduce you to our oldest member, Sam Engle. Sam comes from a long line of centenarians — his mother lived to be 102, and his brother celebrated his 100th birthday last year. At 91, Sam doesn't seem to be slowing down one bit. He is an important part of our clarinet section, playing the alto clarinet, which is one of the larger

clarinets in the woodwind family primarily used in concert bands with a sizable section. Having a musician who can play the alto clarinet allows for a broader and fuller sound from the clarinets. The alto clarinet strengthens the section, adding depth by using lower tones that can't be reached by B-flat clarinets. In addition to the beautiful lower tones, the alto clarinet's upper register has a magnificent sound that, when combined with the other clarinets, gives the audience a greater melodic experience.



Sam was born in the small town of Steubenville, Ohio, and he proudly announces that he hails from the same town as Dean Martin. Sam first

became interested in playing an instrument when he watched his older brother march in the high school band down a main street parade. Sam was just 10 years old at the time and joined in the parade, trying to keep time on his snare drum. What followed were experimentations with a plethora of instruments — some in the percussion section, like the xylophone and the glockenspiel, then tenor sax and finally the clarinet. He was allowed to play the tenor sax in his high school band when he wasn't banging on the glockenspiel. Sam continued his education, graduating from Bethany College in 1949 with a Bachelor of Science degree in chemistry. His career brought him to California in 1960, where he worked to develop high-temperature-resistant coatings for the military and aerospace industries. Among the many uses of his coating materials, some impressive items that have been coated include the Sidewinder missile, ASROC deck areas and Thor/Delta satellite launch vehicles. Having had to sideline his musical tendencies for his career, he was happy to resume playing in 1999. He is an integral part of the clarinet section because he can play many instruments in the clarinet family. In addition to the LASD Band, he is currently playing with the Burbank Community Band. We hope to celebrate his 100th birthday with him as he continues to grace the LASD Band with his musical talents.

Chuck Perlman, a dedicated and dependable member of our clarinet section, hails from Cleveland, Ohio. At age 7, he began his musical lessons on the piano. His mother, who was also musically talented and had perfect pitch, saved up enough money to purchase a baby grand. Many

musicians start their musical lessons on the piano because reading piano music requires learning both treble and bass clefs and reading more than one note at a time. Music for most instruments is written in either treble or bass clefs, and most instruments can only play one note at a time, so learning to read music first on the piano gives the musician a good foundation to jump right into learning a second instrument. Like most of us, Chuck tried many instruments, including the violin and the saxophone, before landing on his instrument of choice, the clarinet. In high school, he played under the baton of Ralph Rush, who later taught at USC. Chuck played in a “hillbilly” band that had the unique honor of being chosen as the closing act for the Cleveland Press Christmas television special, the first TV show to come out of Cleveland in 1947. He continued his education at the University of Pennsylvania, where he played in both the marching and dance bands. After graduation, Chuck went on to earn his law degree at Case Western Reserve University School of Law. He served his country in the U.S. Army, living in Japan for much of his service. When he completed his service in 1959, he came to California to continue his education, earning his MBA at Cal State Long Beach. He passed both the Ohio and California state bar exams and practiced law and accounting in California. As an attorney and CPA, he specialized in tax work and estate planning. Chuck loves to travel, and his musical career has afforded him the opportunity to visit many countries. He has been a member of our band for over 25 years and has played in many Southland bands. He also serves the LASD community in another very important role: working as a ham radio operator in the Sheriff’s



Department’s Disaster Communications Service. Thanks for all you do, Chuck!

