



VOL. 81 NO. 9

JANUARY 2021

# STAR NEWS

SHERIFFS' RELIEF ASSOCIATION

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# STAR NEWS

THE OFFICIAL PUBLICATION OF THE SHERIFFS' RELIEF ASSOCIATION

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

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General Manager..... Bill McSweeney

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# Trustees Monthly Meeting

The regular meeting of the Sheriffs' Relief Association convened on Thursday, November 12, 2020, both via Webex and at 11515 Colima Road, Building B, Whittier. The following officers and trustees were present: Rod Kusch, President; Diane Stone, Vice President; Mike Abdeen, Secretary-Treasurer; Trustees Joe Badali, Sue Burakowski, Kerry Carter, Mike Fratantoni, Joe Hartshorne, Steve Katz, Liza Vera and Glenn Walsh; and Bill McSweeney, General Manager. Trustees not present: Chuck Becerra.

The meeting was called to order at 4:34 p.m. A motion was made by Trustee Abdeen, seconded by Trustee Vera and unanimously carried to approve the minutes of the October 8, 2020, meeting and the September Foundation expenditures.

## COMMUNICATIONS

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

From Mary Allsop, Brickly Hirigoyen and Lisa Elder to SRA, "We have been proudly connected to Sheriffs' Relief for decades, and yet, it is only now that I truly understand the meaning of the name. Your dedicated staff indeed provided my family and me with tremendous relief during a time when we needed it most. Don had always told me that when the time came, you would be helpful, and of course, he was absolutely right.

When a loved one passes, families are often left with a ton of phone calls to make and a long list of questions. It can be so overwhelming, and I'd like to thank you for easing some of that burden. In some ways, our phone call to Sheriffs' Relief served as a one-stop-shop as we determined our next steps. We received contact information for someone to play bagpipes, for example, and we received answers to many questions and advice to make sure we are on the right track. It was a true comfort all around.

We are also grateful for the starflower arrangement that has meant so much to Don as we attended services for his colleagues over the years, and the flag and its case are such a special reminder of his life of public service. Don and I were married for 73 years, and first and foremost, he was a man of faith who adored his family. He loved our daughters and grandchildren and great-grandchildren fiercely, and we were all so very lucky to have him.

Don knew firsthand the value of Sheriffs' Relief since he served as general manager for almost a decade, but I also know that these kindnesses are offered to all who belong. I am so proud of this part of his legacy, and I commend you and your entire team for the thought and care you put into your work. Special thanks to Leo and Denise, who were both so helpful and kind."

## BENEVOLENT REPORT

MORTUARY BENEFITS PAID DURING OCTOBER: \$136,000

MORTUARY BENEFITS PAID YEAR TO DATE: \$1,381,000

## MEMBERSHIP REPORT

A total of 2 new membership applications were received during the month of October. A motion was made by Trustee Stone and seconded by Trustee Fratantoni to accept the following new applicants: Eduard K. Abramian and Melissa Anaya.

We had no deaths of active members, 14 deaths of retired members, 5 cancellations of active membership, no cancellations of retired memberships, 5 new honorary associate members and 3 deaths of honorary associate members for the month of October.

There were 8 members who resigned, and none who transferred from the Sheriff's Department/Relief Association during the month of October.

## ADJOURNMENT

At 5:33 p.m., a motion was made by Trustee Kusch, seconded by Trustee Fratantoni and unanimously carried to adjourn the meeting of the Sheriffs' Relief Association, Sheriffs' Relief Foundation and Sheriffs' Relief Services, Inc., in memory of the 314 combined years of service of our deceased members. ☆

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# Retired Deputies

By Chickee Nelson and Don Fandry

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

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

**NEXT LUNCHEON:**  
Thursday, January 21, 2021  
11:30 a.m. Buffet \$10.95  
*Villa Catrina Restaurant*  
251 N. Santa Anita Ave.  
Arcadia, CA 91006

## December

*Editor's Note: The following article was submitted for the December issue.*

**O**n Friday, October 2 to 4, the **Compton Police Department Reunion** was held at the Hilton Palm Springs Hotel at 400 East Tahquitz Canyon Way in Palm Springs. A total of 32 people signed up, but 28 people showed up in the record-breaking heat. I am just saying that because they broke a record of over 135 days straight of 100-degree temperatures when we arrived on October 1, and it continued for the next four days. Most of us were inside the air-conditioned hotel, but a couple ventured out to play golf. They had the hospitality presidential suite for meet-and-greet, socializing, eating and drinking. On Saturday, October 3, at 9 a.m., we had coffee, tea and a continental breakfast in the suite. At 5:20 p.m., most of us were shuttled to *Jake's Restaurant*, 664 N. Palm Canyon Drive, and at 6:30 p.m., dinner started. We ate outside, and the food was delicious. When going into the restaurant for drinks or the bathroom, we had to wear our masks. Each dinner setting had a mask, a bottle of hand sanitizer and two ink pens, all with Compton Police Department's logo on them. At night, the weather was beautiful. Talking about being in the right place at the right time, LaVera Hardwick took a stroll to the Agua Caliente Casino, which was directly across the street from the hotel, and she hit the jackpot and won \$500. Then she



*Alma R. Kreipl back in the day*



*Alma R. Kreipl now. He turned 101 years old on October 17.*

left. Those attending this reunion were: Camille Almada, Frank and Nancy Alvarez, George and Cathy Betor, Natalia Felix, Jackie Grant, LaVera Hardwick, Julio and Alice Hernandez, Ann Hudson, Tayon Jessup, Darryll and Tayana LeDuff, James Lewis, Michael and Jeanne Markey, Norman and Chickee Nelson, Norman Nelson III, Alma Sanoja, Paul and Judy Schrader, Jeffrey and Ileene Slutske, Launikko Solaita, Jean White and John Wilkinson. The oldest living Compton police officer is Alma Kreipl, who lives in San Diego and was 101 on October 17. His daughter was going to bring him to our dinner, but they didn't make it. He went on Compton Police Department on February 1, 1949. He sent us a video talking about when he worked at Compton Police Department, then

CHP and then San Clemente Police Department. What an interesting gentleman! No one was sick at the reunion, nor did anyone get the virus after the reunion. We all had a grand time.

