

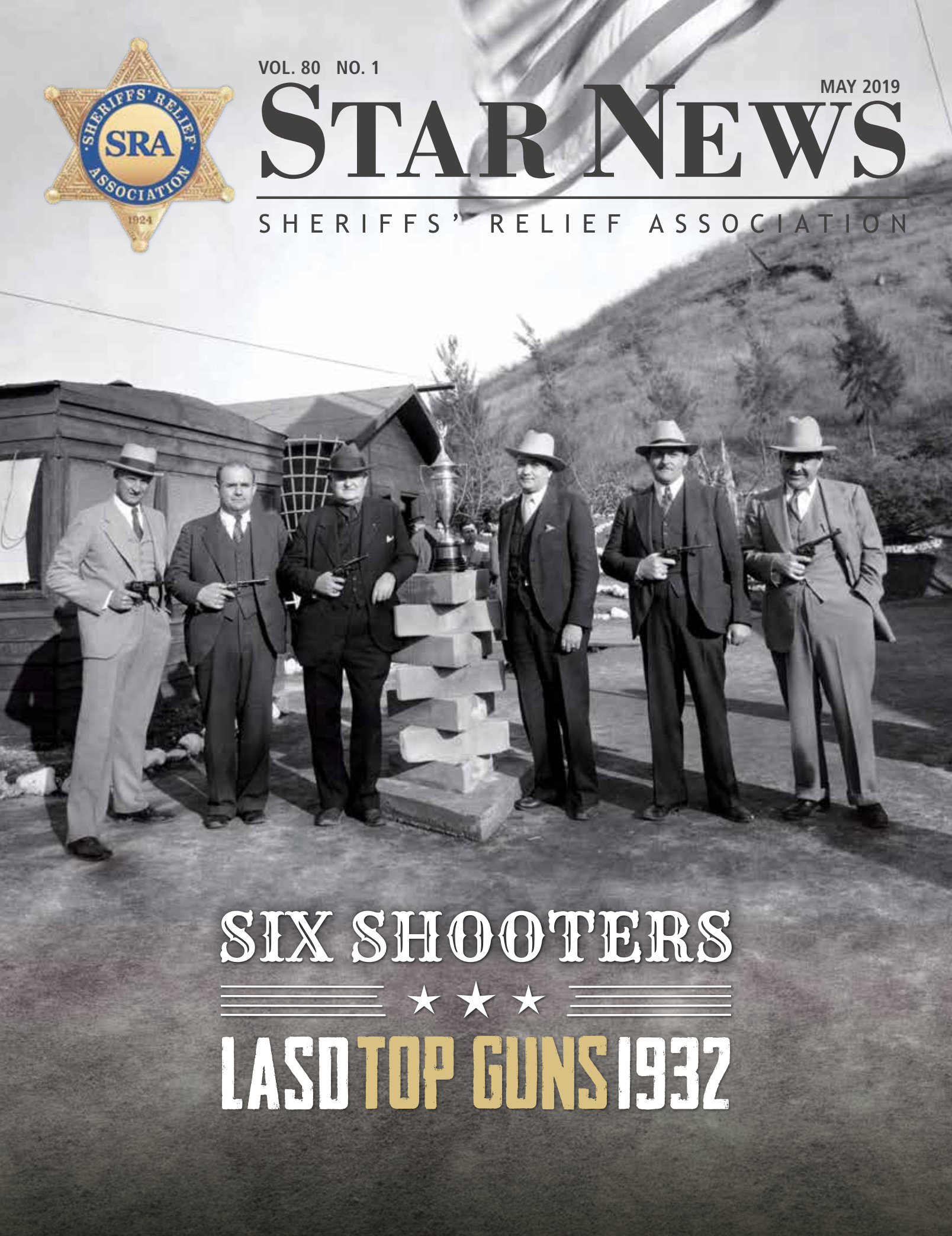


VOL. 80 NO. 1

MAY 2019

STAR NEWS

SHERIFFS' RELIEF ASSOCIATION



SIX SHOOTERS



LASD TOP GUNS 1932

Trustees Monthly Meeting

The regular meeting of the Sheriffs' Relief Association convened on March 14, 2019, at 11515 Colima Road, Whittier. The following officers and trustees were present: Joe Badali, President; Mike Abdeen, Vice President; Diane Stone, Secretary-Treasurer; Trustees Chuck Becerra, Joe Hartshorne, Steve Katz, Rod Kusch, Veronica Urenda; William McSweeney, General Manager. Trustees not present: Kerry Carter, Teresa Garrett, Liza Vera and Glenn Walsh.

The meeting was called to order at 3:56 p.m. A motion was made by Trustee Urenda, seconded by Trustee Hartshorne and unanimously carried to approve the minutes of the February 14, 2019, meeting and the January Foundation expenditures.

COMMUNICATIONS

General Manager Bill McSweeney reported that a communication was received from the following during the month of February:

From the family of John Wargo to Leo Norton, "Thank you for thinking of our family during this time and thank you for the monetary gift."

BENEVOLENT REPORT

MORTUARY BENEFITS PAID DURING FEBRUARY: \$111,500

MORTUARY BENEFITS PAID YEAR TO DATE: \$293,000



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

On Saturday, March 2, the second annual LASD Texas H.R. 218 is in the bag. We had a total of about 49 attend the qualification this year, braving the 35-degree temperature and mild misty rain. The qualification was held at Big Boar Tactical Range in Collinsville, Texas. Following the qualifications, a majority of retirees assembled at our ranch in Valley View, Texas, for a catered lunch. The planning and execution of the

MEMBERSHIP REPORT

A total of 135 new membership applications were received during the month of March. A motion was made by Trustee Abdeen, seconded by Trustee Urenda and unanimously carried to accept the following new members: Ricardo Aguilar, Irene Aguilera, Andrew S. Aguirre, Kevin Aguirre, Mukhtalib O. Ajani, Paul Alaniz Jr., Favian Anguiano, Fernando Aponte, Diego Arias, Brandon A. Austin, Hector E. Balcazar, Maria Edessa A. Bautista, Leander Benjamin, Kanessa S. Botts, April Bueno, Dean W. Buttar, Bryan J. Byrd, Sylvia Cabrera, Carlos J. Callegil, Gilbert Casas, Albert Charco Jr., Heather N. Cornea, Roberto Coronado Jr., Rolando Corrales, Marco A. Cortez, Enzo B. Cox, Karrie A. Creason, Priscilla M. De Haro, Andrew T. De Jong, Richard J. De La Cruz, Luis A. DeLaTorre, Ariel Diaz, Maria T. Diaz, Joel M. Di Conti, Michael J. Earwood, Janet M. Elias, Mario J. Escoto, Bicar Evans, Derek E. Eveland, Alexander Felix-Garcia, Rufino V. Fernandez, Zahra E. Figueroa, Emanuel Gallegos, Alisha Garcia, Joel I. Garcia, Marc G. Garcia, Jonathan C. Gardea, Aaron M. Girard, Domitila C. Gonzalez, Jesus V. Gonzalez, Rodolfo Gonzalez Jr., Herminia Haro, Jeremiah D. Haro, Alexandra E. Hernandez, Jose M. Hernandez, Matthew J. Hernandez, Tony Hinojos, Luke T. Hopper, Rubi L. Jimenez Vega, Rafik Keshishians, Angelica L. Tabizon, Yuen Yi C. Lam, Jorge Lemus, Cynthia Leon, Fernand Lizarraga Ochoa, Margarit Lopez Crisanto, Rachel M. MacDonald, Antonio Macias, Patrick A. Magat, Luis C. Mancio, Marine

Manukyan, Brian A. Martinez, Damian J. Martinez, Gilberto D. Mata, Maria D. Merino Martinez, Karina A. Meza, Estelita A. Morada, Paul R. Morales, Febe E. Munoz, Gabriel V. Munoz, Nicolas J. Muriedas, Abigail Nelson, Jose M. Noguera, Harrison B. Noll, Fred M. Nunes Jr., Jose DJ Ochoa, Alison Oley, Fernando G. Orozco, Randy Ortiz, Steven J. Paek, Richard Palencia, Coohunich JA Partansky, Brian F. Perez, Christop Perez-Carrillo, Luis M. Perez Jr., Guadalupe Plascencia, Wilson Norbert Z. Ponce, Alberto Portillo, HunSok Pyon, Carmen Quispe Arana, Isidro Ramirez Jr., Gerson A. Ramos, Martin A. Ramos, Benjamin P. Reynolds, Christopher Richardson, Brian Rodriguez, Damien A. Rodriguez, Efrain Rodriguez Gomez, Juana Rodriguez Pedraza, Anthony Rodriguez Ramos, Jeorgina R. Romeo, Gilbert Rosales, Kristopher A. Rouse, Benjamin M. Russell, Veronica Salcedo, Rodolfo Sanchez, Samantha L. Santana, Joshua E. Saravia, Katherine F. Scott, Angela T. Sibley, Bailey J. Sicklesteel, Kimberly Silva, Holly A. Smith, Alissa Subsarn, Peter Suh, Cody S. Travis, Dian Trujillo Rodriguez, Drake A. Uthe, Daisy M. Verduzco, Yalun Wang, Kevin M. Weber, Dannielle R. Wolff, Vincent J. Writer, Jonathan M. Zabin and Diego J. Zendejas.

We had 2 deaths of active members, 11 deaths of retired members, 2 cancellations of active memberships, 1 cancellation of retired membership,

continued on page 4

NEXT LUNCHEON:

Wednesday, July 10
11:30 a.m. Buffet \$10.95
Villa Catrina Restaurant
251 N. Santa Anita Ave.
Arcadia, CA 91006

entire event wouldn't have been possible without my wife Melissa's help. A big shout-out and thank-you to Donald and Tami Baker for sponsoring both events. We will continue on with the third annual Qualification in March 2020. Until next year! Marshall Baird, mlmwbaird1@gmail.com.

On Wednesday, March 6, the Hi-Desert Retirees and friends got together for their monthly luncheon at Marie Callender's in Victorville at 11 a.m. It was

freezing, but these faithful retirees came out to eat: Annette and Lee Henderson, Sheila Ortiz, Chickee and Norman Nelson, Shannique and Brandon Solaita, and Cindy Frazer (Olesinski). We ate and carried on several different conversations for a few hours. Beth Comb was in Laughlin gambling, so she missed the luncheon. Everybody is welcome, so if

continued on page 4



STAR NEWS

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Vice President.....Mike Abdeen
Secretary-Treasurer.....Diane Stone

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Chuck Becerra, Kerry Carter, Teresa Garrett, Joe Hartshorne, Steve Katz, Rod Kusch, Veronica Urenda, Liza Vera and Glenn Walsh
General Manager..... Bill McSweeney

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Table of Contents

Units

- Communications and Fleet Management Bureau 6
- Los Angeles Sheriffs' Museum 12
- The Chaplain's Notebook 15
- Crescenta Valley Station 16
- American Legion Star Post 309 18
- Internal Affairs Bureau 20
- Cerritos Station 22
- Peace Officer's Fellowship..... 26
- Inmate Services Bureau 28
- Peer Support Program 32
- From the Docs 33

Features

- LASD Retiree Roundup 2019..... 8
- LASD Women's Running Team..... 10
- In Memoriam 21
- Retired Marshals Lunches..... 26
- March Retirements 30
- Copline..... 34
- Sheriff's Relief Discount Tickets 35

Trustees Monthly Meeting *continued from page 2*

3 new honorary associate members and 7 deaths of honorary associate members.

There were 17 members who resigned, no discharges and 13 who transferred from the Sheriff's Department/Relief Association during the month of February.

EMPORIUM REPORT

We are still awaiting final decisions on any uniform changes.

A new POS system should be up and running within the next month in the stores.

OLD BUSINESS

The new IT system for the office should be up by Christmas time.

NEW BUSINESS

A motion was made by Trustee Stone, seconded by Trustee Hartshorne and unanimously carried to

offer Mike Fratantoni the open seat on the Board left by Teresa Garrett. Teresa Garrett will be retiring at the end of March.

ADJOURNMENT

At 4:42 p.m., a motion was made by Trustee Urenda, seconded by Trustee Abdeen and unanimously carried to adjourn the meeting of the Sheriffs' Relief Association, Sheriffs' Relief Foundation and Sheriffs' Relief Services, Inc. ☆

Retired Deputies *continued from page 2*



The second annual LASD Texas H.R. 218

you are in the area or passing through, stop by and join us for lunch.

On Wednesday, March 6, the monthly luncheon for the **Desert Heat Retirees** was held at the Elks Lodge in Lake Havasu City, Arizona, from 11:30 a.m. until 1 p.m. The cost was \$10 and that included tax and tip. A no-host bar is available, and we welcome all retirees. Those attending were Jerry Gillen, Bill Taggart, Richard and Ruth Byrd, Shirley Hiler, Joan Day, Nick Tippings, George Wilson, Don and Susie Sackett, Robert Pellerin, Tommy Jiminez, Bob Stone-man, Mike and Leseah Castorina, Kevin Gavaghan and Brian Smith. Any questions, contact Jerry Gillen (lnx1993@yahoo.com).