Moving further into the clarinet section, we find our resident M.D., Dr. Dave Fisher. Born in Glendale, Dave was adopted at birth by two physicians. Since both parents were interested in medicine and music, they hired a governess to help raise a young Dr. Dave in an environment heavily influenced by both disciplines. He started piano lessons at age 4, and by age 6 was learning the clarinet. Since the regular B-flat clarinet was too big for him to hold, he started on the much smaller E-flat clarinet. For two years, he studied on the smaller clarinet until he was finally able to play the B-flat at age 8. When he was in seventh and eighth grade, he was already playing in the high school band during summers, and when he entered high school, Newbury Park Adventist Academy, he became the principal clarinet player and remained in that position all four years. He continued his education at La Sierra University, where he spent six years taking pre-med courses while playing in both the university’s band and orchestra. After graduation, he entered medical school and then went on to complete his residency in Philadelphia, specializing in orthopedic surgery. During this time, he had no time for his music. Since moving back to California with his bride from Philadelphia, his family has grown to four sons and five grandchildren, and somewhere along the way, he began playing again. He is a proud member of the LASD Concert and Swing Bands and plays in many local Southland bands. It was only a couple of years ago that Dr. Dave had the opportunity to meet his birth mother, and he discovered that she and her brothers were all avid athletes; her three brothers all played professional baseball. Throughout his life, his love of sports had always



been evident — he played golf, basketball and baseball and participated in track — but he is grateful to his adoptive parents, whom he credits with widening his future in the areas of music and medicine. We are grateful as well and thank Dr. Dave for all his musical contributions to the LASD Bands.

Dr. Don Holcomb, conductor extraordinaire, touted the numerous benefits of playing a musical instrument. There are health benefits, such as learning how to control your breathing and keeping your mind active by reading notes and keeping time with the rest of the band. Andre Giacomelli, who is 87 years young and a vital part of the clarinet section, started playing for health reasons. When he was 11, his family doctor suggested that he start playing the clarinet to help his lungs develop and work to their full potential. After high school, he stopped playing to serve in the Korean War on a Navy submarine, and then went on to work in the L.A. Unified School District and raise five children. After 58 years of not touching the clarinet, he started up again and is presently enjoying all the benefits, including the social interactions with the extraordinary members of the LASD Band. A native Angeleno and member of many Southland community bands, Andre proudly admits that playing the clarinet keeps him young at heart!

If you play an instrument or have previously played an instrument, it may be to time to dust it off and join the LASD Band. If you would like to have one of our bands perform for an event, either the dance band or concert band (subject to Department guidelines), please contact me at Dawn.LASDBand@gmail.com. ☆

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NOTEWORTHY

The Food Services Unit would like to give a warm welcome to its newest member, Sergeant Marlon Johnson!

Sergeant Johnson is a California native who has worked for Sheriff’s Department for approximately 20 years. He began his career as a deputy at CRDF, where he worked a variety of line assignments. He has since worked Court Services, NCCF as a bonus deputy, patrol assignments at Lakewood Station and Transit Services Bureau. While assigned to TSB, he worked as a member of the Special Problems Unit (SPU), a team assigned to investigate graffiti-related crimes, and as a detective prior to being promoted to sergeant. As a sergeant, he was initially assigned to NCCF and later CRDF, where he worked as the compliance sergeant. One of Sergeant Johnson’s first jobs was with his aunt’s catering business, and it provided him with a basic understanding of food preparation and handling. Following his love of cooking, he has competed as a cook in the Department’s Chili Cook-Off for the last three years; his most recent finish was second place for Hottest Chili. Welcome aboard, Sergeant Johnson! We look forward to working with you.

RECIPES OF THE MONTH

Thinking of having a Father’s Day brunch? Here are two recipes Dad may enjoy!

HONEY-DIJON PORK CHOPS WITH TANGY POTATO SALAD

- 1½ pound fingerling potatoes or new potatoes, halved or quartered lengthwise, if large (about 1” thick)
- 4 butterflied pork loin chops (about 2 pounds total)
- 1 tablespoon coriander
- Kosher salt
- Freshly ground black pepper
- 2 tablespoons extra-virgin olive oil, divided
- 1 tablespoon honey
- 1 tablespoon Dijon mustard
- 1 tablespoon capers
- 1 tablespoon chopped fresh parsley, plus more for garnish

- 1 tablespoon white wine vinegar
- 1. Fill a pot with 1 inch water and set a steamer insert inside. Bring to a boil and add potatoes to the insert. Cover and steam potatoes until you can easily insert a fork into the center, 18 to 22 minutes.
- 2. Meanwhile, season pork on all sides with coriander, salt and pepper. In a large, nonstick skillet over medium-high heat, heat 1 tablespoon oil. Cook the pork in batches, turning once, until golden brown and almost cooked through, 6 to 8 minutes. Mix honey and Dijon together in a small bowl and brush onto the pork, turning and cooking until the glaze coats the pork and looks matte, about 2 minutes.
- 3. Toss steamed potatoes with capers, parsley, vinegar and remaining tablespoon oil and season with salt and pepper. Serve alongside pork, sprinkle with additional parsley leaves.