On Monday, October 5, the **Northern Nevada Retired LEOs** met for lunch at *Zephyr Cove* in Lake Tahoe. The turnout was great, the weather was beautiful, the scenery is always spectacular, and the location was free of Wuhan virus-infected folks. As always, this is a friendly group of retirees from all agencies in the northern Nevada area and is always open to retirees, spouses and their families. Everyone had a great time, great food and wonderful conversation. If you have any questions, please

*continued on page 6*



*Compton Police Reunion. Back row: LaVera Hardwick, George Betor, Michael Markey, Julio Hernandez, Jeff Slutske, Nikko Solaita, James Lewis, Darryll LeDuff, Jackie Grant, Tayon Jessup, Natalia Felix, Tayana LeDuff, Norman Nelson III, Nancy and Frank Alvarez and John Wilkinson. Front row: Jean White, Alice Hernandez, Camille Correa-Almada, Alma Sanoja, Chickee Nelson, Cathy Betor and Norman Nelson.*



Northern Nevada Retired LEOs

feel free to contact me. — Thanks, Allen

Attendees: Allen and Maria Kunihiro, Tim and Sylvia Hayes, James “Mats,” Stephen and Monica Huss, Ed and Cheryl Anhalt, Mike and Shannon Speak, Mike and Sandy Macey, Dan and Natalie Myers, Jim and Dawn Forbus, Jeff and Kim Donahue, Allen Harris and Bob Berardi.

On Wednesday, October 7, the **Desert Heat Retirees** got together in Lake Havasu City, Arizona, at the Elks Lodge for their monthly luncheon. We met at 11:30 a.m., and at noon, we went into the dining room. You order from the menu and get separate bills. There is a no-host bar. Those attending were: Robert Pellerin, Mike Robbins, Doug Muchmore, Nick Tippings, Jerry Gillen, Norman and Chickee Nelson, Mike Castorina, Tommy Jiminez and Brian Smith. We had a fantastic time. We talked about everything and everybody! So, if you were not there, we might have talked about you! Brian Smith worked 38 years for our department, and after he retired, he was in the reserves for two more years, having his career expand to 40 years working on our department. That is a long time!



Desert Heat Retirees: Chickee Nelson, Mike Castorina, Doug Muchmore, Tommy Jiminez, Norman Nelson, Mike Robbins, Jerry Gillen, Brian Smith, Nick Tippings and Robert Pellerin



Lake Havasu: Mike is working on a 1948 car, and Tommy made that vehicle lift out of material that Mike had around the shop.

If you are planning to retire or are retired and you don't know what to do, you can follow in Mike Robbins and Tommy Jiminez's footsteps. Mike Robbins came on the department in April 1970 and retired in April 1996 from Transportation, and Tommy Jiminez came on in 1983 and retired in 2016 from East Los Angeles Sheriff's Station. Now, they have done some amazing work. Mike has a shop in Lake Havasu that is unbelievable. He works on old cars



Sunshine Rollers at Yucaipa Regional R.V. Park: Chickee and Norman Nelson, Norman Nelson III, Natalia Felix, Alex and Lorraine Cruz, Ron and Betsy Morgan, Manual and Sonja Cruz, Terri and Elroy Morris, Mike and Kathy Ponce de Leon, Becky and Tony Espitia, and Tom and Cathy Smith



*LASD NorCal Retirees: Joe Berger, Kathy and Mick Kelleher, Clyde King, Dave Crissman, Paul Harman, Ken Skarin (seated), Joe Berger's sis-in-law Gerry, Clyde King's sis Gladis, Mary Berger and Jim Forbus*



and trucks, stripping them and putting them back together. Tommy is amazing when it comes to welding. So, don't be bored with retirement, do something you enjoy. We meet the first Wednesday of every month, and all are welcome. Thanks! — Jerry Gillen ([lnx1993@yahoo.com](mailto:lnx1993@yahoo.com))

On Thursday, October 8 to 11, the **Sunshine Rollers** got together for their monthly campout at Yucaipa Regional R.V. Park in Yucaipa, California. Nine families were there for this campout. Members present: Elroy and Terri Morris (wagon masters), Tony and Becky Espitia, Manuel and Sonja Cruz, Mike and Kathy Ponce De Leon, Tom and Cathy Smith, Norman and Chickee Nelson, N.C. Nelson and Natalia Felix, and Ron and Betsy Morgon. Welcome guests: Alex and Lorraine (guests of N.C. and Natalia) and Danielle, Kaitlin and R.J. (daughter and grandchildren of Mike and Kathy Ponce De Leon). Mike provided a T.V., so we enjoyed a movie night on Thursday. Happy Birthday to: Cathy Smith (September 2), Scott Carter (September 3), Becky Espitia (October 14), Ventura Espitia (October 23), Claude Waddle (October 30). Happy Anniversary to: Jeff and Sheila Fitz-Gerald (September 1), Rick and Sandy Spence (September 15), Tom and Cathy Smith (September 17), Ventura and Genny Espitia (October 11). Future Campout Schedule: December 12, 2020, Mike and Kathy Ponce De Leon and Tony and Becky Espitia have offered to host the Christmas luncheon at the Espitia's. A taco lunch will be served at 1 p.m. Details on cost, etc., forthcoming. March 12–14, 2021, Stagecoach RV, Banning, wagon masters N.C. III and Natalia. April 16–18 is Canyon County RV Park, wagon masters Manuel and Sonja Cruz. August 1–8 is Pismo Sands RV Resort. We all had a great time, and no one got the coronavirus. Respectfully submitted by Terri Morris, secretary.