On Wednesday, March 6, the **Marshal Old Timers** luncheon was held at the *Katella Bakery-Deli* in Los Alamitos. This is a new spot in the rotation of restaurants. There was good turnout in spite of the rainy weather. Attendees included: Al Barnett, Al Blomker, John Davis, Sharon Kramer, Leslie Taylor, Peter "The Bearded Wonder" Mack, Cliff Hartfield, Roger DeHaan, Rosie Banuelos (on her knee scooter), George Feten, Sam "Bufford" Combes and Terry Black. Those of you who went to the Roundup,

I hope you enjoyed it. Those of you who didn't attend or did and didn't enjoy yourselves, maybe next time. If enough of you decide to go, we can have a lot of fun together. — Terry

On March 8–10, the **Sunshine Rollers RV Club** got together at the Fountain of Youth RV Resort in Niland, California. Members present were Ron

and Bonnie Moya, Ray and Sandy Hoyal, Elroy and Terri Morris, Tom and Cathy Smith, John and Patricia Mascaro, Mike and Kathy Ponce de Leon, Tony and Becky Espitio, Norman and Chickee Nelson, Norman Nelson III, Jeff and Sheila Fitzgerald, and Tony and Debbie Griffin. Recognition was given to wagon masters Tony and Debbie



San Diego Retirees. From left to right: Phil and Bonnie Brooks, Marv and Diane Love, Joe Raffa, Bill Findon, Lou Brown, Bob Henley, Billy Gaynor and Jim Stevenson

Griffin for their efforts in hosting the campout and for providing a delicious catered barbecue rib dinner on Saturday evening. March anniversaries/birthdays: Happy anniversary, Manuel and Sonja Cruz (March 2); happy birthday, Joy DeGroot (March 11); happy 25th anniversary, Tony and Debbie Griffin (March 19); happy birthday, Diane Love (March 21); and happy 39th anniversary, Elroy and Terri Morris (March 22). The 2019 campout calendar: April 12–13, Manuel and Sonya Cruz at Canyon RV Park; May 3–4, Glenda Hamburg at Tapo Canyon RV in Ventura; June 7–8, Ray and Sandy Hoyal at Vista Elks Lodge in Vista; July is dark; August 4–11, Claude and Dolores at Pismo Sands RV Park in Oceano; September 20–22, Manuel and Darlene Lomeli at Dockweiler Beach; October 17–20, Michael and Barbara Buck at Paso Robles RV Ranch in Paso Robles; November 8–10, Chuck Anna and Lenore at Orange County Fairgrounds in Orange County; December, Rick and Sandy Spence organizing the Christmas Luncheon. Respectfully submitted by Terri Morris, 2019 secretary.

On Wednesday, March 13, the **San Diego Retirees** met for lunch at *O'Sullivan's Irish Pub and Restaurant* in the village of Carlsbad. A good time was had by all. Those attending the luncheon were Phil and Bonnie Brooks, Marv and Diane Love, Joe Raffa, Bill Findon, Lou Brown, Bob Henley, Billy Gaynor and Jim Stevenson. Marv Love was set for heart surgery the next day; he is now recuperating in the Hawaiian islands. Get well quick, Marv, and have a good time. See you when you get back. — Joe

On Saturday, March 16, the **Las Vegas ROMEOs** (Retired Old Members [of law enforcement] Eating Out) held their bimonthly luncheon meeting at *Pancho's*, located in downtown Summerlin, Nevada. This *Pancho's* is under the same ownership as the one in Manhattan Beach, California. We had 31 in attendance, representing more than 500 years of law enforcement experience from local, state and federal agencies across the United States. Great camaraderie, many laughs and more than a dozen "door prizes" were handed out. The next Las Vegas ROMEO luncheon will be Saturday, May 18, at a location TBD. If you would like to be included, please contact Bob Canfield at bobbycanfield@gmail.com or Al Wiggs at alwiggs86@cox.net for more information. In attendance, alphabetically: John Baker (Compton P.D.), Ken Banner (USSS), Miguel Brambila (LAPD), Roi Brown (LAPD), Bob Canfield (LAPD), Naomi Conaway (Detroit P.D.), John Coyne (Ill. State Police), John Coyne's daughter, Larry Craft (Cleveland P.D.), Shirley Craft, Rick Engstrum (LAPD), Kathy Engstrum, Ed Fleming (LAPD),



Las Vegas ROMEOs

Elbert "Moon" Hill (LAPD), Ray Mauss (LAPD), Carlos Morales, Jack Motto (LAPD), Natalie Motto, Chickee Nelson (LASD), Norman Nelson (Compton P.D.), Norman Nelson III, Norman Nelson IV, John Nicolaw (Clark County DA Inv.), Larry Price (Compton P.D.), George Roberts (Chicago P.D.), Tim Smith (LAPD), Esperanza Smith, Bill Thomas (LAPD), Judy Thomas, Al Wiggs (LAPD) and Cynthia Young (widow of LAPD Officer Tyrone Young). Sincerely, Bob.

On March 18–21, the **RELAC RV** group got together at Stage Coach KOA in Banning, California. Wagon masters were Leon and Dian Stegall. We had a great campout. We even had some rain that made it peaceful and relaxing. We went to *Gramma's Country Kitchen Restaurant* in Banning on Wednesday for our eating-out night. Those attending this campout were Danny and Maria Coon, Don and Shirley Egbert, Dorie Fregeau, Jeanne Klauk, Martin and Gloria McNulty, Ron and Betsy Morgon, Norman and Chickee Nelson, Mike and Veronica Reyes, Bob and Linda Reyes, and Leon and Dian Stegall. RELAC campouts for the rest of this year are: May 19–23 at Buellton RV Park; September 9–12

at Newport Dunes RV Park; and October 21–24 at Emerald Desert RV Park. If you would like to attend, you may contact Mike Reyes for information at mikeandveronica@roadrunner.com or call (909) 556-8751.

On Wednesday, March 20, the **Las Vegas Retirees** got together at *Charlie's Lakeside* in Las Vegas. We had 18 for lunch. Hershel Aron, Don and Melody Gray, John L. Hooge, Virgil Bartlett, Jim Ellison, Harvey Heischubor, Leonard Cifelli, Carlos and Maria Gonzalez, Gary Griffith, John and Deanna Rondina, Joan Raber, Randy and Debbie Sulstrom, and Ron Layton and Barry Katz. Jim Ellison was the door-prize winner. He won a bottle of wine. Reported by Hershel.

On Friday, March 29, 16 of us old dinosaurs and a guest met at *Denny's Restaurant* in Lancaster for the monthly breakfast. Today was a real potpourri of conversations, so I am not going to elaborate on them. We recognized retiree Danny Gilmore for his upcoming birthday on April 10. Danny will be a young "90" years old. Danny is still active and bowls every week at the Brunswick Bowl in Palmdale. For his birthday, he was presented with a card from the other retirees, and for his cake, he was given a Twinkie. A short discussion was held regarding the upcoming Laughlin Roundup, which many of us will be attending. Retiree Scott Short advised that he will shortly be moving to Chino Valley, Arizona. This is located northeast of Prescott. He was congratulated for moving to a beautiful area and getting out of this state. For those

who are not aware, Mary McKain is an accomplished trumpet player and has for many years managed a musical group known as Pieces of Eight, who play some great big band music. If this is not enough, Mary is currently taking lessons in Mariachi music, which she is loving. On a local note, due to all of the rain we experienced, as did everyone else, this year's wildflowers burst on the scene with carpets of poppies, lupines and other flowers. Everywhere one goes in the valley, they will encounter acres and acres of a variety of wildflowers. Attending this month's breakfast were: Fred McNutt, John Sylvies, Jay Seibert, John Ament, Steve Mulcahy, Ron Oest, Al Shoombiansky, Dennis Papp, Scott Short, Danny Gilmore, Mary McKain, Don Ott, Vance Kirkpatrick, Glenn Hutchinson, Bob Briley with his daughter Kay, and myself, Carlos Valdez. Until next time, stay safe, may the wind be at your back and enjoy your well-deserved retirement.

Since the weather here in the Texas hill country has been a little hit and miss, with scattered rain, thunderstorms and hail, we were unsure of our

continued on page 6

THE OPEN MIC

The Open Mic is back! It's been a while and a lot's been happening at Communications and Fleet Management Bureau (CFMB), from retirements, promotions, new equipment, new vehicles and a new author. My name is Eric Smith and I've been a public response dispatcher assigned to the Sheriff's Communications Center (SCC) for 16 years. It's my pleasure to take over writing this article, so grab your reading glasses and let's get started.

First, CFMB wants to congratulate Chief Eliezer Vera and Acting Chief Mark Glatt on their promotions. We here at CFMB are excited to welcome back Acting Captain Judy Anderson. She did a great job as the Bureau's operations lieutenant and we know she will do just a good a job as the new unit commander. There have been quite a few retirements from CFMB as well. We want to wish Fleet Sergeant Kristi Yeager,

Training Sergeant Doug Jensen, Body Worn Camera Unit Lieutenant John Hunter and all the unit retirees good luck and all the happiness in the world in all their future endeavors. Each and every one of them will be missed.

Acting Captain Anderson hit the ground running here at CFMB. On February 27, she was asked to be a presenter at the 9-1-1 for Kids ceremony. Acting Captain Anderson presented the 9-1-1 Heroes Award at the ceremony (see photo). This award was created in 1999 by the 9-1-1 Kids International Chairman, NFL Hall of Famer Tim Brown, along with Attorney General Bill Lockyer. This award acknowledges heroic acts by young people when dialing 9-1-1. It also recognizes the dispatchers who managed the emergency calls. Thank you, Acting Captain Anderson, for a job well done.

I'm sure we all remember the Woolsey Fire from November. While SCC dispatchers are

primarily assigned to the radio room, during the fire, several dispatchers along with other CFMB personnel were deployed to work the command post. Like others deployed to the fires, the dispatchers worked 19-hour shifts. As one of the dispatchers deployed, I can say it was an eye-opening experience to see a force of nature so destructive affect so many lives. It also filled me with pride to see so many first responders and other Department personnel join together to save lives and preserve property.

When I used to see the *Star News* around Lennox Station, the first thing I would do is go to "the open mic" section to see the "bloopers." Be sure to email any funny calls or typing errors to ejsmith@lasd.org, so we can continue to enjoy what we've all been waiting for: a good clean laugh.

Until next time ... ☆



Retired Deputies *continued from page 5*

attendance this month. However, we were mistaken and pleasantly surprised with a *full* attendance. Always nice to see and meet with old faces, filled with laughter and good times! Issues discussed pertained to concerns with Texas politics and making sure that our voices are heard from our senator and local congressmen. We also discussed our H.R. 218 Shoot Training to be held in June. Present at our meeting were the following: Ted and Joyce Severns, Fred Fogarty, Javier Gonzalez, Michael Forte, Earl (Marty)

Shields, Rick Adams, Ted De Maegt, Terry and Fran Dunkum, Peter and JoAnn Mannise (EFD Fire Department), Paul Mock, Bill and Peggy Schmidt, Bob Kolesar, Dennis Obert and Al Rice. Our regular meeting will continue at the *Shade Tree Saloon & Grill*, 13530 US-281, Spring Branch, Texas 78070. If you enjoy axis or buffalo burgers, this is the place! They have a great menu with many choices and cold beer! *Spread the word!* Everyone is welcome! We meet on the second Tuesday of every month at 12:30 p.m.

If you are travelling through Texas or have any questions, please contact Ted Severns at (818) 232-6032 or tedseverns@gmail.com; Javier Gonzalez at (512) 878-3442 or jjaygun@yahoo.com; or Bob Guilbault at (210) 878-5201 or Robert.Guilbault@gmail.com.

Where is the time going? It is flying by so fast, so you need to enjoy your retirement. Get out, meet and greet retirees in your area. Retirement is a fun time, so have fun! Until next month, be safe, take care. — Chickee and Don ☆



40TH ANNUAL LASD RETIREES' REUNION

Sunday, June 16 – Friday, June 21
Inter-Mountain Fairgrounds • McArthur, California



All retired members, including civilians and your traveling companions, of the Los Angeles County Sheriffs' Department are invited to gather at the Inter-Mountain Fairgrounds in McArthur, California, for the 40th Annual Reunion. The location is on Highway 299, approximately 70 miles east of Redding, between the peaks of Mt. Lassen and Mt. Shasta. The registration fee is \$10 per person paid upon check-in.

Bring your RV, tent or stay in one of the local motels in Fall River Mills. Full hookup camping, showers, laundry and 30-amp and some 50-amp service is \$15 per night starting Friday prior to the event. Early campers arriving before Friday will pay the regular campground rate.

Activities include golf tournaments at a championship 18-hole golf course, Bocci ball, card tournaments, potluck dinners, steak fry, a catered dinner, a pancake breakfast, fishing, nearby casino and sightseeing. Or just kick back and relax. Plenty of war stories, tales of then and now and lie swapping may be heard daily. Newly retired and surviving spouses are especially welcome.