STEAK AU POIVRE WITH TATER TOT WAFFLES

- 1 pound frozen tater tots
- 4 boneless New York strip steaks
- Kosher salt
- Freshly ground black pepper
- ½ cup freshly grated Parmesan
- ½ cup (1 stick) salted butter
- ¼ cup Cognac or brandy
- 1 cup beef stock
- 2 tablespoons heavy cream
- ¼ cup chopped fresh parsley
- 1. Preheat oven to 425 degrees and heat a large cast-iron skillet over high heat. On a rimmed sheet pan, spread out tater tots; bake for 20 minutes. Meanwhile, pat steaks dry and generously season with salt and pepper.
- 2. Preheat waffle iron. Transfer tater tots to a bowl and smash with Parmesan. Add half the mixture to the waffle iron and cook until crispy, 3 to 5 minutes. Repeat with remaining mixture, then cut waffles into quarters.
- 3. Meanwhile, when skillet is hot and almost smoking, add 1 tablespoon

butter per steak and cook, 4 to 5 minutes per side. Repeat with remaining steaks and set aside on a clean plate. Cover loosely with foil and let rest for 5 minutes.

4. Return skillet to medium-high heat and add Cognac and beef stock; boil 5 minutes. Add cream and simmer 2 minutes. Turn off heat and add 3 to 4 tablespoons butter. Stir to create a smooth sauce, then add parsley. Pour sauce over steak and serve with tater tot waffles.

FOOD SAFETY TIP: CHEMICAL CONTAMINATION

Chemical contamination occurs when food comes into contact with chemicals and can lead to chemical food poisoning.

Some common sources of chemical contamination include:

- **Kitchen cleaning agents.** Proper storing of kitchen cleaning chemicals is essential. Never keep food stored in the same place as your cleaning chemicals, and always use cleaning products designed specifically for kitchen use.
- **Unwashed fruits and vegetables.** The pesticides and fungicides often used on fruits and vegetables to help them grow free from diseases are harmful if consumed, so it’s vital that fruits and vegetables be washed properly before eating.
- **Food containers made from non-safe plastics.** Single-use items, such as plastic containers, are not designed for reuse. Always store food in containers that are specially designed for safe reuse.
- **Pest-control products.** Items like fly spray and rat poison are extremely hazardous if consumed. Always store these products away from food items.
- **Chemicals used in equipment maintenance.** Some kitchen machines and equipment with moving parts, such as slicers and mixers, can need regular oiling. Always make sure to use food-safe oil with kitchen machines so that you don’t contaminate the food you’re preparing. ☆

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The Chaplain's Notebook

By Chaplain Manton Daley
TSB/South Los Angeles Station

SPRING CLEANING FOR THE SOUL

It is time for spring cleaning, and that means cleaning out the garage, the backyard and the locker at work. What a wonderful feeling it is to have a fresh start. However, tossing junk is much easier than clearing out our emotional clutter, which means getting rid of what holds us back (unhealthy habits or “stinking thinking”) and freeing ourselves up to live the life we desire. Why is this so tough to do? Because it is hard to identify emotional clutter. According to the “Crafting a Simpler Life” blog, the following are four common types of emotional clutter.

GUILT AND REGRET

Thinking about what we have done wrong or what we should have done can negatively affect the way we inform future decisions. Guilt can be heavy, hold us back and result in more negative thoughts and feelings — all of which can keep us from enjoying life. If you experience similar struggles, I hope you know that you are not alone. Let us learn from our mistakes and then forgive ourselves for the mistakes we make. If God can love and forgive you (and He does), so can you.