On Tuesday, October 13, the first COVID re-opener for the **LASD NorCal Retirees** was brunch at *Awful Annie's Restaurant*, Lincoln, California. The

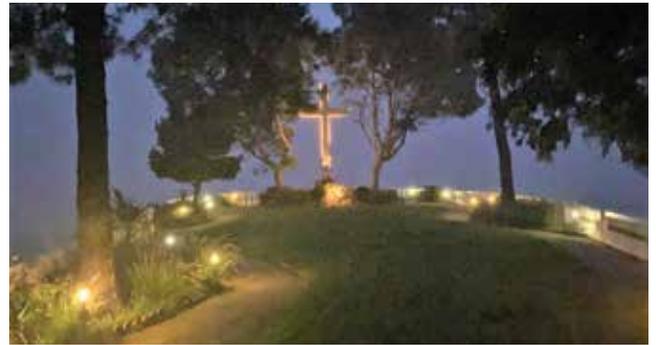
event was attended by 11 brave souls, who saw an opportunity to resume normal activities once more and enjoy the companionship of their buds. The group was pleased by the attendance of Jim Forbus of the northern Nevada (Reno) group of LASD Retirees, in addition to Clyde King's sister Gladis, and Joe Berger's sis-in-law, Gerry. The participants were Joe and Mary Berger and Gerry, his sister-in-law, Kathy and Mick Kelleher, Clyde King and his sister Gladis, Dave Crissman, Paul Harman, Ken Skarin and Jim Forbus.

On Friday, October 16 to 18, the 74th Serra Retreat took place in Malibu. Things were different this year, but we still had a relaxing, peaceful, great time! We took everyone's temperature when they checked in. No one had a fever. Also, we had to fill out and sign forms about COVID-19. The weather was a little strange as it was cool Friday day, but Friday night, it went up to 84 degrees with a slight breeze. In the morning, it was foggy and then again at night. We were spread out, and everyone had their own bathroom. Normally, we have to share a bathroom when it is located between two rooms. But this time, we all had our own. The food was delicious, but it was served to us, not the normal buffet. We did practice social distancing, and we all had our masks, too. We had 51 people attend, as we had to limit the number. We were scheduled to have 53 attend, but at the last minute, two people canceled. That was too bad because we had to turn people away who wanted to attend! We have to give thanks to Patty and Chuck Norris for putting the retreat together each year.

They do a fabulous job, and it isn't easy! Next year is the L.A. County Sheriff's Department's 75th year attending Serra Retreat, and we plan on celebrating! Not sure how many rooms we will be allowed to have, but if you plan on attending, please get your reservations in early. Next year, the retreat will start on Friday, October 15, and you leave on the 17th. So, mark your calendars for an enjoyable, good time.

On Thursday, October 29, a group of the **Northern NV Retiree LEOs** luncheon group went out on a trail ride from the Nevada state line through areas of the California state line. We drove from the Rosaschi Ranch, where the East Walker River runs through the area. This area is the trophy trout section, wild trout

*continued on page 8*



*Serra Retreat at night in Malibu*



*Patty and Chuck Norris at Serra Retreat, October 2020*



Northern NV Retiree LEOs. Back row: Dick and Kathi Rodrigues, Bob and Kelly Pothier, Sandra and Richard Haugner, James Wetzel, James “Mats” Matsuoka, Alan McMaster, Allen Harris, Joe, Greg Lopez (in the back), Bill Isaacs, Ed Anhalt and Bill Neumann. Front row: Allen and Maria Kunihiro.

catch-and-release only with single barbless hooks. We took the turn off to the Masonic Mining Camp, where we stopped to look at the remnants of the buildings and the memorial plaque that is embedded in the rock. We drove to the lower mining camp area, where we stopped for lunch. Then we drove to the Chemung Mine, where everyone walked the area to see the old mining mills, rock tailings from the mining and found several caves, which were quite interesting. The weather was chilly in the morning at 32 degrees but warmed up quite nicely to the low 70s by noon. Great ride, and everyone had a great time. — Thanks, Allen

On Friday, October 30, it was a clear but cold morning when my wife, Bette, and I left for the monthly **Antelope Valley Retirees** breakfast at *Denny's* in Lancaster. I did not prepare properly for the breakfast, forgetting that it is now outdoor dining, and sat in polar cold while having breakfast. The sudden change in weather also caught the management by surprise, and they have now promised to provide heaters for next month unless restrictions are lifted, and we can again dine indoors. I sat at the one end of the row of tables, therefore I was not able to hear what conversations were about except at my end, and they were mostly about health and current health restrictions. My wife and I just recently returned from