Please RSVP
and for additional
information,
contact:

Ron or Bonnie Moya
at (818) 521-0695 or
521-2682 or [bonron@
dslextreme.com](mailto:bonron@dslextreme.com)

Tom Sargent at (530)
243-8982 or [tsqt907@
charter.net](mailto:tsqt907@charter.net)

Richard or Judy Smith
at (626) 444-0686 or
retiredstars@earthlink.net



Photos by Chris Miller

LASD RETIREE ROUNDUP 2019

By Ralph Williams

Each time a bereavement notice appears, many of us seem to have the same comments. We say that he or she was a good person and we so much wish we could see him or her one more time. That one more time could well be at the Roundup because it's an annual gathering that brings together hundreds of LASD retirees from all over the country for four spring days in Laughlin, Nevada. For some, it's a gathering with friends for at least one more time. I hate those bereavement notices for a number of reasons, but I love those Roundups for one big reason: everyone in attendance shares a happiness and wealth of memories. These people, with an occupational history, made a real difference in the lives of an immense number of people, including each others'.

The 20th annual LASD Retiree Roundup was held from April 7-10 at the Riverside Resort and Casino in Laughlin. A new attendance record of 1,151 was set this year. What started with a small number of people 20 years ago has grown into the largest gathering of retired cops anywhere. I believe that really says something about our love for our law enforcement family.

With the approval of Sheriff Alex Villanueva and the financial support of ALADS, the H.R. 218 Qualification was conducted by LASD range staff, which included Deputy Randy Tweedy and volunteers David Donovan, Lee Leatherman, Bob Molina, Ray Bluff, Joey Stoker, Ed Corrette, James Klinger,

Andy Lee, Mable Lee and Mila Bouman. The two-day event is coordinated by Walt Bouman, and this year a new record of 497 retired shooters qualified.

Thanks goes out to the Sheriffs' Relief Association, ALADS, PPOA and POPA FCU for providing financial support for the Roundup.

On Sunday, April 7, at noon, the 2019 Roundup was open for business. For the first time ever, Moon missed a Roundup, and it was a painful miss, indeed, for both him and us.

Sunday was greeting day. At some point during the afternoon, nearly every attendee walked into the Briefing Room to check in, get their name tags and make an effort to meet and greet as many of the hundreds of retirees doing the same thing. Folks checked out the displays, registered to qualify on the range, headed off to dinner or stayed to chat.

Monday morning began with a flurry of events. While H.R. 218 Qualification was taking place, there was a golf tournament, a bowling tournament and the Red Hats champagne brunch. Later, reunion lunches were held for Firestone, Norwalk/Pico and Malibu/Lost Hills, and gatherings were held for TST and Walnut/San Dimas. According to Norwalk/Pico coordinator Sally Harwell, there were 82 retirees and significant others sharing war stories and catching up on their lives. In the evening, there was an Industry dinner, and Detective Division got together for a cocktail party. Bobby and Belinda Taylor want to send a sincere and

heartfelt thank-you to the 90 party attendees. A special thank-you to Don and Susan Garcia and Danny and Lesli Smith for donating items for the raffle. The AV stations got together at a restaurant in Bullhead City. Carlton Brandon advises that next year the AV stations' dinner will be moved to the Riverside, as the El Palacio restaurant they were using for the past 12 years can no longer cope with the increasing number of attendees each year. Aero Bureau/ESD met for appetizers and cocktails, and the evening saw a dance/karaoke night in the dance hall. The day/evening capped off with an ice cream social in the Starview Room, aka the Briefing Room.

Tuesday began another busy day with continued H.R. 218 Qualifications. Another golf tournament, a Lakewood breakfast, an all-day arts and crafts fair, a West Hollywood luncheon, the Red Hats luau, a poker tournament and the ELA cocktail party, and SEB got together on the south side of the Riverside parking garage. The SBI cocktail party was held in the Losers' Lounge, where 73 partiers were fortunate enough to be entertained by our own retiree and comedian Cliff Yates. Cigar night was held at the pool, Temple held a dinner and there was another gathering of SCV, ALD and CVS. Mexican dinner was served in the Briefing Room, and there was a 7 p.m. show in the Celebrity Theater, and then finally some time to rest for the night.

Wednesday morning began with the Lennox Old Timers breakfast, and Tony Hollins thanks the



52 who attended. The oldest attendee was 90-year-old Doug Robertson, who along with his wife, Jeanne, recently celebrated their 70th wedding anniversary. Tony also wanted Ken Jones to know that “Georgia Ice Cream” is still part of the breakfast menu. The annual Queen Emeritus Pat Mihovil card game and afternoon slots tournament were also conducted on Wednesday. The evening culminated with the annual 50/50 raffle drawings, complete with hors d’oeuvres and desserts from 4 p.m. until the room closed for the night. This, of course, was the time for those final goodbyes until next year.

The four-day event can be a relaxing or as busy as you want, but it is always fun to all. What follows are some comments offered by some who attended this year:

“What I love most about the Roundup, looking through mature eyes, is there are no metal badges worn, no active LE personnel. There are only soft paper badges (that you better turn in before you leave) with no rank before a last name. You might say it’s a level playing field where all are treated the same. Folks are treated to the respect and dignity that we all desire, regardless of what happened or the experiences one had. It makes me wonder why we don’t have more attendees than we do.”

“I was rather apprehensive about attending the Roundup for the first time. I was told such things as people remain in their own little cliques and I would run out of things to do very quickly. Not true at all. My friends and I had a blast and plan on attending next year. One friend asked me, ‘What was the one thing that made the Roundup so special?’ I answered, it wasn’t just one thing; it was everything. It was all special.”

“As always, great time, and I saw a lot of friends from prior assignments. The check-in was as smooth as can be. H.R. 218; I love it. All the luncheons were great; great food and time with the guys and gals I worked with. From the employees to the volunteer staff, thank you.”

“I want to thank Patty and Chuck Norris for getting me to go. I have always felt ‘less than’ due to the fact that I only had six years on the Department due to injury. The job was the highlight of my life, and I cried when had to sign retirement papers. My life was changed forever. I met a lot of people and had a great time.”

Now I must mention something at the risk of upsetting some. I recognize that there are any number of reasons for attending or not attending the Roundup. We don’t all love the same things. But anyone who says they won’t attend because there

might be someone there that a person dislikes is, in my opinion, a foolish reason. Because of our occupation, we all had some high self-confidence, strong opinions and good-sized egos. Personality conflicts and head-butting just comes with those traits. None of us likes everybody, and none of us dislikes everybody. If you let the very few keep you from enjoying the very many, you let your perceived enemy win. So get over it, forget about it and come enjoy the people you want to see “one more time.” If you don’t have fun, you can personally get in my face and tell me so.

I’m often asked how we can thank Moon and Robyn for their efforts. I’m going to suggest two great ways that come to mind. One is to come and enjoy yourselves without complaint, because it’s all volunteers who make the Roundup what it is, and the greatest reward is seeing smiles and hearing the laughter. Second is to mark the Roundup dates on your calendar so that when the registration announcement comes out in the fall, you can immediately get your form and money in. You can say thank you by giving the party planners plenty of advance notice of the numbers they are dealing with.

That said, next year’s Roundup dates for the Riverside Hotel and Casino in Laughlin are April 5–8, 2020. Make a note and a plan to come have a most rewarding experience. ☆

LASD WOMEN'S RUNNING TEAM

By Jenna Underwood

First of all, from our team to yours, way to push out there! You all did amazing! This was an epic year for the LASD Women's Running Team. We trained all year, competing in multiple races, not just B2V and the Mug Runs.

These ladies drove to Tahoe and participated in the Ragnar Tahoe Trail Relay for a crazy 24 hours of blood, sweat and tears, did the Griffith Park Relay in the scalding hot temperatures and many other 10K and half-marathon races.

As a team, we are bonded with one goal — to support each other, celebrate our victories and be there for one another on and off the race course. These women are fiercely dedicated to not only the victory, but to each other, and it is a beautiful thing to be a part of.

The LASD Women's Team wants to say thank you for all of you who make this team possible, who come to our races and supported us on and off the course. You are our framework and we are so grateful to have you.

This year's B2V race was one for the books. It was exciting, scary and unforgettable all at once. We were able to persevere through a medical emergency early on in the course that left a runner hospitalized, and beat LAPD by over two minutes. Due to the penalty, we took second, but in our hearts, it was a first-place battle of a lifetime. LAPD and the other teams out there gave us a run for our money, and we can't wait for B2V 2020 to go after first again.

From our team to yours, congratulations, way to fight and push through. Keep training, and we will see you out there again next year! ☆





L.A. SHERIFFS' MUSEUM

By Chris Miller

Los Angeles Sheriffs' Museum

UNDERCOVER DECOYS: TARGETING HUMAN TRAFFICKERS AND RESCUING VICTIMS, PART 5

Los Angeles and Hollywood are magnets for young women seeking fame and fortune. Many leave home for the first time, often from small towns, and suddenly have to provide for themselves and pay their own bills. Life in the big city, especially for a girl alone, is hard. It's not easy to get a job, and the dream of being a movie star quickly dissolves in the face of harsh reality. These are the girls that attract predators. Traffickers, who are constantly looking for unsuspecting girls to exploit, approach them on the street or in shopping malls, tell them how pretty they are and that they would make a beautiful model. They even offer help to get into modeling.



A sex worker is arrested during a sweep.

During a photo shoot, the girl may be coaxed into taking off her clothes, one piece at a time, until she is completely nude. The trafficker, who may be her only friend, might offer her a place to live and pay for meals and transportation. Some of these girls have never had the responsibility of managing finances themselves, so it's a relief to have someone do it for them. Once these girls submit to the trafficker's demands, they are forced into a life of sex work to pay for their lifestyle.

TRAFFICKERS' FEES

Some traffickers charge sex workers a "choose up" fee, which she pays for him to choose her. The traffickers will also discuss a "split" fee,

which is the amount that the sex workers keep and the amount that is taken by the trafficker. For example, if the sex worker makes \$1,000 in a day, she keeps \$300 and the trafficker gets \$700. Most traffickers take it all and give her only what she needs, justifying this by saying he has to pay for her rent, transportation, food, nice clothes and other expenses.

HUMAN TRAFFICKING MESSAGE PARLOR OPERATIONS

Some bogus massage parlors smuggle women into the country illegally, then make them work as prostitutes to pay for their passage. Even after this debt is paid, the women are coerced into staying under the threat of deportation or harm to themselves or their families.

In order to obtain money to repay a debt owed by one family to another, parents will force their daughters into the sex trade. Some girls are actually sold and brought to this country as slaves. They don't know anyone and have nowhere to go, so they must rely solely on their traffickers. Many come from Asian countries and don't speak English, so they are even more isolated.

When the Human Trafficking Bureau is notified that a massage parlor appears to be a front for a brothel, they have surveillance teams watch the location. The number of men going in and out, how the workers are dressed and the types of ads they post are noted. Undercover male deputies are sent into the business to determine if the female employees are propositioning their male customers. Once they have enough evidence that illegal activities are taking place, a search warrant is obtained.



An undercover male deputy is assisted by a uniformed deputy to arrest a sex worker.

When the warrant is served, a team of deputies goes in and detains all of the sex workers. They are then interviewed by female deputies to determine if they are victims of human trafficking. This can be difficult since many of the women come from countries with corrupt police officers who do not protect the victims. The women have been told by the traffickers that the police in the United States are corrupt just like the officers in their home country. Because of this, most sex workers don't trust the police and will not cooperate with them.

HUMAN TRAFFICKING STREET OPERATIONS

Sex workers are attracted to certain places because there are a lot of motels and a high volume of traffic. Streets that are known for having numerous sex workers are referred to as "blades."

When the Human Trafficking Bureau receives complaints regarding street sex workers, a decoy operation is launched. Undercover male deputies in unmarked vehicles drive around the area until they spot a sex worker. Posing as a prospective sex



A decoy approaches a john's vehicle.

buyer, he'll stop and engage her in conversation. When the elements of a crime have been met, the sex worker is arrested by a team of uniformed deputies in a marked radio car. Years ago, the deputies would only make one sweep of the street and arrest all of the sex workers. Today, they must make sweeps throughout the operation, because when sex workers are arrested and taken off the street, others will appear and take their place. All sex workers who are arrested are interviewed to determine if they are victims of commercial sex exploitation.

DECOYS

The Human Trafficking Bureau chooses new decoys from female deputies who have just graduated from the Sheriff's Academy. The deputies are interviewed and handpicked for their ability to work this undercover position. They are assigned to the Human Trafficking Bureau for the next nine months, after which they will be transferred to a custody facility.

HUMAN TRAFFICKING DECOY – MADISON VAN DINE

In 2016, Deputy Madison Van Dine was assigned to the Century Regional Detention Facility. Her sergeant had previously worked at the Human Trafficking Bureau and introduced her to several Human Trafficking detectives who were there interviewing an inmate. Later, they invited her to interview for the decoy position, for which she was ultimately selected.

Deputy Van Dine's expertise was greatly expanded during her nine-month loan period. She learned the slang and meaning of words used by sex workers, sex buyers and traffickers and given a booklet to study. She talked to other decoys and listened to audio recordings of dialogue between decoys and sex buyers on actual operations. Before she was put out on the street, she sat in one of the surveillance vehicles and listened to decoys as they talked to potential sex buyers.