TOXIC RELATIONSHIPS

By toxic relationships, we mean the “friend”

who makes you feel bad and drains your energy, or the cynical coworker who says nothing nice and leaves you in a sour mood. We all know people like that. Although it makes sense to give someone a second chance or a benefit of a doubt, sometimes it makes more sense to let him or her go. That does not mean you do not care for a relationship or are giving up; it means you are just not allowing yourself to be hurt. You are setting healthy boundaries in order to have meaningful relationships. Can you still be friendly? The answer is yes, but you do not have to break bread together. Maybe it is time to give that “toxic” relationship a break.

FEAR AND WORRY

This is a big one when it comes to emotional clutter. Life is full of “what-ifs” and uncertainty for everyone. Following our dreams and having to make changes in our life can intensify our worries, as we often fear that things may not work out the way we want or that we may make mistakes and become failures. Although there are no guarantees for success, the changes we make and the obstacles we overcome may ultimately bring us a better quality of life. When reflecting on challenging experiences you confronted in the past, you may notice that things you were once afraid of are no longer an

issue because of the changes you made in your life. It is also important to seek support from a friend, loved one, clergy or peer support to cope with your fear and worry. Our support keeps us grounded.

INSECURITIES AND NEGATIVE SELF-TALK

We are all our own worst critics, aren't we? How often do we beat ourselves up over little things? The truth is that everyone does it. Although self-critique is an important part of police training, negative self-criticism or self-doubt can make us feel defeated and insecure over time. Therefore, it is helpful to encourage ourselves by taking time every day, as often as we can, to read positive things, spend time with healthy people and remember good things about ourselves, including past successes. Remember to give yourself credit. As far as for myself, my go-to is prayer — letting go and resting in God's presence. I am thankful for living one day at a time, enjoying one moment at a time and accepting hardship as a pathway to peace. My core practice is gratitude.

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 ☆

DAVID J. GILMORE	RETIRED 08-31-83, DECEASED 04-15-18	DEPUTY/EXECUTIVE OFFICES
EPIFANIA MILA S. GOYENA	ACTIVE, DECEASED 04-20-18	REGISTERED NURSE/MCJ
ROGER F. PFROMMER	RETIRED 10-24-91, DECEASED 04-05-18	DEPUTY/PJP EAST
JOHN H. RYON JR.	RETIRED 11-24-92, DECEASED 03-20-18	SERGEANT/PDC EAST
JULIUS E. TABB	RETIRED 12-01-93, DECEASED 02-27-18	DEPUTY/COURT SERVICES WEST
BARBARA J. VETTER	RETIRED 03-30-73, DECEASED 04-21-18	REGISTERED NURSE/SYBIL BRAND
FRANCES J. BYERS, SPOUSE OF RETIRED MEMBER, THOMAS E. BYERS, DECEASED 04-10-18		
GLORIA M. BARNELL, SPOUSE OF DECEASED MEMBER, EARNEST E. BARNELL, DECEASED 03-29-18		



By Team Cerritos
Cerritos Station

APRIL: VOLUNTEER APPRECIATION MONTH

The theme of this month's article is "Volunteers fill our soul." We professional law enforcement members have a cadre of volunteers who support us by utilizing different skill sets to supplement what we do. Now, let's highlight some of our volunteers' efforts.

TIP-A-COP

This year, the fundraiser for Special Olympics was held at *STACKED* restaurant in Los Cerritos Center on April 19. Deputy Stephanie Hile had the handle on this. Our deputies and Explorers worked together that evening with the Special Olympians, serving as hosts and greeting and talking with patrons about the Special Olympics. The owner of *STACKED* donated 20 percent of each check to the fundraiser and patrons contributed \$1,600 in direct donations.



And it doesn't end there: We will be running in the Special Olympics Torch Run on June 8. Our volunteers (Explorers and VOP) may run and/or provide traffic control as we carry the torch from our station to La Palma PD Station.