Northern NV Retiree LEOs

a trip to visit a daughter and family in Texas, so we compared the openness of businesses in Texas to the still highly restricted California. Good or bad, I don't know, but at least the Texans go around smiling and pretty much enjoying life. In Texas, they maintain the requirement of wearing masks and distancing, however, people are dining indoors and enjoying recreational activities, as well as attending sports events. My wife and I enjoy going to casinos, and when traveling, we stop and try our luck when we can. On this last trip, we found that all the casinos were closed with the exception of one in New Mexico, so we stopped. As we went to enter, we were stopped by security and were advised that only residents of New Mexico were allowed. We did not patronize a casino until in Oklahoma. Retired deputy Pat Burke and his wife, who reside in Las Vegas, stopped by and joined us for breakfast. It was nice seeing them, as it had been many moons since we last met. This month, I was saddened by hearing of the passing of retired sergeant Bob “Bolo” Briley. My friendship with Bob ran deep. Bob and I were radio car partners working out of the old Lancaster Station back in the '50s. Rest in peace, my brother, we had some good adventures. Attending this month's breakfast were Don Ott, Ron Nybakken, Vance Kirkpatrick, Mary Mckain, John Ament, Dennis Watters, Dennis Papp, Patrick and Nancy Burke, Mike Kuper, Fred McNutt, Tom Ewens, Glen Hutchinson, and Carlos and Bette Valdez. Until next month, stay safe, enjoy retirement and pray that this mess the country is in will soon cease. God bless all. — Carlos

It is with great regret that we announce there will be no 2021 Annual **Lakewood Retiree** luncheon. It would have been scheduled on Wednesday, January 27, at our usual local *Chili's* on Candlewood. This is the first time in our history of over 40 years

that we've been forced to cancel an annual reunion. State-mandated social distancing and restaurant seating restrictions left us no alternative but to cancel. Restaurants are restricted to 25% capacity inside, and none have enough outside dining facilities for us. There is no local facility that can safely service our size group inside, outside or any combination of both. The *Chili's* manager agreed, with regrets, and welcomes us to come back for January 2022. So, let's keep our masks on and plan on getting back together in January 2022. — Keith Mohagen, (714) 525-7485, [kamohagen@aol.com](mailto:kamohagen@aol.com), Mickey Reedy, (562) 799-1410, [RmickeyR@aol.com](mailto:RmickeyR@aol.com). “Ike” Sabean has passed on and will be sorely missed.

I wanted to bring you up to date on our regularly scheduled winter, spring and fall luncheons at *Mitch's on El Paseo*. We did manage to have our winter 2020 luncheon last January. Then, due to the nasty coronavirus, we had to cancel the spring event. We wanted to try for a fall luncheon, but *Mitch's* won't open for lunch until November 20. Too close to Thanksgiving, and the way Riverside County is back and forth with shutting down and reopening has made any plans iffy. So, we have decided to call the rest of 2020 a loss and have now scheduled the winter luncheon for Friday, January 22, 2021, at 11 a.m. I will put this out on Moon's list in December. We miss getting together with our aging bunch. Let's make 2021 a much better year. — Dave and Loxi

This has been one crazy year, and no one in their lifetime has seen anything like this year. So, let's call the year 2020 done and move on to an exciting, fun and wonderful new year. So, enjoy your retirement and start this new year, 2021, off right. Now, look forward to seeing family and friends who we have missed seeing this year. Be thankful for everything you have. You are blessed. — Sincerely, Chickee

# January

**O**n Wednesday, November 4, the **Desert Heat Retirees** got together in Lake Havasu City, Arizona, at the Elks Lodge for their monthly luncheon. We met at 11:30 a.m., and at noon, we went into the dining room. We ordered from the menu and received separate bills. There is a no-host bar. Those 12 in attendance were: Mike Robbins, Jerry Gillen, Bill Taggart, Mike and Kathy Ponce de Leon, Robert Pellerin, George Bachmeier, Brian Smith, Tommy Jiminez, Mike Castorina, and Norm and Chickee Nelson. Once again, we had a great luncheon and laughed and talked about everything and everyone. Jerry had to leave early because he had an appointment. One of our regulars, Doug Muchmore, had neck surgery, so he missed the luncheon. He will have to wear a neck brace for two to three months. And wearing a mask and a neck brace is somewhat difficult. We all hope that he heals fast and feels better soon. We meet the first Wednesday of every month, and all are welcome. Thanks! — Jerry Gillen ([lnx1993@yahoo.com](mailto:lnx1993@yahoo.com))

Due to the rise in COVID in Yavapai County, Prescott Lakes Country Club has canceled all private events, including the LASD Christmas Dinner, which was scheduled for December 3. The LASD Christmas Dinner for 2021 is scheduled to be held at the Prescott Country Club on December 2, 2021.

On Friday, November 8, because of the continued limitations of gatherings due to COVID-19, the monthly meetings of the **T.S.T. Ole Road Warriors** will be on continued hiatus. This will also include the annual Christmas breakfast. Once these restrictions are lifted, we will again resume our monthly gatherings. For further information, contact Joe Jimenez at [jgj51@verizon.net](mailto:jgj51@verizon.net).

From Thursday, November 12 to November 15, the **Sunshine Rollers Camping Group** gathered together at Launch Pointe RV Resort in Lake Elsinore. They remodeled this campground, and it reopened in June 2020. Members present: Mike and Kathy Ponce De Leon (wagon masters), Elroy and Terri Morris, Tony and Becky Espitia, Manuel and Sonja Cruz, Tom and Cathy Smith, Norman and Chickee Nelson, N.C. Nelson and Natalia Felix, Ron and Betsy Morgon, Ron and Bonnie Moya, Chuck Anna, Dee Bacus, Alex and Lorraine Cruz, John and Pat Mascaro, Steve and Ruth Powell, and Ventura and Genny Espitia. Welcome guests: Petrona and Guadalupe Felix (guests of N.C. and Natalia); Mike Jr., Amanda, Owen and Tieggen Ponce De Leon (son, daughter-in-law and grandchildren of Mike and Kathy Ponce De Leon); Dominic (grandson of Tony and Becky Espitia); Judy Meraz and Dody (friends of Elroy and Terri Morris); Rick Freeman (cousin of Elroy and Terri Morris); Mike and Vicky Mascaro (son and daughter-in-law of John and Pat Mascaro); and Danielle, Kaitlin and RJ (daughter and grandchildren of Mike and Kathy