Madison received extensive direction and practical advice regarding tactical survival and safety when conducting an undercover operation. She became acquainted with the individual roles of the rescue and arrest personnel that deployed each time she operated in an undercover capacity.

But the best training she received was on the job, working on the street and during cyber operations. What surprised her the most was the prevalence of human trafficking. It was in every



A suspect is arrested in a cyber operation.



Decoy Deputy Madison Van Dine communicates online with a john.



Decoy deputy deployed during a human trafficking operation in Compton.

city, but people don't realize that it was going on around them.

During a typical cyber operation, when Van Dine advertised on a commercial website, her cellphone would be inundated by phone calls and texts from exploiters trying to recruit her. She was shocked by how common it was and how many people were into that lifestyle.

EFFECTS OF BEING A DECOY

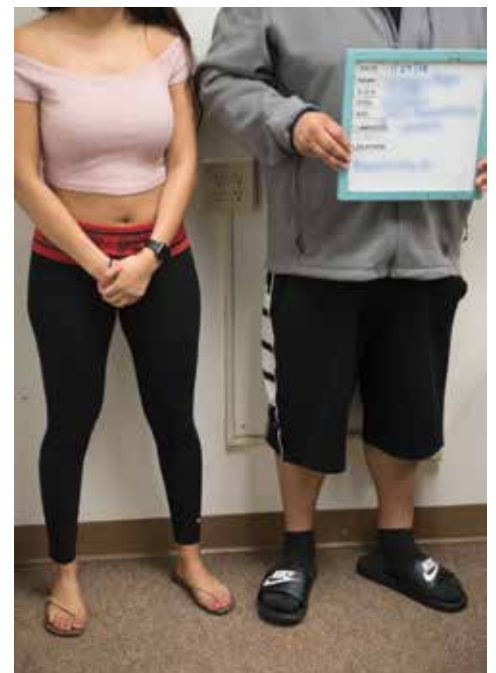
Since decoys must have explicit sex conversations with prospective customers, this assignment is not for everyone. Some female deputies find it difficult because it is not something they do in real life, and is contrary to normal behavior or professional demeanor.

Once a decoy is finished at Human Trafficking, she is returned to her custody assignment where she is required to meet with a psychologist from Employee Support Services so that any issues she may have related to working as a decoy can be addressed.

continued on page 14



Decoy Deputy Madison Van Dine texts online with a john.



Decoy poses with the john she arrested.



Decoy Deputy Madison Van Dine

DECOYS DEPLOYED

During a Bureau-wide street operation, there are between six and 10 decoys deployed. The first three deployed are assigned full-time to the Human Trafficking Bureau. The other deputies, who work full-time assignments at other units throughout the Department, are rotated in periodically throughout the operation.

When a female deputy decoy is dropped off in an area known for street sex workers, she loiters around until a sex buyer approaches and propositions her. Once a sex-for-money offer is secured, the decoy moves away from the suspect and the arrest team, led by uniformed deputies, moves into place. The language used in these negotiations can get quite graphic and a female deputy who is shy may find it difficult to engage in this type of conversation.



Undercover deputy in the Compton Operations Center

The decoy is then transported from the street and taken back to the command post where she writes a report about the solicitation and arrest. While one decoy is on the street, the others are either writing crime reports on their laptop computers or communicating with traffickers by talking or texting on their cellphones.

Each decoy is deployed for approximately 15 minutes. Since men are attracted to different types of women, if they aren't solicited in that time, a completely different looking decoy takes her place.

PROCESSING TRAFFICKERS, SEX BUYERS AND SEX WORKERS

All suspects arrested for prostitution charges will be processed in the booking room. Subsequently, they will be booked, cited and transported to the local station jail for booking.

- **Juveniles**

If a sex-trafficking victim is a juvenile, the investigation will be conducted by Human Trafficking Bureau detectives. The Department of Children and Family Services (DCFS) will then take custody of the child. It's not uncommon for children who are placed in foster homes to run away and return to the sex-trade business. Some of them are placed on the street by their mothers who exploit their own child for money. Girls in foster care share information on working in the sex trade just like inmates in the jail share information on committing crimes. One young sex worker who was detained over and over again was placed in different foster homes and each time would recruit other girls to become sex workers for her trafficker. The foster parents would call the Sheriff's Department to report that all of their foster girls had disappeared.

- **Rescuing Juvenile Victims**

Photos of missing or runaway juveniles are used by Human Trafficking detectives when searching social media sites used by traffickers advertising their sex workers. If they find pictures of a girl who looks under age, detectives will set up a date with her. Once they meet, the teen will be rescued and returned to her parents or DCFS.

- **Diversion Programs for Adults**

All adult females arrested for soliciting sex or loitering for the purpose of soliciting sex will be offered services to divert them from the sex trade.

WHO ARE THE VICTIMS?

There is a misconception that only girls who are bad, have been kidnapped or come from a home where they were beaten or sexually abused become victims of sex traffickers. This is far from the truth. Many get good grades, are involved in sports or other activities and come from a good family. They are the ones you would never expect to become involved in the sex trade, but traffickers are experts at manipulation.

Warning Signs

- **Older Boyfriend**

It should be a warning sign when the boy is several years older than the girl, and if she has to hide things and lie to her parents. When the guy is too perfect and too good to be true, he may just be a trafficker.

- **Compliments**

The trafficker will use a variety of techniques to deceive the victim, such as flirting and continually telling her she's beautiful.

- **Deception**

Girls who are 12, 13 and 14 years old are easy targets. Most have never had a date, and an older so-called boyfriend makes them feel special. The trafficker will be charming with a great personality and will show the victim attention like she has never had before.

- **Promise of Gifts**

Receiving gifts and going to movies and restaurants make the girl feel special. Many fall in love with the trafficker and are tricked into believing that he loves them back.

- **Promise of Travel**

Traffickers find out where girls dream of traveling or living, then promise to pay for their trips. They may even move the girl to another city in order to separate her from her parents.

continued on page 15



The Chaplain's Notebook

By Chaplain Eric Morgenstern
Santa Clarita Station

SPIRITUALITY AND DUTY

How does your spirituality influence your duty?

Spirituality is a broad concept with room for many perspectives. In general, it includes a sense of connection to something bigger than us. It typically involves a search for meaning in life. As such, it is a universal human experience, something that touches us all. Spirituality is also individual, and deals with our need to maintain a sense of peace and purpose while linking us to the meaning of life and a connection with others.

In contrast, duty is ethical, legal or moral accountability. It often involves a task or action that a person is bound to perform out of respect for or in obedience to a superior or older person. Duty is the energy that binds one morally or legally to one's obligations.

Spirituality adds another element. It can be found in all sorts of places if you are open to it! It performs two invaluable functions for us in law enforcement: First, it provides a firm foundation of moral belief, a base that not only keeps us on track morally, but provides relief from stress as well by giving deputies confidence and assurance that, whatever the outcome, their motivation was moral.

Being moral means making good choices between right and wrong or good and bad actions even when those choices are tough.

Morality is having a code of conduct. That code of conduct includes doing what is best, not just for ourselves, but for all involved. You know the feeling of stepping outside of morality simply by how you feel: guilt, shame, pain. Morality can vary. Some people, for instance, think that killing animals for sport is fine and some think it is not. We have our own moral code as well as society's. The moral obligation of a deputy extends beyond mere legal

compliance. Citizens expect deputies to operate not only legally, but morally.

Second, spirituality directs morality, which provides functionality. This trio of duty, morality and spirituality serves to enable deputies to continually see other individuals — even individuals who have committed the most heinous, despicable crimes imaginable — as human beings.

Any spiritual path that emphasizes morality and caring about others is helpful in the fulfillment of our duties. Remember, spirituality's greatest power is to provide perspective in a world where being the person who keeps the peace is more difficult than ever.

I am happy to provide further spiritual counseling and support. Please feel free to contact me at rabbi@kvcv.org.

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

L.A. Sheriffs' Museum *continued from page 14*

• Manipulation

Teenage girls who are trying to break away from their parents are encouraged to sneak around and are easily manipulated. Having the support of an older boyfriend makes them feel grown up and more willing to defy their parents.

• Isolation

Afraid of losing her boyfriend, the girl will give in to pressure to do something she would normally never do. This is usually an action that is criminal, unethical or immoral, the shame of which becomes leverage to control her by threatening to tell her family and friends. He might try to get her to move in with him, and if she does, he may further isolate her by putting her belongings in storage.

• Unexplained Clothes or Money

Many times, traffickers will purchase clothes and provide money to girls they are attempting to manipulate. If a parent notices their daughter has new clothes that they haven't purchased for them or has a large amount of money without any idea where it came from, they need to confront their daughter. The earlier a girl is confronted during

the grooming process, the more likely the parents will be able to keep her from being manipulated into becoming a sex worker.

• Forced or Convinced to Become a Stripper or Escort

Traffickers will talk the victim into dancing for money, saying they can make hundreds of dollars. What they don't tell them is that the dancing also includes stripping. The girl will agree to go to a strip club, not wanting her older boyfriend to view her as immature if she refuses. He then convinces her to try it.

He may coax her into becoming an escort, saying all she has to do is attend an event with a man who just wants a pretty girl on his arm. He doesn't tell her that he has already received money from this person who is expecting to have sex with her. Once she meets the man in a hotel room, she may not be able to stop his advances.

DON'T BECOME A VICTIM OF SEX TRAFFICKING

There are several things that girls can do to prevent becoming a victim of sex traffickers, including: Never associate with gang members or

become involved in a romantic relationship with a gang member; never be tricked into a false sense of security by promises of protection, alcohol, drugs and easy money. These are just ploys.

If you or someone you know is being forced into becoming a gang member, stripper, sex worker or participating in pornography, contact law enforcement, a teacher or a trusted adult. If you wish to remain anonymous, contact Crime Stoppers at lacrimestoppers.org or (800) 222-8477.

MAKING A DIFFERENCE

Sex traffickers are perhaps the worst of predators. Their solitary goal is to make money. They don't feel for their victims, and they have zero compassion and zero empathy. To them, their victims are merchandise, nothing more and nothing less, easily bought and sold, and just as easily discarded when not profitable. Day after day, their intentionally dehumanized victims are trapped in a hell with seemingly no way out. The Human Trafficking Bureau was created for just this reason. Like a knight in shining armor, they arrive on scene with one purpose in mind: Putting the vile sex traffickers behind bars and rescuing the tormented and dejected victims of sexual exploitation. ☆



By Mark Slater
Crescenta Valley Station

WHAT TO DO FOR LUNCH?

Sergeant Jeff Curran often struggles with deciding what to have for lunch. His decision has always centered on the fact that most of us bring our lunch every day, often leaving Jeff to fend for himself. So being the creative mastermind that he is, he figured out a way to combine quality eating with limited decisions. It sounded like a win-win for Jeff. So he turned to Secretary V Kim Thach's Meal Preparation Service. That's right, since Kim prepares her meals every day, Jeff thought, "Why not ask Kim to make one more every day?" After a little negotiating, the contract was signed for the delivery of one prepared meal every day, Monday through Thursday.

Well, as great as the plan sounded, there were some drawbacks. What to do when Kim went on vacation to Hawaii? Would Kim prepare seven extra meals in advance? Would Jeff have to fend for himself? It turned out Jeff was on his own and he would have to resort to scavenging around for lunch. With that part solved, the next issue was since Kim prepares very tasty and nutritionally balanced meals, Jeff was losing weight and often going home hungry. So I am not sure how long Jeff will be contracting out his lunches, but for now, it appears he is satisfied with the quality meals prepared by Kim and losing a few pounds.

IT WILL WAIT

Lieutenant Gary Harman appears to be a magnet for administrative work. Either the public knows his schedule or they have been told because all the unusual complaints and other issues seem to wait or develop on those days when Gary is the watch commander. Gary, maybe you should go check the sign in the front lobby.

SIDE JOB

Sergeant Audrey Alvarez might have missed her true calling in life. We recently learned she can predict the weather up to a month in advance. She asked to work overtime a month in advance stating that it would rain that specific day and therefore, she was available to work. Well sure enough, it rained, Audrey worked the overtime, and everyone else was left in amazement at her newly found skill. Hey, Audrey, what will the weather be on October 26? Because I have a weekend trip planned. Now

I know my request is asking a lot being so far out, but I thought I would ask anyway. Well, Audrey?

UP TO NO GOOD, AGAIN

I have previously reported how Lieutenant De Markus Smith is the master prankster at the Station. I have reported how people have vowed revenge and even how some have successfully pranked Lieutenant Smith in retaliation for his pranks. So one would think that would cause Lieutenant Smith to scale back the number of pranks he executes. Well, the answer is no. He recently pranked Detective Rodger Burt during briefing.

Detective Burt was due to receive his 20-year service pin, and I asked Lieutenant Smith, the Detective Bureau lieutenant, to present the award. Instead of just presenting the pin to Detective Burt, Lieutenant Smith called for a uniform inspection with Detective Burt being the first to be inspected. So Lieutenant Smith gave Detective Burt the once-over and pointed out a few flaws in his uniform. Suddenly, the inspection stopped with only Detective Burt being inspected leaving him feeling a little confused. It was at that point Lieutenant Smith presented Detective Burt his 20-year service pin. Congratulations, Detective Burt, and we hope you enjoy the next phase of your career.