RUN TO REMEMBER

Eight members of Cerritos Station ran the Run to Remember 10K in honor of fallen first responders held at the Grove. The course went along Koreatown and Little Armenia, wended through Paramount Studios, with a stop for photos

with Sheriff McDonnell, and then ended back at the Grove. Sergeant Mandujano, Deputies Alvarez, Duncan and Magdaleno, along with Explorers Ortiz, Patel, Tocts and Velasquez, represented Cerritos, and all finished with pride and respect for the fallen. Blue line flags were carried by some and presented to the families of the fallen.

PROFESSIONAL DEVELOPMENT FOR EXPLORERS

Another example of volunteering is how we professionals pay it forward to the next generation

of law enforcement. Tactics and Survival (TAS) staff reaches out to the LASD Explorer posts and offers training to familiarize and enhance the Explorers' skills. Cerritos joined in with ELA for a Saturday session put on by Sergeant Harding and Deputies Gonzalez and Saldana. They covered tourniquets, entry tactics, cursory review with position of advantage, T-Stops and weapons tactics with live fire using munitions. It was a full day of training with interactive drills.

continued on page 30

RESERVE DEPUTIES

Dollar per year club? Yes, our reservists get \$1 per year for their service. That shows their dedication to our profession. Reserve Jayme Escobedo has 20-plus years of service and has run Baker to Vegas for us these past two years. Reserve Chuck Hicks works patrol along with Escobedo, providing countless hours of duty. We welcome Reserve Alfred Danelian from Crescenta Valley Station and extend our congratulations to Reserve Alvin Oconer on his graduation from the Level I academy.

CLERGY

Our clergy council is composed of eight clergy members, all of whom come from diverse backgrounds and have the ability to speak different languages. They have assisted on calls where their knowledge, skills and abilities provide order, safety and comfort to the victims. Clergy goes about their duties without fanfare; they serve both the LASD and the community and answer to a “higher calling.” It’s not trite to

say we are truly blessed to have the service and commitment of our clergy.

EXPLORER POST 23

In addition to participating in the Run to Remember and the TAS training, we have four recruits (Lam, Munoz, Ramirez and Shivapuram) in Academy Class 100 who just completed their Colors Run. Our youngsters volunteer for duty at a number of events, such as our upcoming Spring Festival and Fireworks Spectacular at Knabe Park. Our SAO team, VOP and Explorers will be present, and our Post 23 will staff an Explorer recruitment table there, too.

VOLUNTEERS ON PATROL

With volunteer in their title, it says it all. Though, they don’t just patrol, and as this article started out, “Volunteers fill our soul.” We just awarded service hour pins; the newest person, Joon Maeng, was at 100 hours, and our “high timer” was Hal Huber, with over 7,000 hours of service.

VOP John “Shaggy” Warren passed away on April 5 at the age of 69. While he was aligned with Norwalk Station, he was committed to serving many stations. John epitomized the phrase “service commitment,” for if he said he would do something, he did — day or night, sick or tired, he never complained and always thanked any VOP for being out on duty. He joined the VOP program in March 2009 and garnered 5,264 hours of service. Over 20 years prior to service, John served as an amateur radio operator and was part of the Red Cross Disaster Action Team’s “Ham Watch.” In the VOP program, he did patrol, was a training officer, was part of the STAR support staff for the VOP Academy, was a certified range master for the mobile range, conducted station tours, served at call outs for other stations and volunteered for Baker to Vegas (B2V) and fleet support. And he did it all with his energetic spirit and



kindness, which was attributed to him just being a “kid at heart.” He beamed when working with youths during station tours and was known for good times and laughter. When doing patrol, if someone didn’t have a partner, John would do double shifts. He always began a patrol at Starbucks and would buy his partner and any other deputies coffee. His kindness in service was an asset to LASD, the community and those lucky enough to have worked with him.

John loved to scuba. He married Debbie, his high school sweetheart. He was a father, grandfather, friend and a caring soul who made lives better because of his generosity and sincerity. When we needed a laugh, he would bring it to us (check out the parasol he fashioned for humor)! Of course, with a nickname like “Shaggy,” I’d wear a parasol, too, so my hair wouldn’t be seen.