*Desert Heat Retirees: Tommy Jiminez, Mike Robbins, Mike Castorina, Bill Taggart, George Bachmeier, Robert Pellerin, Brian Smith, Chickee and Norm Nelson, and Kathy and Mike Ponce de Leon*

Ponce De Leon). A thank-you to wagon masters and gracious hosts Mike and Kathy Ponce De Leon. They provided canopies, lovely decorations and a special trail mix treat for each RV site. And they went all out to make sure we were all warm in the evenings with several propane fire pit heaters. Plus, you have to watch out when Mike has his heaters with *no go-go juice*. He likes almost blowing up things! Mike did not disappoint everyone. Even though it was cold in the evening, we all enjoyed his ice cream treats. A shout-out to all the guys who worked up spectacular breakfasts on Friday and Saturday mornings. Menudo, tamales, eggs, chorizo, bacon, sausage, hash browns and pancakes were delicious. Campouts for 2021: January: Tom and Cathy Smith will try to make reservations for Pala or Pechanga for the third weekend in January. February: open for wagon master. March 12–14: Stagecoach RV, Banning — wagon masters N.C. Nelson and Natalia Felix. April 16–18: Canyon RV — wagon masters Manuel and Sonja Cruz. May: open for wagon master. June: Bonelli Bluffs — wagon masters Ron and Bonnie Moya. July: *dark*. August 1–8: Pismo Sands RV Resort — Tony and Becky Espitia and Mike and Kathy Ponce De Leon, wagon masters. September: Ventura and Genny Espitia, wagon masters. October: Steve and Ruth Powell, wagon masters. November: Orange County Fairgrounds — Lenore Carr, wagon master. Saturday, December 11: open for Christmas host. Respectfully submitted by Terri Morris, secretary.

On Tuesday, November 10, the **LASD Northern Idaho** retired law enforcement lunch was held at *Mi Pueblo Restaurant* in Spirit Lake, Idaho. Those attending were Scott Cameron, Jim Elliston, Bill

Postmus, Chris Cahhal, Bill and Vickie Ridgley, Bill Lopez, Dan and Dee Edginton, Greg Wrigley, Pat Reardon, John Laine, Bob Norris, Gary Pfahler and John Haus.

On Wednesday, November 11, the **San Diego Retirees** met at *Hennessey's Tavern* in Carlsbad. A good time was had by all, and we were blessed with a beautiful day. Those retirees attending the luncheon were Gary Thornton, Lou Brown, Ron Eoff, Bob Henley, Greg Simon, Bill Gaynor, Marv and Diane Love, and me, Joe Raffa. Happy Thanksgiving, Chickee. — Joe Raffa

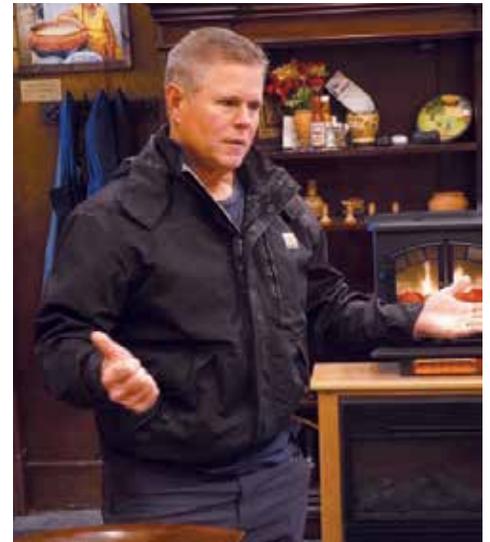
On Thursday, November 19, the **LASD Retired NorCal** group regrets to advise that the proposed December 3 holiday dinner at *The Old Spaghetti Factory* in Sacramento is canceled due to impending new COVID restrictions. Happy holidays to all! — Joe Berger, coordinator, [jgberger@bbi-ret.com](mailto:jgberger@bbi-ret.com), LASD Retired NorCal

On Friday, November 27, greetings to all of our isolated, distanced and faceless fellow retirees. Due to the mandated, nonsensical shutdown of eating places by the illustrious County Board of Supervisors, except for Supervisors Barger and Hahn, who opposed the order, the **Antelope Valley Retirees** were not able to meet for the monthly breakfast. For this report, I will focus only on the tidbits of the recent past. As many of you already know, I suffered a fall which resulted in a break of the left humerus, along with a large hematoma to the right knee and left facial injuries. I spent a week in the hospital, and I am now recovering at home, being attended by the best nurse in the

*continued on page 10*



LASD Northern Idaho Retirees. Standing: Scott Cameron (LASD), Jim Elliston (LASD), Bill Postmus (LASD), Chris Cahhal (LASD), Bill and Vickie Ridgley (LASD), Bill Lopez (LASD), Dan and Dee Edginton (LASD), Greg Wrigley (Shasta County SO), Pat Reardon (LASD), John Laine (KCSO) and Sheriff-elect Bob Norris (LASD). Sitting: Gary Pfahler (LASD) and John Haus (LAPD).