NEWS FROM THE EAST

We all know there has been a lot of Departmental movement lately, and sometimes the Division Administration is overlooked when we write our articles. So Crescenta Valley Station wanted to welcome Chief Patrick Jordan to East Patrol, and we hope you enjoy your new assignment.

WELCOME AND ADIOS

We said goodbye to Sergeant Darrin Walker, who recently retired after 31 years of dedicated service. When I tried to get a picture of Darrin exiting the station, he turned around quickly and flashed a "peace out." We wish you well in your retirement and please stop by and say hi.

We also said goodbye to Deputy Jack Dempsey, who was selected as a detective at Custody Division-Custody Investigations. Good luck in your new assignment. With most transfers out, we welcome in Deputies Roman Krajewski (Temple) and John Hong (Court Services) to the Station. Deputy Hong was previously here and he is returning for the next chapter in his career. Welcome aboard both of you.

We also "kind of" say goodbye to Lieutenant De Markus Smith, who is on loan to the Contract Law Enforcement Bureau (CLEB). All of the lieutenants will miss De Markus and his jokes, but the fact that there is paid lieutenant backfill overtime behind his loan, definitely eased our sorrow of not seeing De Markus every day or being victims of his shenanigans. I would say hurry back, but I am not sure everyone else would agree.

Speaking of lieutenants, we said goodbye to Lieutenant Gary Harman, who transferred to ICIB, which is his old stomping grounds. We welcome Lieutenant Chad Smeltzer from Risk Management Bureau. We hope you both enjoy your new assignments.

We also said goodbye to Altadena Captain Vicki Stuckey, who recently retired. Although Crescenta Valley and Altadena are two separate stations under two different commands, we work very closely with their personnel on a daily basis.

So on behalf of the entire Crescenta Valley Station, we wish you a very happy retirement.

BAKER TO VEGAS

Crescenta Valley Station combined forces with Altadena to form a team to run in the 35th annual Baker to Vegas Challenge Cup Relay. Despite a few last-minute injuries and switching of leg assignments, we completed the race faster than we had projected. Thanks to all the hard work of the support personnel and runners, we left Vegas with a 10th Place Mug. Next year I sense an even better finish.





Alvarez, Deputy Chad Pluimer, OAI Lillian Haddad and Secretary V Kim Thach. Although the team did not medal, they had a great time, especially watching me as the co-master of ceremonies. I guess we should start studying for next year.

Now before you say, "That sounds easy," I have included a few of the questions, and remember, no Googling or looking up the answers until you first try answering the following;

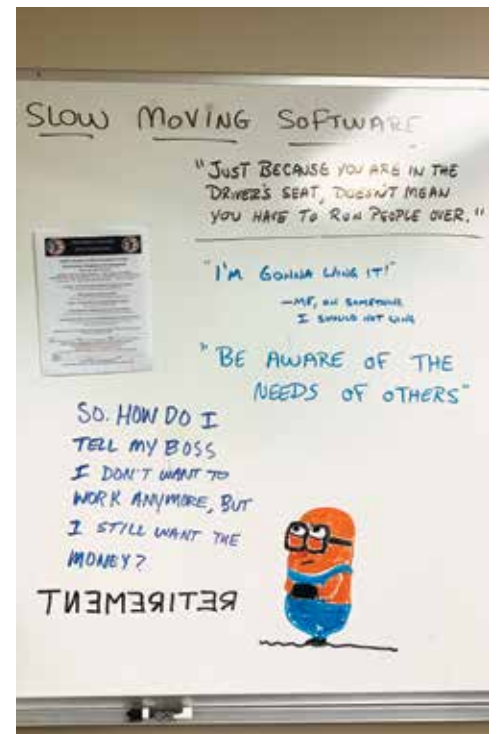
1. Which is not a body of water?
 - a. Lake Titicaca; b. Lake Discovery; c. Pee Dee River; d. Assiniboine River
2. On average, how much chocolate do Americans eat in a year?
 - a. 4 lbs.; b. 8 lbs.; c. 11 lbs.; d. 16 1/3 lbs.; e. 19 1/2 lbs.



CURRAN'S WHITEBOARD

I know you might think that I pick on Sergeant Jeff Curran, but with Lieutenant Dave Holwager on loan to Personnel Administration for the past year, I struggled each month to have enough stories for my article. However, Lieutenant Holwager recently returned to Crescenta Valley, so Sergeant Curran should be off the hook after this last story. I found that Sergeant Curran loves a good quote and his whiteboard often displays some of his memorable quotes he has either heard or spoken. I snapped a quick picture just as he was getting ready to wipe the board clean so that he could start the new month off with a clean slate. The only advice I have for everyone is to watch what you say while you are in the training office.

Until next month, stay safe. ☆



SMART-A-THON

Every year, the local community hosts the Mary Pinola Smart-a-thon to raise money for youth of the community. The Smart-a-thon is a fun afternoon that tests the knowledge of the participants with totally useless trivia questions. The contest draws teams from the local school districts, rocket scientists from the Jet Propulsion Lab (JPL), doctors, lawyers and even a team from the Crescenta Valley Station. This year, the CV Team included Sergeant Audrey





By Ernie Bille
American Legion Star Post 309

WELCOME TO THE STAR POST FAMILY

In our March article, we spoke about the Sheriff's Department's legacy of service to our veterans dating back to World War I, and the ongoing support for LASD personnel who are still serving in the Guard and Reserves. This support and acknowledgement of our members' service to nation and communities is made stronger when it is embraced by our leaders. In a show of support to our veteran personnel, on March 21, Sheriff Alex Villanueva was inducted into the American Legion Los Angeles Sheriff's Star Post 309. He was joined by Assistant Sheriff Bob Olmsted, who was also inducted. Olmsted, an Army veteran of the Vietnam War, follows a tradition of senior Department executives who were Star Post members, such as Ted von Minden, undersheriff to Sherman Block, and Harold Marlowe, undersheriff to Peter Pitchess.

Star Post 309 was founded in 1927 by WWI veterans of the Los Angeles County Sheriff's Department. Among the founders was Sheriff William I. Traeger. His successor, Sheriff Eugene Biscailuz, also became an American Legion member of Star Post. Sheriff Pitchess, who followed, while not a veteran himself, was a key supporter of Star Post 309 and was instrumental in the Post's influence on the Department among its veterans. He was also a key supporter in the building of the Star Post Memorial Wall at the Pitchess Detention Center. His successor, Sheriff Block, an Army veteran of WWII, was a prominent Star Post Legionnaire, and would often be seen at American Legion conventions and events. Following a legacy of past sheriffs who were military veterans, Villanueva joined the ranks of Star Post 309.

The Sheriff first enlisted into the U.S. Air Force in 1983, rising to the rank of senior airman. He then served in the California Army National Guard from 1985 to 1992, culminating his service as a first lieutenant. Sheriff Villanueva hails from a long line of military veterans in his family, dating back from one who was in the Spanish Armada, to family members in World War II and Vietnam. His father was an American Legion member from a post in Rochester, New York, making him a legacy member of the American



Legion. The Sheriff's son is also a veteran of the U.S. Army, having served overseas in Iraq.

During a meet-and-greet event with the sheriff and select Star Post members, Sheriff Villanueva spoke of the ongoing commitment to service of our LASD military service members. He issued a charge to us to continue the good work of the American Legion, and to continue advocating on behalf of the military veterans in the Department and in the community.

The accompanying photograph truly reflects the diversity of our Star Post membership, and it is reflective of what exists in the Los Angeles County Sheriff's Department. We are men and women of all races and ethnicities, of various work classifications and ranks, having served in different military campaigns, from World War II to present, from combat veterans to reservists, and sworn and civilian personnel. We are bound by our oath of service. We are veterans. We are the American Legion.

UPCOMING EVENTS

On May 14, Star Post will once again be participating in the Los Angeles Dodgers Military Appreciation Night. This will be our third year attending this event. In our past two events, we hosted over 100 attendees each time. For this year's night, the gift will be an L.A. Dodgers cap in camo green. Only those who purchase the gift pack will be entitled to receive the gift. Look for more information on our website.

On May 24, we will celebrate our 73rd annual Tree Planting

Ceremony at the Star Post Memorial Wall at the Pitchess Detention Center. The ceremony will begin at 10 a.m. This year's honorees are two former Star Post Commanders: Armand Cruz and Art Robinson. We are delighted that both honorees' family members will be attending. Lunch will be provided after the ceremony at the ODR. We'd like to send an early thanks to the PPOA Star & Shield Foundation for cooking and donating the food.

Save the date! Our third annual Vets 4 Kids Golf Tournament will be tentatively held on Friday, September 20. This golf tournament continues to be a huge draw, and we expect to have a full field of players this year. This is our single most important fundraiser for the year where the proceeds go toward our various American Legion programs. Our commitment to these programs is vital, for it is the reason we exist. More information about the event will be posted on our website. ☆



73rd Anniversary of the Law Enforcement Serra Retreat

October 18–20, 2019

Serra Retreat Center, 3401 Serra Road, Malibu, CA 90265

Don't miss this opportunity! If you are looking for a break from your busy, hectic personal and professional work schedules and need some time to relax, then this weekend is for you. The Retreat Center is located on top of the Malibu Hills and is surrounded by the beautiful blue Pacific Ocean.

At the retreat, you will have opportunities to enjoy quiet walks while taking in the beautiful ocean scenery, have tranquil moments of reflection in a relaxed, informal environment, catch up on much-needed rest, eat home-cooked meals and attend one of the positive, uplifting presentations that will be offered on a voluntary basis.

You will begin your experience by checking in any time after 3 p.m. on Friday, October 18. Try to avoid traffic by leaving your work location or residence early. The Serra Retreat dining room is open 24 hours, and all meals are home-cooked. Friday's dinner will be served from 5 p.m. to 7 p.m. to accommodate late arrivals. Checkout time will be approximately 12 p.m. on Sunday, October 20.

Serra Road is located between Sweetwater Canyon Road and Cross Creek Road, directly off the Pacific Coast Highway. It is south of the old Malibu Sheriff's Station and across from Malibu Lagoon State Park.

All meals, lodging and voluntary presentations continue to be offered at a very low, affordable cost. All religious denominations are invited to attend. This retreat is open to all active and retired, sworn and professional staff from all Los Angeles County law enforcement agencies. Spouses, relatives and friends are also welcome to attend.

For further information and to make reservations, please contact any of the following individuals:

Tom Vetter
(949) 456-0908

Jay Sevoian
(661) 992-4369

John Valencia
(951) 316-3633

Patty Norris
(818) 381-7698

Andy Thompson
(213) 229-3140

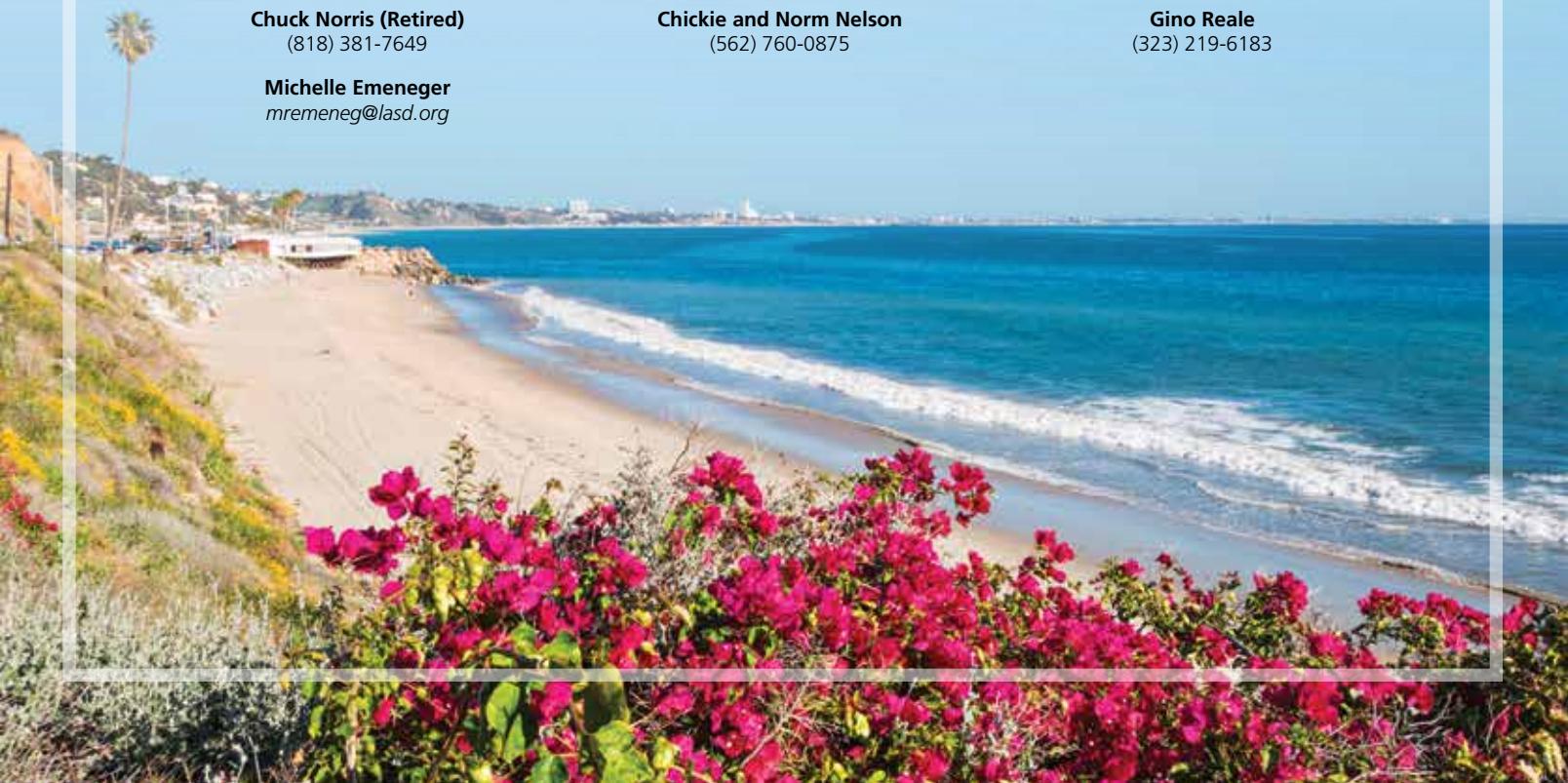
Leo Bauer
(661) 388-9650

Chuck Norris (Retired)
(818) 381-7649

Chickie and Norm Nelson
(562) 760-0875

Gino Reale
(323) 219-6183

Michelle Emeneger
mremeneg@lasd.org





By Jennifer Deadmond
Internal Affairs Bureau

Hello from the beautiful city of Commerce. We have had quite a busy quarter as we kicked off the new year. We can't hardly believe we are entering the second quarter of 2019. Where does the time go?