When his health was in decline last month, he was encouraged to drop out of the B2V support role he had done for so many years. He wouldn’t, saying, “It would leave a hole in our plan, and I won’t do that to the team.” This is a testament to how committed he was and how he always followed through, no matter what. He came home from B2V before the usual party on Sunday, because he was feeling tired. However, that didn’t stop John. He and Debbie had the grandsons for the week, and then returned the kids to their parents in Las Vegas and then came home again.

On April 5, he was feeling tired, so he turned to Debbie, said “I love you,” kissed her and then went to lie down for a nap. He passed on peacefully in his sleep. When we learned of his passing, there was a Norwalk call out. As his body was being transported from his home, there was an honor guard of deputies lining one side of the walkway and VOP on the other, all saluting our friend, brother and respected VOP.





His LASD 5,000-hour service pin was posthumously presented to his family at the pinning ceremony at STAR. Remember him by his actions; he did it all with the compassion and generosity of a gentleman. He was a gentleman volunteer who “filled our souls.” We were fortunate to know John Warren. Rest in peace, brother.

PERSONNEL CHANGES

Coming: Deputy Christopher Duncan from West Hollywood Station, Deputy Jessica Lindsay from Lomita Station and Station Clerk Katie Guidry.

Going: Deputies Jacobus “Jake” Boersma and David Altman to retirement. Congratulations to both Jake and Dave on their retirements. They each served 33 years of distinguished service.



Both Jake and David left Lakewood Station to come help open up the new Cerritos Station in 1999, bringing with them many years of patrol experience that was key to a smooth and successful opening.

Jake became the training and scheduling and relief watch deputy. Although Jake wore two stripes on his arm, he was given the respect of a sergeant by his fellow deputies and supervisors. Through the work of his “Jake magic,” he always did his best to make sure his coworkers could get badly needed time off. His professionalism, wisdom and maturity will be greatly missed by all.

Dave, aka “One punch Altman” (a nickname derived from his boxing days and from the times he had to subdue violently combative suspects, which



is something we won’t mention here), spent his entire career as a patrol deputy. Dave said that he loved working patrol because he enjoyed helping people and the daily interactions he had with his coworkers. Dave kept himself in phenomenal shape and often rolled to everybody’s calls, even when he was not needed, because he cared about the safety of his fellow deputies. We will all miss our morning briefings with Dave, with our coffees in hand listening to his funny stories and adventures in Santa Cruz.

Goodbye, Jake and Dave, you both gave over 33 years to the County, and now it’s time to give 40 years or more of unobstructed time to your families. Godspeed! ☆

L.A. County Retired Marshals Lunches for 2018

ALL LUNCHES ARE SCHEDULED FOR 12 NOON

June 6

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July 11

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August 1

El Pescador
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West Covina

September 5

Black Bear Diner
7005 Knott Ave.
Buena Park

October 3

Marino’s Italian Restaurant
17126 Bellflower Blvd.
Bellflower

November 7

Yang Chow
3777 E. Colorado Blvd.
Pasadena

December 5

Villa Tepeyac
2200 E. Garvey Blvd.
West Covina



By David Rozas
Airport Court

LAW AND ORDER ON THE RUNWAY

We missed last month's article because our deputy reporters and photographers were on vacation. Since everyone is back and well-rested, Airport Court has been busy. From the infamous Durst murder case to the poor defendant arrested for camping in a public park in Santa Monica, all 13 courtrooms have been in trial this past month — a rarity indeed.

Since some of the cases included multiple defendants, we had to hire deputies and sergeants overtime. One of our "frequent flyer overtimers" is the infamous Deputy Terren Gilbeau from MDR. For those of you who don't know Deputy Gilbeau, he likes to brag. Sergeant Tony Taylor from CSD was picking up a quick eight hours of OT behind our Sergeant Stacey Shire. Before lunch, Gilbeau began bragging about his physical prowess and began questioning Sergeant Taylor's physical abilities due to age creeping up on him. Sergeant Taylor, being the humble person, let Gilbeau spout off a few more minutes. No one in their right mind would ever question Sergeant Taylor's ability, since he is an MMA fighter and has more muscle mass in his forearm than Gilbeau has in his entire body. But

Gilbeau didn't know when to stop, so the challenge was laid down. A typical deputy sheriffs' wager: loser buys lunch. As you can see from the picture, Sergeant Taylor is all smiles because he gets to go to his favorite restaurant.