Bob Norris (LASD retired lieutenant), sheriff-elect for Kootenai County, addressing the group at the Spirit Lake, Idaho, luncheon



San Diego Retirees: Gary Thornton, Lou Brown, Ron Eoff, Bob Henley, Greg Simon, Bill Gaynor, Marv and Diane Love and Joe Raffa

world, my wife, Bette. Enough on this, except to say how much I appreciate all of the emails and cards of good wishes that I have received from all of you. These good wishes have certainly lifted my spirits and helped me to feel better while recuperating. God bless you all. Lately, I have been in communication with Jan Priest, who is loving her “ranch” style of living in East Texas. Jan, enjoy it to the fullest. Roy Mauldin has apparently recovered from his heart bypass, as I often receive emails from him. Roy likes to poke sticks at us here in the hell state by sending photos of the beautiful environments surrounding where he lives. Alex “Al” Shoosliansky apparently loves living in his recently adopted state of Arizona, as he likes to send photos of the beautiful and clear blue sky. In closing, I would like to thank my good friend Ron Nybakken for notifying my fellow retirees regarding my injury and to Moon Mullins for including it in his Moon site. We don’t know what

the future will bring with the pandemic and other life issues, so please take care and protect yourselves. — Carlos Valdez, [valdez5150@msn.com](mailto:valdez5150@msn.com)

Greetings to all, currently the restrictions for conventions or large gatherings in the state of Nevada is a maximum of 250. They expect that gatherings of 500-plus attendees are going to be prohibited until possibly (possibly means that no one will confirm or deny) the summer of 2021. It is not set in stone as of this moment, but that is what the talk around the town is. The COVID spike changes from day to day, so no one wants to give a definitive answer. The Consumer Electronics Show (CES) and the Shot Show, both held in Las Vegas, have been canceled. Robyn and I have weighed all the facts, and again, the decision of whether or not to have the Roundup in 2021 falls upon our shoulders. The bottom line is that the safety of all of our retired members is our main priority. We have decided that we will wait until

January for the final decision on whether or not there will be a Roundup. Again, our decision is predicated upon what the state of Nevada is going to dictate as far as the size of gatherings that are allowed. Even if the Pfizer vaccine that was announced is put into play, there is no guarantee that the state of Nevada will loosen the group restrictions. Once we have a clearer picture, then we can let everyone know our decision. If, by chance, the state of Nevada does allow larger groups (1,000-plus) by our Roundup date, it will be an individual decision as to whether or not you still want to attend the Roundup. Also, we have already set the dates for the 2022 Roundup, April 3 through April 6, 2022.

Hello everyone, for those of you who signed up for the 2020 Lakewood Roundup breakfast, we are in the process of returning your deposits as the uncertainty of the COVID pandemic may still be among us. We would like to thank you all for signing up for

the breakfast and hope in the future you will again join us. Checks will be sent by Bill Pay, so be on the lookout for the plain envelope and don't throw it away. Mabel and I want to wish all of you to be safe and be patient, as this will pass. We pray those who have left us know that the Lord is with them. — Andy and Mabel Lee, [2lilpuu@cablone.net](mailto:2lilpuu@cablone.net)

This is our group out here in Kentucky and Tennessee. We meet for lunch on the last Friday of the month. We will not meet during November or December due to the holidays. We're interested in expanding our group. Anyone living in southern Illinois, southeastern Missouri, western Tennessee and western Kentucky can contact Michael Centofante at [kidcento@yahoo.com](mailto:kidcento@yahoo.com), or text/call (626) 484-1155.

The **Sunshine Rollers** canceled their Christmas luncheon on Saturday, December 12, because of the uprising of the coronavirus in the Los Angeles area. Hopefully, this will all pass soon! Next year, the Christmas luncheon is scheduled for Saturday, December 11, 2021.

Retirement life is just a journey! Therefore, live today! Tomorrow may not be. We hope you enjoyed the holidays, and that 2021 is a bright, wonderful and fun year. Happy New Year! — Chickee Nelson ☆



Western Kentucky/Tennessee Retirees: Gerry Burnham (USMC), Fred Haemker (LASD), Byron Burnham (LASD), Bill Fielder (CHP), Michael Centofante (LASD) and Michael Scholl (LASD)

## 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 a long life, happiness, relaxation and many years of personal fulfillment.*

**Kristin L. Aloma**  
Internal Affairs Bureau

**Odette F. Basha**  
Food Services Bureau

**Sandra A. Capps**  
Court Services Training Bureau

**Aurora Carlos**  
Records and Identification Bureau

**Michael D. Casteel**  
Facilities Services Bureau

**Victor H. Cerda**  
Court Services East Bureau

**Mary Chavez**  
Santa Clarita Valley Station

**Arthur J. Claybion**  
Marina Del Rey Station

**Kathleen L. Gallagher**  
Homicide Bureau

**Becky A. Goulet**  
Facilities Services Bureau

**Johnette Grace**  
Court Services East Bureau

**Cathy E. Hayes**  
Lakewood Station

**Clementine Knox Bolling**  
Lomita Station

**Allison M. Melendez**  
Crisis Negotiations Team

**Soheil Naimi**  
Data Systems Bureau

**Iroabuchi R. Okereke**  
Century Regional Detention Center

**Javier Pena**  
Crisis Negotiations Team

**Gabriel A. Reyes**  
Facilities Services Bureau

**Martin Rojas**  
Parks Bureau

**Demarkus F. Smith**  
Contract Law Enforcement Bureau

**Guadalupe Rubio**  
Lomita Station

**Alta Vargas**  
Facilities Services Bureau

**Millie Wang**  
Scientific Services Bureau



# LIFE AFTER THE SHERIFF'S DEPARTMENT

By Tania Owen and Vickie Speed

In 2016, LASD Sergeant Steve Owen was murdered in the line of duty when responding to a burglary-in-progress call in the 3200 block of West Avenue J-7 in Lancaster. Sergeant Owen was 53, and a 29-year veteran of the Sheriff's Department. Owen was the recipient of the gold Meritorious Conduct Medal and was loved by the community he served, where he was often involved in youth activities. At the time of the incident, Steve's wife Tania was an arson explosives detective. They have three adult children: Chadd, Branden and Shannon.