We were off the grid for a while due to the fires in Malibu/Lost Hills area, a busy holiday season and our office renovation. But we are back!

We at Internal Affairs Bureau have had the fortunate pleasure of welcoming a number of new personnel to our IAB family. We welcome Lieutenants Robert Jones III and Eric Smitson. Both bring a wealth of knowledge, experience and leadership to our Bureau. Additionally, we welcome a number of new investigators: Sergeants Dustin Carr (Lancaster); Chris Minott (Century); Joe Morales (Industry); Victor Puebla (County Services Bureau); Christopher Oakley (Lakewood); Robert Jones Jr. (Norwalk, by way of AAB); Al Salazar (Norwalk);

Tommy Inocente (Lancaster); Roger Ballesteros (East Los Angeles); Law Enforcement Technician Lisa Acosta (County Services Bureau); and Secretary V Alexandra Amaya (Century). With two Robert Joneses in our office, whomever you email, rest assured your email will get to the intended Jones.

Congratulations to LET Daisy Parga on her promotion to operations assistant II with Countywide Services Division. We will no longer be subjected to her smart comebacks, and we are not just saying this because she is intelligent and working on her law degree.

IAB has also said goodbye to two longtime family members. After 34-plus years of dedicated service, 17 of those years at IAB, in December, Sergeant Tamara Alexander decided to hang up

her admin Sally Browne for the beautiful shores of Orange County. Following suit, Lieutenant Roberta Granek also called it quits after 32 years of devoted service. Roberta's baked treats will be greatly missed. As stated by one of her team members, Sergeant Mike Maxwell, "We will miss her coffeecake, cupcakes, chocolate cake and all the other cakes she will be baking." Congratulations to both!

Congratulations to Lieutenant Jim Powers, who received his 30 years of County service award. Jim began his career with the Department in 1988. As a deputy, Jim worked at MCJ and Lakewood Station. Upon promoting to sergeant in 2003, Jim returned to his old haunts at MCJ and then on to Norwalk Station before moving on to work at the Regional



Daisy Parga



Roberta with her peer lieutenants, Ron Kopperud, Minh Dinh, Rob Jones, Jim Powers, Dave Grall, Kris Aloma and Eric Smitson.



Here, Roberta stands next to her favorite Academy classmate and our commander, Scott Gage.



A happy Tamara Alexander!



Roberta with our stellar professional staff, Letrice, Tamora, Paris, Charna, Michelle, Susan, Virginia, Jessica, Jennifer and Alexandra.



Roberta with members of her team Delta, Andy, Steve, Mike, Scott and Chris.

Community Policing Institute. Jim promoted to lieutenant in 2014 and began working in Custody Division at the Inmate Services Bureau before going back to patrol at Lakewood Station. In April 2017, Jim made the decision he was ready for a new challenge and began his assignment at Internal Affairs Bureau managing a team of sergeant investigators known as Echo Team. We are very proud of your years of service, Jim!

I would be remiss if I did not mention the great group of professional staff members with whom I work on a daily basis. This amazing group of women and men help keep our Bureau afloat by ensuring the flow of the many thousands of pages of casework and other office correspondence reaches its final destination. More on this wonderful group of folks in next month's article. ☆



Chief Burson proudly presenting Jim with his award.



Jim with his team, Tommy, Hank, Omar, Javier, Jaime and John.

☆ IN MEMORIAM ☆

FIDEL L. ADRIANO	RETIRED 03-31-04, DECEASED 02-13-19	ACCT C2/SHQ
SYDNEY R. ANDERSON	RETIRED 10-31-97, DECEASED 02-26-19	CUSTODY RECORDS CLERK/IRC
MARION G. BRIDGEMAN	RETIRED 06-13-84, DECEASED 03-18-19	DEPUTY/CS-ADM
LARS BURKHARDT	ACTIVE, DECEASED 03-17-19	SECURITY OFFICER COMM. COLLEGE BUREAU
CLARENCE G. "JERRY" COLLINS	RETIRED 03-18-90, DECEASED 03-14-19	DEPUTY/SSB
TERRI R. DAVIS	RETIRED 07-19-83, DECEASED 02-25-19	DEPUTY/SCIENTIFIC SERVICES
LORETTA DOSS	ACTIVE, DECEASED 10-16-18	CUSTODY ASST/MALIBU
IDIONA JONES	RETIRED 07-30-08, DECEASED 01-27-19	SUPV-CASHIER/IRC
LEE KOURY	RETIRED 02-17-78, DECEASED 03-18-19	SERGEANT/METRO
MICHAEL J. McANDREWS	RETIRED 03-14-88, DECEASED 03-20-19	LIEUTENANT/WAYSIDE
LINDA R. McCOY	RETIRED 11-21-00, DECEASED 02-19-19	SECRETARY IV/EX/USR/SHB
LIVIDE D. NUNEZ	ACTIVE, DECEASED 03-17-19	CUSTODY RECORDS CLERK II/IRC
KENNETH E. OSHITA	ACTIVE, DECEASED 02-28-19	SENIOR INFO/DATA SYSTEMS BUREAU
FREDERICK D. PRICE	RETIRED 03-15-95, DECEASED 02-28-19	LIEUTENANT/SPI
DIGBY M. ROWE	RETIRED 09-18-76, DECEASED 03-08-19	DEPUTY IV/CRESCENTA VALLEY
RICHARD D. SHOCKCOR	RETIRED 03-01-88, DECEASED 03-12-19	DEPUTY/MCJ
ROBERT A. WEBBER	RETIRED 03-31-15, DECEASED 03-01-19	FORENSIC IDENTIFICATION SPECIALIST II/SCIENTIFIC SERVICES
ALAN H. WEST	RETIRED 06-05-95, DECEASED 01-08-19	DEPUTY IV/ANTELOPE VALLEY
KATHLEEN G. CONDON, WIFE OF RETIRED MEMBER DENNIS M. CONDON, DECEASED 03-10-19		
JOHN THOMPSON, HUSBAND OF ACTIVE MEMBER BILLIE L. THOMPSON, DECEASED 03-22-19		
BUNMI FASHOLA, HUSBAND OF ACTIVE MEMBER LOLA FASHOLA, DECEASED 03-16-19		
GLORIA ASENDORE, WIFE OF DECEASED MEMBER ROBERT A. ASENDORE, DECEASED 03-07-19		



By Team Cerritos
Cerritos Station

“SLEEPY HOLLOW”: THE LEGEND LIVES ON...

March brought us many changes, historical moments and celebrations. We recall the Ides of March, the anniversary of when Julius Caesar was assassinated by his “friends” on the way to the Senate in 44 BC. Now, of course, there’s spring that sprung, Daylight Savings time kicked in, too. The 21st was Nowruz for the Iranian culture, as was the Festival of Colors for the Hindus, which is timed around spring and the rebirth of life after winter, also known as Holi or the Festival of Love. (Kind of reminds me of the “Summer of Love” back in the 1960s, not for discussion here, just know I survived it.) The Festival of Colors has participants spraying each other with specific colors to remind them of certain aspects of life (love, nature, prosperity, etc.), perhaps this is where some of the 5K and 10K fun color runs came from. Oh, speaking of runs, then there’s B2V for us, hang on and read on...

VEHICLE VS. LIGHT POLE

When a TC of a vehicle vs. a light pole was reported, our units rolled and called out VOP



to assist with road closure and traffic control. The vehicle crossed lanes of traffic and collided with a concrete light pole. The vehicle lost in that collision. The driver was transported to a local hospital in a nonresponsive condition. Deputy Rojas accompanied the rescue units and remained with the driver until the doctors could determine the condition of the driver.

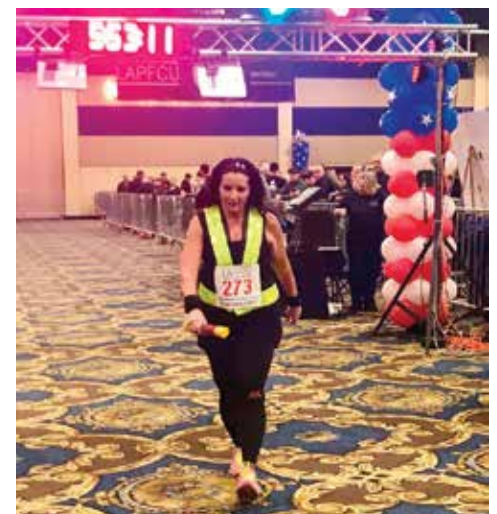
When the driver came to and was determined to be alive, then the work of clearing the scene and opening the roads to traffic began. The usual tow truck came and hauled away the vehicle. Southern California Edison had turned off the power and set about moving the concrete light pole from traffic lanes, which was no easy task. Thus, our deputies on scene assisted the SCE crewmember to drag the pole off the roadway. In the photo you’ll note VOP Merlin Driggs (former coach and referee) giving the cadence to heave-ho as Deputies Quarto and Rojas pulled the rope as the SCE crewmember raised the pole above the curb. Those concrete poles are quite heavy. Our team got the lanes opened safely and onto the next call.

BAKER TO VEGAS

This year was the 35th anniversary run of honoring fallen law enforcement officers from the year prior. A 120-mile run of blood, sweat and pride, or as some call it, 120 miles of memorial to our fallen brothers and sisters. We fielded a team of some deputies who volunteered and perhaps some were “voluntold.” Either way, we showed up, kept up and didn’t shut up. We pounded the pavement and, as tradition has it, the team captain runs the last leg. Well, mostly the team captain runs the last leg. Well, mostly the team captain for CER, as our LET Leslie Gutierrez serves as the co-captain being she’s non-sworn. What a sight it was all day since we began a 8 a.m. and

into the early morning at 5:53 a.m., when Leslie crossed the finish line supported by teams of family, friends and VOPs that stepped up to the challenge. We trained for this, had some IOD that forced some last-minute substitutions and encountered the road construction issues like all the other runners.

One side note, our Custody Assistant Elaine McKenzie is from Belize, and the Belize National Police team captain is Lindell Wilson, her brother-in-law. That team was second place, as



seen in the photo. They won first place this year, beating out LAPD by seconds. Seconds in a 120-mile race? Yes, you read correctly. It's a small world in law enforcement, a family that reaches around the globe.

EXPLORER POST 23

We've had some of our Post 23 members recognized at the Greater Los Angeles Area Council of Exploring. Explorers Natalie Marie Anguiano and Aakash Patel were presented with Explorer of the Year awards. Advisor Margaret Johnson received the 2018 Committee Member of the Year award and our Deputy Nancy Kwon recognized as Adult Advisor of the Year.

The following morning our Post was hosted by Detective Kim Ponce of the Arson & Bomb Squad for furthering their law enforcement education. The lecture with hands-on dummy or defused devices was captivating. When Rescue 5 landed, it naturally caught our attention. The Rescue 5 team invited the Explorers over for explanation of their role and responsibilities. When they asked the Explorers if they would like to board the helicopter, it was with delight and awe as they stepped aboard and were treated with respect by the deputies of Rescue 5. All in all, quite a packed 24-hour period for Post 23.



VOLUNTEERS ON PATROL

CER, LKD and NWK Stations' VOPs had an EVOC refresher on March 30 held at La Mirada Sub Station with Deputy Marcus Cox of Reserve Forces being the main instructor, assisted by Deputies Vivian Garcia of NWK, Julie Williams of LKD and Nancy Kwon of CER. This is to keep driving skills current and manage liability for LASD. Over 50 VOP from the three stations participated.