If you have been on the Department for any length of time, it's very common to forget a piece of uniform equipment. If the watch commander was in a good mood and if you lived close, you simply drove back home and retrieved the forgotten item. Though, those who lived too far away simply had to be innovative. Many of our top brass can attest to wearing a jacket all day in 80-degree heat or wearing someone else's shoes that were two sizes too big when they forgot their uniform shirt and shoes at home. But, the most common mistake is forgetting black socks. Usually, it's no big deal since our pants cover them up. However, there are always those times when some sneaky deputy snaps an unwanted picture. Senior Deputy Gary Winfield, from Santa Monica Court, fell victim to forgetting his black socks. He was very self-conscious about this unfortunate predicament and made sure no one saw his clean white socks in public. At least he's at work getting the job done!

Now, coming to work is another story. We are trained to take pride in our appearance. However, get a few years on and that concept is out the window.



Our own Kevin "Hair God" Herrera comes to work with a few strands out of place, but no one tops Deputy Jason "Big Country" Carpenter. Although he has a big heart and is always eager to work, the fashion bug just hasn't hit him yet. I think it's the black socks with the opened-toed sandals, or is it the white T-shirt and camouflage shorts?

Last month, we had three huge career milestones at Airport Court. CA Anita Belmont received her 20-year service pin, Sergeant Stacey Shire received her 25-year service pin and, last but certainly not least, our very own Lieutenant Yvette Christopher received her 25-year service pin. Captain James Thornton and Commander Alex Castellanos were on hand to present the awards in front of the entire staff at a recent briefing. Congratulations and continued success to all.

The transfer list came in and, unfortunately, we are losing three top-notch people from Airport Court. "Fast" Eddie Aguirre and Deputy Julie Danzo will be moving on and reopening Whittier Court. As you can see from the picture, Deputy Aguirre was excited when he heard the news that he was on the list. Also leaving us is Deputy Jessica Medina. She was



continued on page 33



PEER SUPPORT PROGRAM

By Mike Rodi

SEEING THE SIGNS

Law enforcement personnel are trained observers, so keeping watch for signs and symptoms taps into skills that LASD personnel already have. However, since each individual shows distress in slightly different ways, it is helpful to review how someone can display his or her distress. Some signs are very noticeable; others are so subtle or internal that we may not pick up on them at all. The following are four categories with signs to look for:

- **Physical:** Fatigue, weight loss or gain, shaking/tremor, muscle twitches, stomach

problems, headaches, teeth clenching, lack of attention to personal hygiene, disheveled

- **Emotional:** Anxiety, emotional numbness, sadness, intense anger or irritability, crying, inappropriate or exaggerated emotional response
- **Cognitive:** Confusion, poor concentration, memory problems, illogical or irrational thinking, absent-mindedness, poor judgement or decision-making
- **Behavioral:** Change in activity level,

withdrawal, change in appetite or sex drive, change in sleep patterns (quantity or quality), nightmares, increases in risk-taking, alcohol or drug use

As a supervisor, partner, coworker, friend and Department member, it's important to look out for one another. Watching out for these signs of distress and offering support or Department resources could make a difference in one's career or life. If you or someone you know may need help or Department resources, feel free to call Psychological Services Bureau at (213) 738-3500. ☆

Airport Court *continued from page 32*

all smiles when she heard that she will be patrolling the streets of West Hollywood as soon as she completes patrol school. We wish you all the best in your new assignments. All of you will be sorely missed.

Of course, we can't forget Deputy Greg



Arellano. As you recall, Deputy Arellano checks the transfer list daily to see where his numbers are to that one station just down the 105 Freeway. When he heard that Deputy Medina was going to West Hollywood, he rechecked the list and even called Personnel to see if there was a mistake since he has seniority. The staff at Personnel, who know Greg's voice since they hear from him on a weekly basis, assured him that there was no mistake. And later that day, we see Greg being treated. But we're glad you are still here with us, Greg.