Ten days before the murder, Detective Tania Owen met Vickie Speed at a fundraiser for Steve and Tania's fellow officer and friend, LASD Detective Mitch Speed. During his career with the Sheriff's Department, Mitch worked the jails and was later assigned to Lancaster Station, Patrol. He later promoted to the Burglary Suppression Team, where the team was awarded the Medal of Valor for arrests, stolen property and auto thefts. Mitch promoted to detective working robbery and assaults at Lancaster Station and then had to step away from work when he was diagnosed with stage IV cancer related to work exposure. In March 2018, Mitch was awarded a commendation for leadership by the Sheriff's Department for being a leader in



**LASD Sergeant Steve Owen**

both his professional and personal life. Mitch and Vickie have one adult son, Brodie. During this time, Vickie spent 32 years working construction accounting and project management.

After the loss of both of their husbands, Tania and Vickie formed a bond and sisterhood. Days and months went by while they faced new struggles and often thought about their marriages, raising kids



**LASD Detective Mitch Speed**

and the hurdles that families of first responders face, including losing a spouse.

Tania and Vickie were both asked to discuss the trials and tribulations of their lives. During these discussions, a singular question kept being asked, "How did you two make it work?" In January 2019, Tania and Vickie were asked to share their story with a larger audience. With a little reluctance and



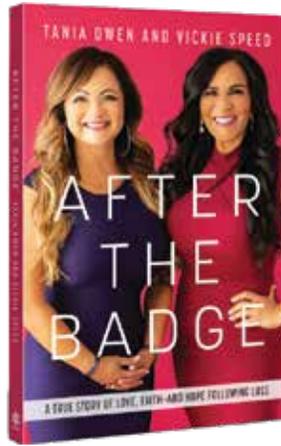
not knowing if 10 or 100 people would attend, they decided to go ahead hoping they could at least help save one marriage. They agreed that their talk would be completely transparent. To their disbelief, the auditorium was filled with 500-plus people, who welcomed their stories and insight. After that amazing evening, they continued to receive requests to speak at venues across the country, including:

- *The Epoch Times* (newspaper publication, New York)
- TV interview: *Contending for the Faith* (Faith and Family Television, Naples, Florida)
- Radio interview: *About Faith with Alec Klein* (HLE Radio, Jennings, Louisiana)
- Albuquerque Police Department (Albuquerque, New Mexico)
- Albuquerque Police Department Wives (Albuquerque, New Mexico)
- Rio Rancho Police Department Wives (Rio Rancho, New Mexico)
- Los Angeles County Sheriff's Department (recruit training/academy classes)
- *She Has Something to Say* (video podcast)

Their speaking engagements led them to write a book, *After the Badge*, in an effort to help the marriages of struggling first responders. *After the Badge* will be released in January 2021. Topics include:

- Sanctity of marriage is being destroyed
- Breakdown of family structure
- Male role models lost in the home
- Losing faith in an uncertain world
- Defined marriage roles of a husband and wife
- Infidelity
- Financial issues
- Paying the ultimate sacrifice
- Losing your life in the line of duty

Tania and Vickie have made it a personal endeavor to meet one-on-one with either spouse or partner in need. Along with that, they have taken their personal grief and put efforts into helping spouses after loss, and especially close to their hearts is helping spouses and families who are battling cancer.



### VICKIE AND TANIA CREATE THE OWEN SPEED FOUNDATION

Wanting to use their hardships to help other law enforcement families, in March 2020, Tania and Vickie created the Owen Speed Foundation 501(c)(3). The foundation works to:

- Give financial assistance to families of first responders (LEO suicide, LEO cancer and illness)
- Partner with community programs (LASD Explorers)
- Mentor youth and young adults (local high school programs)
- Provide marriage retreats (coming in fall 2021)

On September 6, 2020, the foundation launched its first donation campaign for first responder suicide assistance in recognition of National Suicide Prevention Week. As of the third quarter of 2020, there have been 110 first responder suicides reported nationwide. The foundation recognizes that spouses of first responders who commit suicide can be left behind without benefits and have the financial needs of funeral expenses, debt and children to provide for. Through their foundation, Tania and Vickie are hoping to begin to assist families immediately. One hundred percent of all proceeds received by the foundation will be given back to law enforcement families. COVID-19 has thrown some hurdles in front of Tania and Vickie. Due to COVID-19 restrictions, the foundation's Explorer and youth programs have been suspended. However, the foundation will launch the programs as soon as restrictions are lifted. Tania and Vickie are looking forward to the foundation's Marriage Retreat being launched in 2021.

For more information about the foundation, ordering the book or donating, go to [VickieandTania.com](http://VickieandTania.com) or [OwenSpeed.com](http://OwenSpeed.com). ☆

## ABOUT TANIA AND VICKIE

Tania Owen is an author, speaker and law enforcement family advocate. Tania was born in El Salvador, coming to the U.S. in 1974. She became an officer in March of 1986, starting at the Santa Monica Police Department, then transferring to the Los Angeles County Sheriff's Department in October 1987. Since then, her career in law enforcement has spanned over three decades. She has had assignments in patrol, gangs, child abuse, crisis negotiations, mounted enforcement detail and bomb squad, where she was also a K9 handler to "Tank," an explosives detection K9. She is the wife of slain Los Angeles County Sheriff's Department Sergeant Steve Owen, who was murdered in the line of duty on October 5, 2016. She now serves as the CEO of the Owen Speed Foundation. Vickie Speed is an author, speaker and law enforcement family advocate. Vickie grew up in a desert community in Southern California and was raised in a home with her mom, stepdad, sister and brother (retired LASD Deputy Rick Pompa). She spent 30 years working in construction accounting and project management. Her husband, Los Angeles County Sheriff's Department Detective Mitch Speed, died on July 7, 2018, from cancer related to work exposure. Vickie is also serving as the CFO of the Owen Speed Foundation.