Station tours led by VOP and co-hosted by our Explorers have activity stations for the

younger age demographic (elementary and middle school ages). We piloted it twice this month and it has proven beneficial to give age-appropriate information to youngsters and enhance their adult sponsors with tailored presentations. Some examples are when Community Safety Officer Brad Dichter demonstrated what a fingerprint is and how to dust and lift it for identification purposes. Explorers do kid print for them, show how LiveScan uses technology to do fingerprints today and the speed in which data can be achieved. The youngsters got to suit up in ballistic vest, helmet and entry shield, sit behind the wheel of a black-and-white unit for photos taken by their parents, and on and on. The Explorers get to explain what Exploring is to both the youngsters and parents. In the photo are VOP Kurtis Salisbury and Rico Hall along with three of our Explorers and the Girl Scout Troop listening to one of our MET clinicians describe the role of MET to the group.



PERSONNEL CHANGES

The following personnel have moved on to other assignments in the Department and we thank them for their service to the city of Cerritos. Best of luck in the future. Deputy Khanh Tran promoted to detective and transferred to Custody Investigative Services; Deputy Arturo Reyes transferred to Court Services Central Bureau; and Deputy Rosemary Valdivia transferred to Court Services East Bureau.

We would like to welcome a few new arrivals to the city of Cerritos: Deputies Dwayne O. Javier, Bryce R. Loll and Ryan M. Ramirez.

AND THE MAJOR ACCOMPLISHMENT OF MARCH?

We beat LASD Homicide at B2V! Yes, friends, we may trade places with Homicide each year, and this year it's CER ahead by minutes. Go team Sleepy Hollow! ☆



Protect Yourself While Protecting Others

The SRA Emporium stores are proud to offer Oakley products at special prices!
Come check out the best in eyewear, gloves, boots and much more.

ACCESSORIES ROUND OUT YOUR GEAR



Factory Pilot Glove

Heavy-duty tactical gloves constructed with unobtainium surfacing palms and fingers to enhance grip. A protective knuckle guard and goatskin leather palm ensure safety and durability.



Link Pack Miltac

Durable polyester backpack sports roomy dual-zip main compartment, interior hydration sleeves, a footwear compartment, side pockets and other functional details. Perfect for daily use on the job or travel.



Tincan Cap

Stylish ball cap features stretch fabric and a moisture-wicking headband for a contoured, comfortable fit.



LT Assault 2

Tactical assault boots with breathable synthetic upper that offers ventilated comfort. EVA midsole and outsole absorb shock. Lace lock system keeps laces in place.



SI Light Patrol Boot

Combination canvas, leather and suede upper provides durability and support. Rugged outsole pattern offers durable traction while medial eyelets enhance airflow.

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

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Price in Any Store?
We'll Beat It!



EYEWEAR SAFEGUARD YOUR SIGHT

Come see our full line of Oakley sunglasses at huge discounted prices! Sold only to LASD personnel, active or retired, sworn or civilian.



SI Holbrook USA Flag

Durable, lightweight matte black frames with Plutonite lenses that provide 100% UV filtering. Metal bolt and grey tonal U.S. flag icon accents. Three-point fit ensures comfort and performance.

SI Fuel Cell Thin Blue Line

High-definition optics that utilize a special lens geometry to maintain sharp, accurate vision at all angles of view. Blue line design honors law enforcement.



SI Armed Forces Holbrook

Armed Forces collection celebrates each branch of the military. Olive frame features black lenses that improve visibility and contrast.



SI Ballistic M-Frame Alpha

Composed of a frame, gasket and single-lens goggle, these ultra-lightweight glasses are compatible with most helmets, hearing protection and communication systems.



SI Fives Squared

Matte black frames and warm gray lenses create a sporty look. Features 100% UV protection, three-point fit, maximum peripheral vision and interchangeable lenses.



SI Gascan Blackside

Lightweight, durable polycarbonate lenses provide clarity and guards against high-velocity impact. Visual clarity extends to peripheral view. 100% UV protection. Blackside design offers a sleek look.



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

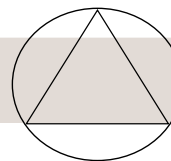
The SRA Emporium is dedicated to providing the gear Los Angeles Sheriff's Department personnel need at unbeatable pricing. Guaranteed.

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

SUPPORT THE STAR Shop SRA Emporium



Peace Officer's Fellowship



By Willis Braggs

NOW IS A GOOD TIME

Many of the recovering alcoholics I know are thankful daily that they gained their sobriety when they did. Most drinkers wish they could have sobered up earlier, although they almost unanimously subscribe to the idea that everyone quits drinking only when ready. Happily, not every alcoholic has to hit bottom before they can successfully quit drinking. Some are able to see the bottom rushing up at them and make contact.

Each alcoholic has their own low point, their own "rock bottom." For some, getting arrested for driving under the influence of alcohol may be the low point. The experience of getting booked, doing days-off and enduring the embarrassment that inevitably follows such an experience may be the incident that makes this their bottom. Others, however, choose to continue down the path toward destruction. For them, a single arrest for DUI can be explained as bad luck. Poor evaluations can be written off as conflicts with the brass. Failed relationships can be blamed on the other person. Alcohol, for these individuals, is always the last factor to be noticed. Denial can get in the way of moderating or abstaining from alcohol misuse.

For the alcoholic who thinks he or she is functional enough to keep drinking, the bottom may have to be a very harsh place. It may be realized after they have lost their job, their home, their money or their family. Some alcoholics, including cops, find their bottom point inside prison cells as a result of drunken traffic collisions or domestic fights.

Again, most of the alcoholics I know wish sobriety would have come earlier in their lives. They look back with astonishment at how they could

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	(805) 559-4993	
Kathy King		(714) 323-8600
Chris Loomis	(626) 447-9011	(626) 230-3137
Dave Philippon		(909) 296-0203
Ray Terhorst	(818) 383-5539	
John Valencia	(909) 599-1160	(951) 316-3633
Marty Weirich	(360) 570-1216	

*Active LASD

have ignored the destruction alcohol brought to their homes, careers and families. They were getting stopped and sometimes arrested for DUI. They were coming to work late (and hungover) or using sick time to stay home altogether. Their personal lives were unraveling. Financial problems were common, and relationships were suffering.

Even though alcohol was a common denominator, it was often overlooked as one of the causes of their problems. In fact, many alcoholics saw booze as their only relief from the stress in their lives.

In the end, though, many of the alcoholics I know realized alcohol was making their lives unmanageable. Some had to hit bottom, others came close enough to get a good look at it. They decided to get sober. If you are sworn, on the way to hitting bottom and you want to stop the descent and stop drinking, there is a place where you can start your life in sobriety!

If you find yourself unable to control your drinking or use of pain medication, there are multiple resources available to help you. The Peace Officer's Fellowship (POF) is one of those resources. It is a group of peace officers committed to living sober lives and assisting others in achieving and maintaining sobriety. It offers support with confidentiality, and each month a few of its members' names and phone numbers are printed in *Star News*.

In addition to POF, help is available through Psychological Services Bureau (PSB) at (213) 738-3500, the Substance Abuse Resource Program (SARP), the Peer Support Program, the Chaplain Program and outside private entities (e.g., Alcoholics Anonymous and Narcotics Anonymous). We are here to help you take that first step to overcome addiction to a substance. ☆

L.A. County Retired Marshals Lunches for 2019

ALL LUNCHESES ARE SCHEDULED FOR 12 NOON

June 5

Lucille's Smokehouse Bar-B-Que
1870 Montebello Town Center Drive
Montebello

July 3

Matt Denny's Restaurant
145 E. Huntington Drive
Arcadia

September 4

Katella Bakery
4470 Katella Ave.
Los Alamitos

November 6

Yang Chow Chinese Restaurant
3777 E. Colorado Blvd.
Pasadena

August 7

Black Bear Diner
7005 Knott Ave.
Buena Park

October 2

Marino's Italian Restaurant
17126 Bellflower Blvd.
Bellflower

December 4

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

PDC Emporium Reopening!

Shop for the gear you need at the prices you want at the newly reopened PDC Emporium store!
Come check out our renovated space and take advantage of the lowest prices guaranteed on
a huge selection of tactical equipment, LASD merchandise and gifts for friends and family.
To celebrate, we're offering members a special coupon to save on their first purchase at the store.*



**Must present advertisement to take advantage of this offer.*



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PDC Emporium

29300 The Old Road ~ Castaic, 91384

Hours: Monday–Saturday, 9 a.m. to 5 p.m.



For more info, visit sheriffsrelief.org/store

Sheriffs' Relief Association Emporium

STARS Center, Whittier (562) 946-7271

From our ISB family to yours, we hope you had a wonderful Easter holiday. We would also like to pay tribute to all those brave men and women who lost their lives serving our country; remember, while you are celebrating on Memorial Day weekend that you have this freedom because of them. Big thanks to all of our military personnel; we salute you!



THE STARS AMONG US

Congratulations are in order to this month's *employee of the month*, Sr. Tammy Sherman, aka "Shermanator." She is CRDF EBI's most recognizable employee. Not only does she volunteer for multiple fundraisers and charities, but she is a phenomenal and dedicated employee. Thank you, Tammy, for all your hard work.



We would also like to congratulate Sergeant Danny Walls on his Sherman Block Supervisory



Leadership Institute (SBSLI) graduation. SBSLI is a program designed to stimulate personal growth, leadership and ethical decision-making in California law enforcement supervisors. SBSLI is an intense program based on experiential learning techniques. Students are challenged to learn new ways to resolve issues through group and individual work.

The curriculum takes students through an analysis of management (planning, organizing, directing, etc.), and leadership (inspiring,

challenging, developing, etc.) and how each discipline complements the other. The course progresses from self-evaluation to interpersonal evaluation to organizational relationships. It was a huge undertaking, and we are very proud of Sergeant Walls.

We are also super proud of everyone who participated in this year's Baker 2 Vegas race. Watching you all out there was truly inspiring.

Be safe, and God bless all of you. ☆



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CLASS A

SRA SPECIAL PRICES!

CLASS B

In continuing to provide LASD gear at unbeatable prices for personnel, the SRA Emporium is now pleased to introduce Horace Small Class A and B men's and women's uniforms.

\$36.95

UPDATE!

LASD policy change has delayed the availability of Class A shirts.

SAVE EVEN MORE ON COMBOS!

Class B short-sleeve shirt with pants \$70.50

Class B long-sleeve shirt with pants \$75.50



\$41.50

\$59



SHIRTS

- ✓ Double-needle stitching
- ✓ 7-button front
- ✓ 2 chest pockets with rounded corners and hook-and-loop closure
- ✓ Convertible collar on short-sleeve shirts
- ✓ Satin-lined collar with collar stays and elbow reinforcements on long-sleeve version
- ✓ Exterior badge tab with metal eyelets
- ✓ Functional epaulets

PANTS

- ✓ Keystone belt loops with center-back standard belt loop
- ✓ Solid brass zipper with French fly tab-and-button closure

For Women

- ✓ **NEW** Function Fit with a contoured shape custom-designed for female deputies!
- ✓ Comfort Cool-Flex waistband extends up to 3" to fit different body types and eliminate gaping at the back

For Men

- ✓ 2" Ban-Rol continuous closed waistband with Snugtex to keep shirt tucked in
- ✓ 2 on-seam pockets



For more info, visit sheriffsrelief.org/store

Sheriffs' Relief Association Emporium

STARS Center, Whittier (562) 946-7271

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

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

Ann M. Aguirre

Personnel Administration
Bureau

John P. Anderson

Court Services Transportation
Bureau

Henry Arevalo

Technology & Support Division
Headquarters

Carol J. Augustine

Fiscal Administration

Timothy L. Barnes

Twin Towers Correctional
Facility

Jennifer L. Bateman

Transit Services Bureau

John S. Benedict

Special Operations Division
Headquarters

George A. Betor Jr.

Training Bureau

Cort D. Bishop

Cerritos Station

Sean A. Boog

Pitchess Detention Center
North Facility

Steven E. Boyer

Norwalk Station

Charles K. Braden

Avalon Station

Glenn L. Brandon

Palmdale Station

Robert D. Byrd

West Hollywood Station

Nicholas G. Cannis

Major Crimes Bureau

Armando Castillo

Access to Care Bureau

Carolyn A. Chadwick

San Dimas Station

David C. Chambers

Fraud & Cyber Crimes Bureau

Kevin H. Chapman

Court Services West Bureau

Ming Chen

Twin Towers Correctional
Facility

Michael W. Chinery

Metrolink Bureau

Hoang M. Chung

Data Systems Bureau

Tommy D. Clothier

Access to Care Bureau

Shawn D. Cohen

West Hollywood Station

John R. Corina

Homicide Bureau

Henry M. Corral

Palmdale Station

Sandra R. Cowthran

North County Correctional
Facility

Mark S. Darling

Civil Management Bureau

Douglas D. Davis

Court Services East Bureau

Sheryl R. Davis

Contracts Unit

Brian J. De Ruyter

Fraud & Cyber Crimes Bureau

John A. De Vries

Court Services Transportation
Bureau

Rosemary B. Dean

Data Systems Bureau

Karen A. Dearborn

Aero Bureau

Michael B. Deschamps

Santa Clarita Valley Station

Jeffrey S. Donohoo

STAR Unit

Sean E. Elliott

County Services Bureau

Richard P. Faulk

Transit Services Bureau

Mark A. Feickert

Court Services West Bureau

Leonard J. Felix

Fraud & Cyber Crimes Bureau

James M. Fletcher Jr.