Deputy Greg Arellano did get to drive a radio car on a hospital run. However, Greg picked up a



nail on the way there. As they returned to their car from the business at the hospital, the ever-alert Deputy Arellano noticed the right rear tire was flat. Do you remember the TV commercial from a specific insurance company about the two teenage boys who don't know how to change a tire and the one says, "Dad, I know what a lug wrench is!" Yeah, it was two hours later before the County tow truck arrived to change a flat tire. Note to Patrol School staff: Please block out a two-hour window to instruct on "How to change a tire in the field."

That's it from the crown jewel of Court Services, Airport Court. Stay Safe! ☆



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By Ernest Bille

American Legion Star Post 309

SPOTLIGHT ON OUR LEGIONNAIRES

This month, our spotlight is on all of our retired legionnaires. These men and women served many years in the military, and a majority of them have seen combat in some of the ugliest wars our nation has been involved in. They made it through the adversity, and then went on to join the Los Angeles County Sheriff's Department. After several years on the force, they now reap the benefits of retirement. To them, we say thank you for your years of service to our nation and to our communities.

Because we appreciate our retired members, Star Post 309 made it a point to attend this year's LASD Retiree Roundup in Laughlin, Nevada. Post Commander Patrick Gadut, Vice Commander Jason Crosswhite, his lovely wife, Lissette, Adjutant Ernie Bille, and Assistant Adjutant and Retiree Liaison Ron Nybakken were present throughout the Roundup. They met with old friends, made new friends and promoted the American Legion Star Post 309. For many, this would be the only opportunity to meet our members in person, as many made the wise decision to move out of state.

During one day at the event, we called for all available veterans to join us on stage for a group photograph. The number of veterans in the

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photograph span many years of service on the Department. They are a testament to the many men and women who have served through the ranks of both the military and the Sheriff's Department. This was only half of the veterans present, as others were attending luncheons at the time of the photo.

Depicted in the photograph are also many members "new" to Star Post 309. We had a very good recruitment effort and brought in 17 new members. Rest assured that we will be back next year, and we hope to meet many more of our members who may not have been present at this year's Roundup. One question we get a lot, especially from those living out of

state, is "Why should I join?" Our question in return is, if you don't already belong to a veteran service organization, then why not belong to *your* veteran organization? The Los Angeles Sheriff's Star Post 309 of the American Legion was created by LASD members, for LASD members and their veteran family members. So why not come home to your Post?

On a special side note, we'd like to extend a very special thanks to our legionnaire Moon Mullen, his wife, Robyn (we're glad she is feeling better), and the rest of the volunteer crew for putting on such a great event. ☆



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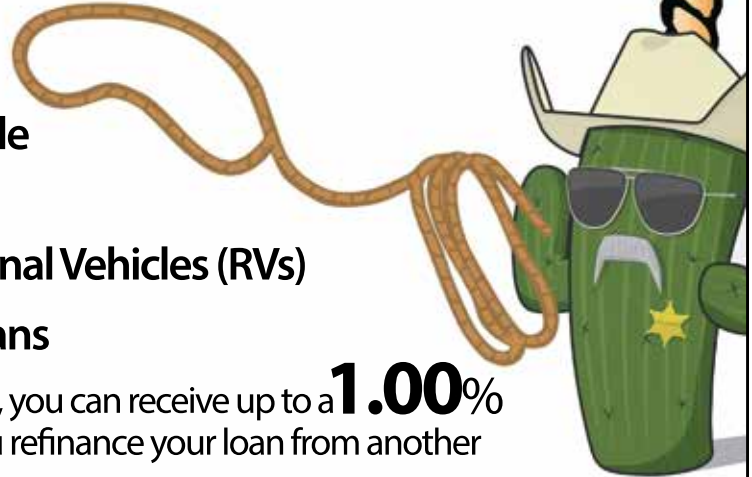
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