Civil Management Bureau

Marina Galarza

Food Services Bureau

Paul V. Gallo

Custody Training Bureau

Teresa R. Garrett

Twin Towers Correctional
Facility

Lynne A. Gipson

Data Systems Bureau

Vivian M. Gomez

Walnut/Diamond Bar Station

Kevin A. Goran

Court Services Division
Headquarters

Gregg G. Gossett

Court Services West Bureau

Roberta C. Granek

Internal Affairs Bureau

Robert J. Green

Training Bureau

Matthew E. Haire

Lomita Station

Raymond J. Harley

Access to Care Bureau

Peter A. Hecht

Homicide Bureau

Robert L. Hernandez

Inmate Reception Center

John T. Howard

Fraud & Cyber Crimes Bureau

Yen Ping Hsiao

Food Services Bureau

Henry Hwang

Food Services Bureau

Marie F. Hyland

Court Services West Bureau

Michael R. Inge

Industry Station

Lendell D. Johnson

Carson Station

Pamela S. Johnson

County Services Bureau

Sharon D. Johnson

Financial Programs Bureau

Tina M. Jones

Century Station

Edgar Joyner Jr.

Human Trafficking Bureau

Ronald C. Kennison

Court Services Transportation
Bureau

John A. Kepley

Custody Investigations
Services

George Lavey

Men's Central Jail

Alfreda S. Leftwich

Carson Station

Victor Lewandowski

Homicide Bureau

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

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

Martin G. Lewis
Crisis Negotiations Team

Keith Lieberman
Community Partnerships
Bureau

Mahendra Liyanage
Data Systems Bureau

Thanh M. Ly
Sheriff's Information Bureau

Brian J. MacDougall
Court Services East Bureau

John T. Manwell
Malibu Lost Hills Station

Saira Maradiaga
Pico Rivera Station

Cheryl L. Martin
South Los Angeles Station

Michael A. Martinez
Temple Station

John M. Mayer
Food Services Bureau

Lloyd M. McCullough
Court Services West Bureau

Robert L. McKee
North County Correctional
Facility

Brian A. Meeder
Audit and Accountability
Bureau

Grady F. Miles II
Norwalk Station

Jesus Mojarro
Walnut/Diamond Bar Station

Ivone A. Moore
Data Systems Bureau

Shannon G. Motschall
Court Services East Bureau

Charles J. Moylan
County Services Bureau

Cipriano R. Nainggolan
Court Services Training Bureau

David M. Nakatani
Court Services East Bureau

Allen D. Ngo
Food Services Bureau

David A. Nicholson
Marina Del Rey Station

Edward M. Nordskog
Emergency Operations Bureau

Nancy J. O'Neill
County Services Bureau

Scott B. Orr
Transit Services Bureau

Albert M. Ortiz
Lomita Station

Maria D. Ortiz
Civil Management Bureau

David N. Parker
County Services Bureau

Mark A. Patrick
Training Bureau

John C. Pritchard
Fraud & Cyber Crimes Bureau

Maria A. Quito-Nunez
Personnel Administration
Bureau

Bryce A. Rennick
Men's Central Jail

Girolamo P. Renzulli
Fraud & Cyber Crimes Bureau

James T. Rewald
Compton Station

Daniel S. Rindge
North County Correctional
Facility

Lawrence J. Robone
Malibu/Lost Hills Station

Michael A. Rodi
Psychological Services Bureau

Arturo Rodriguez
Communications & Fleet
Management Bureau

Kenneth S. Roller
Community Partnerships
Bureau

James G. Ross Jr.
Avalon Station

Jose J. Salas
Personnel Administration
Bureau

James G. Schallert
Parks Bureau

Steven J. Sciacca
North Patrol Division
Headquarters

Steven L. Seals
Court Services West Bureau

Douglas J. Shive
Lomita Station

Thomas J. Smith
Communications and Fleet
Management Bureau

Cruz Solis
Records and Identification
Bureau

Chae H. Song
Major Crimes Bureau

Don J. Steck
West Hollywood Station

Louis A. Suazo
Carson Station

Tony F. Taylor
Civil Management Bureau

Steven L. Thomas
Scientific Services Bureau

Donald D. Thompson
Contract Law Enforcement
Bureau

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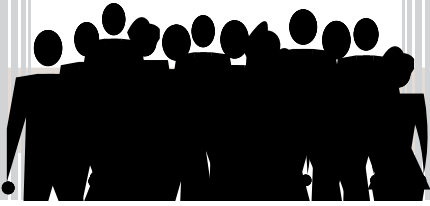
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PEER SUPPORT PROGRAM

By Medina Baumgart, Psy.D.

MANAGING STRESS

We have all experienced stress at some point in our personal and professional lives. At times, we may feel that stress is the “new normal” and we may easily lose sight of our own well-being until our health, relationships and/or work performance begin to decline. It’s important to take inventory of our own signs and symptoms of stress regularly. The sooner we recognize that we are stressed, the sooner we can implement tools to help manage these symptoms. The mismanagement of one’s stress can lead to serious physical health issues, poor quality of personal and/or work relationships and unhealthy coping skills.

Stress impacts our mind, body and emotions. Everyone experiences stress differently, so it is important to recognize common stress warning signs, including:

Mind

- Difficulty concentrating
- Forgetfulness

- Negative thinking
- Inability to focus and complete tasks

Body

- Muscle tension and/or headaches
- Chest pains and/or rapid heart rate
- Sleep and/or appetite changes
- Increased aches and pains
- Frequent colds or difficulty recovering from a cold
- Upset stomach
- Fatigue

Emotion

- Irritability
- Easily frustrated
- Difficulty controlling anger
- Depression
- Anxiety

skills. Some common ways to effectively manage stress include:

- Regular cardiovascular exercise (flush out those stress hormones!)
- Talking with peers or family members who are supportive and not cynical or negative
- Relaxation breathing (inhale for 3-4 seconds, hold for 3-4 seconds, exhale for 3-4 seconds)
- Counseling from a licensed therapist (such as psychologists at PSB)
- Avoid caffeine, energy drinks or other stimulants that can increase or activate your body’s stress response
- Avoid alcohol and/or other substance use to numb mental/emotional discomfort

Peer supporters are trained LASD personnel who can provide additional support, tools and resources to help you reach your stress-management goals. If you would like to locate a peer supporter or speak with a licensed psychologist, please call us at Psychological Services Bureau at (213) 738-3500 for a confidential consultation. ☆

HEALTHY COPING SKILLS

Once you have identified your stress warning signs, the next step is to choose ways that you can effectively manage stress using healthy coping

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FROM THE DOCS

IT'S THE THOUGHT THAT COUNTS

By Medina Baumgart, Psy.D.

“So much in life depends on our attitude. The way we choose to see things and respond to others makes all the difference.” — Author unknown

Each one of us has our typical pattern of thinking. Some of us may focus on the negative qualities of situations or people, while others may focus on the positive qualities. No matter what your thinking pattern looks like, the following is true: our thinking impacts our emotional state and our behavior. Our thoughts are always valid (i.e., they hold meaning for us), but not necessarily always an accurate representation of a particular situation. For example, has there been a situation where you interpreted what was being communicated differently than someone else? Or perhaps you feel anxious in a particular situation while others around you are seemingly unaffected. Much of how we feel and interact with our environment is shaped by our thoughts that are connected with a particular situation. These thoughts can come from our own interpretation of what is going on, our past experiences or our ideas of what that particular situation should be like.

Oftentimes, if we find ourselves stuck in a pattern of uncomfortable emotions, such as anger, depression or anxiety, it is likely that our thinking pattern is distorted in some way. Learning to recognize our own errors in thinking can

increase our ability to improve our mood and behaviors. Let's look at the following example:

Triggering event: A co-worker gives you attitude.

- Thought: “He/she is disrespecting me.”
- Emotions: anger, frustration, irritability
- Behaviors: Avoid contact with the co-worker; talk negatively about him/her to other people; give attitude back to the co-worker, which causes conflict at work.

In this example, we interpret the co-worker's “attitude” toward us as a personal attack. This interpretation leads us to feel angry, irritable and frustrated at work. As a result, we give “attitude” back, which causes problems at work. We talk negatively about the co-worker to others. We avoid contact with the co-worker as much as possible.

Now let's change our thought in response to that situation and see what happens:

Triggering event: A co-worker gives you attitude.

- Thought: “It's not personal. He/she is like that with everybody.”
- Emotions: Still a little irritated, but not as intense. Empathy — maybe that co-worker is stressed out or has other things going on in his/her personal life.
- Behavior: Your workday is no longer ruined by having to be around this co-worker. After all, it's not personal.

The situation (triggering event) did not change, but you modified the way you thought about it, which positively impacted your overall emotional and behavioral responses.

Another tool to modify your thinking is to take a thought and tell yourself, “That's one option ... what are other options.” Just by considering other options, you modify your interpretation of a situation and can successfully decrease negative emotional and behavioral consequences.

These tools are simple, but not easy. Practice builds proficiency. If you find yourself frustrated, stressed, depressed or anxious most of the time, take a look at your thought patterns in response to daily events. It may be helpful to keep a log of your thoughts that are connected with a triggering event. Then take a look at these thoughts and see if you can modify them to create a more balanced perspective to improve your overall mood and behavioral functioning. You can also run your thoughts by trusted and supportive friends or colleagues. Do they think about the situation the same as you do? Maybe they have an additional perspective to help balance your thinking.

If you would like to learn more about thinking errors and how to correct them, feel free to contact Psychological Services Bureau at (213) 738-3500 to schedule a confidential appointment. ☆



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The free SRA app is now available to download in the iTunes and Google Play stores!



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Recently, a number of retired members of LASD, LAPD, Inglewood P.D., San Diego S.D. and several out-of-state law enforcement agencies underwent training with Copline, a free and confidential crisis hotline for law enforcement.

Copline is the first national law enforcement hotline that is entirely manned by retired law enforcement officers. These retired officers receive intensive training in active listening, and bring the knowledge and understanding of the many psychosocial stressors that officers and their families go through, both on and off the job. Additionally, they can offer referrals to vetted therapists in almost any area of the country. An active or retired officer or someone in their immediate family can call 24/7 and be assured there is a trained retired officer on the other end of the line. Whether someone is calling while on duty or off, Copline is *strictly confidential*, and there should be no fear of calls to that officer's department or punitive repercussions if someone reaches out for help.

Copline was created with both the active officer and the retired officer in mind. Many times, the only person an officer feels safe talking to is another officer. When an officer retires, they take with them the wisdom and experience that only time on the job can provide. A part of the job that officers truly enjoy is helping, being there for someone and letting them know that someone does care, especially if it is a fellow officer.

Copline has received calls from nearly every state in the country as well as Canada. Calls come from retirees as well as officers still on the job who are struggling with many different psychosocial stressors. Traumatic events — such as being involved in a life-threatening situation, dealing with death on a regular basis, becoming injured or being disciplined — as well as personal events — such as divorce, loss of a loved one, relationship issues or facing financial difficulties — can affect law enforcement officers in different ways. Oftentimes feelings are suppressed or handled through alcohol or drugs. Job performance and personal relations soon suffer,

and a downward spiral begins.


The highest suicide rates in law enforcement are in rural areas and in deep undercover operations. These officers are sometimes isolated from the ones they love as they take

on the persona required to survive in the element they are working in. Being an officer brings with it an eightfold risk of suicide over being killed while on duty. There is also a three-times risk of suicide over on-duty auto accidents.

Additional stressors officers endure are a highly increased rate of separation or divorce within the first three years of employment and increased rates of substance abuse, higher than the general public. Officers are exposed to more trauma in a day than many civilians are in a lifetime. It is said that 38–58 percent of all active officers have PTSD, but few are treated. This can lead to depression and suicide. Officers who are exposed to trauma have a fivefold risk of suicidal thoughts.

While larger policing agencies typically have some form of an employee assistance program, many small agencies do not. If you or someone you know could benefit from confidential counseling, please reach out to Copline and/or your department's employee assistance program. If you are retired and would like to utilize your experience and acquired knowledge to help those in need, please consider becoming a volunteer for Copline by going to www.copline.org/volunteer.html and completing the questionnaire.

If you are facing a crisis and need to speak to someone, the Copline hotline is operational 24 hours a day, seven days a week: 1-800-Copline (267-5463). For more information, please visit www.copline.org or feel free to contact the director of Copline, Stephanie Samuels, at director@copline.org. ☆



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Advertising Index

Auto 44–48

General 39–43

Legal 36

Medical 42, 43

Mortgage & Real Estate 37–39, 43

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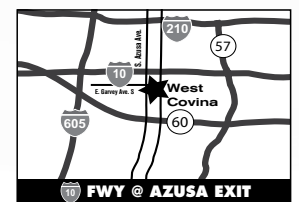
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