Tania Owen



Vickie Speed



By Angela Caruso  
Court Services West Bureau

### MILITARY DONATION DRIVE

On Tuesday, November 3, Court Services West Bureau participated in a military donation drive for the Bob Hope United Service Organizations (USO). A combined effort among the 15 courthouses, including Long Beach, Inglewood, Van Nuys, San Fernando, Torrance, Santa Clarita, Chatsworth, Sylmar and Antelope Valley, produced several donations of food, clothing and hygiene products. The sizable donation was able to fill six full pallets. In honor of November being Military Appreciation Month, the Bureau collectively thought a donation drive would be the best way to show our support and appreciation for service members at home and currently deployed. Courts West Bureau was happy and honored to donate to our service members. Military service members play a pivotal role within the Los Angeles County Sheriff's Department, and specifically Courts West Bureau. Several of our own deputy sheriffs, custody assistants, security officers and security assistants have served and/or are currently actively serving in the military. Courts West Bureau is honored to work alongside active and retired service members. We appreciate and would like to say thank you to all service members, active and retired.

### TACTICAL TRAINING

Even with COVID-19, lockdowns and protests, Courts West Bureau is always trying to better themselves. During slow court operation due to COVID-19, several deputies took part in an active shooter and building-clearing training. Our captain, Joseph A. Badali, believes training is a vital part of officer safety and survival and was able to set up the training class specifically for Courts West Bureau deputies. He even attended and participated in the training himself. Along with special training, deputies are also receiving extra training in weekly briefings by their immediate supervisors at their respective courthouse. Training Deputy Stephen O'Neal also ensures that each deputy is equipped with updated equipment and supplies. With everything going on, Courts West Bureau knows that if you stay ready, you won't have to get ready. We remind everyone to stay vigilant and keep training. ☆







## LOS ANGELES SHERIFF'S DEPARTMENT BAND

By Dawn Anderson

Los Angeles Sheriff's Department Band

### A TRADITION OF SERVICE THROUGH MUSIC

The LASD Band would like to extend our hope that everyone had a happy, healthy and safe holiday season. We continue to rehearse in small groups, and we are excited to report that even during these times, our band is growing its membership.

In an effort to be available for events, we have formed small groups. Our first smaller group is our Dixieland Band (a smaller version of our Swing Band — playing more of the early swing music written and performed in New Orleans).

Our second group, and the group highlighted in this article, is called the LASD Woodwind Quintet. It is a group of five wind players consisting of a flute, oboe, clarinet, bassoon and French horn, which is the common figuration. An interesting fact is that a French horn (a brass instrument) is not a woodwind, but is included in the woodwind quintet. The reason is that at the time when these smaller groups formed, there was no clear-cut definition of brass versus woodwinds. The trumpet was considered a noble instrument associated with the military, while the trombone was a sacred instrument performing in the church. The French horn then



became the instrument of the common people; therefore, chamber music composers included the horn when writing the woodwind quintet music. Chamber music for the woodwind quintet was popular in the early 1800s, but fell out of favor late in the century. But the 20th century saw a renewed interest and resurgence. While we formed our LASD Woodwind Quintet for different reasons, the quintet is a valued chamber ensemble appreciated for its versatility and variety of tones.

The LASD Band quintet members are: Eileen Collins (flute), Dr. David Fisher (clarinet), Dennis Robertson (oboe), Virginia Moore (bassoon) and Greg Cosner (French horn). These five talented musicians recently played on Veterans Day for the Royal Oaks community instead of the LASD Swing Band originally scheduled in order to keep the band small with the ability to social distance much easier.

I would like to introduce you to Eileen Collins, our newest LASD Band flute player and a member of our LASD Woodwind Quintet. She is a native Californian, born in Los Angeles. She is one of eight children. So, I'm guessing their family number exceeds the limit for approved social gatherings.

Eileen began her musical journey on the piano, like so many of us, then ventured to the flute. She did quite well and continued to play flute throughout high school and college, eventually earning a degree in music. After college, she spent two years in Europe studying music and claims that the experience was a time for personal and professional growth.

In addition to her flute playing, she can also sing. She spent much of her younger adult life performing with small opera companies in the greater Los Angeles area. She is a former member of the Los Angeles Master Chorale. Being a musician has been a defining component of Eileen's identity. She explains, "I couldn't imagine my life without being able to make music ... It gives me an opportunity to strive to create something beautiful. I consider music to be the highest of all the arts, and it is also just plain fun!"

Although Eileen has only been with us since the onset of the COVID-era, with the reduced number of musicians at rehearsals, she has contributed significantly to them and to our performances. She is thankful for the opportunity to participate and has met many nice and talented people who love to make music together. Eileen, we are happy that you have joined our LASD Band and contribute



your talent and expertise, especially during these unprecedented times.

The LASD Band was contacted again by the Veterans National Entertainment Workshop to use our recordings for their Veterans Day Special Concert, featuring the USS Iowa battleship. The concert, presenting many performers as well as music from the LASD Band recordings, can be seen at [vnew.org](http://vnew.org). We are so proud that the members of VNEW continue to call on us for inclusion in their inspiring musical specials.

Please call us for your Sheriff's Department musical needs and/or events, such as retirements, celebrations or holiday/patriotic festivities. We are here for you!

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

## SRA Is Mobile

The free SRA app is available to download from Google Play and the Apple App Store!



Keep up with SRA on the go — get important information and services in the palm of your hand.



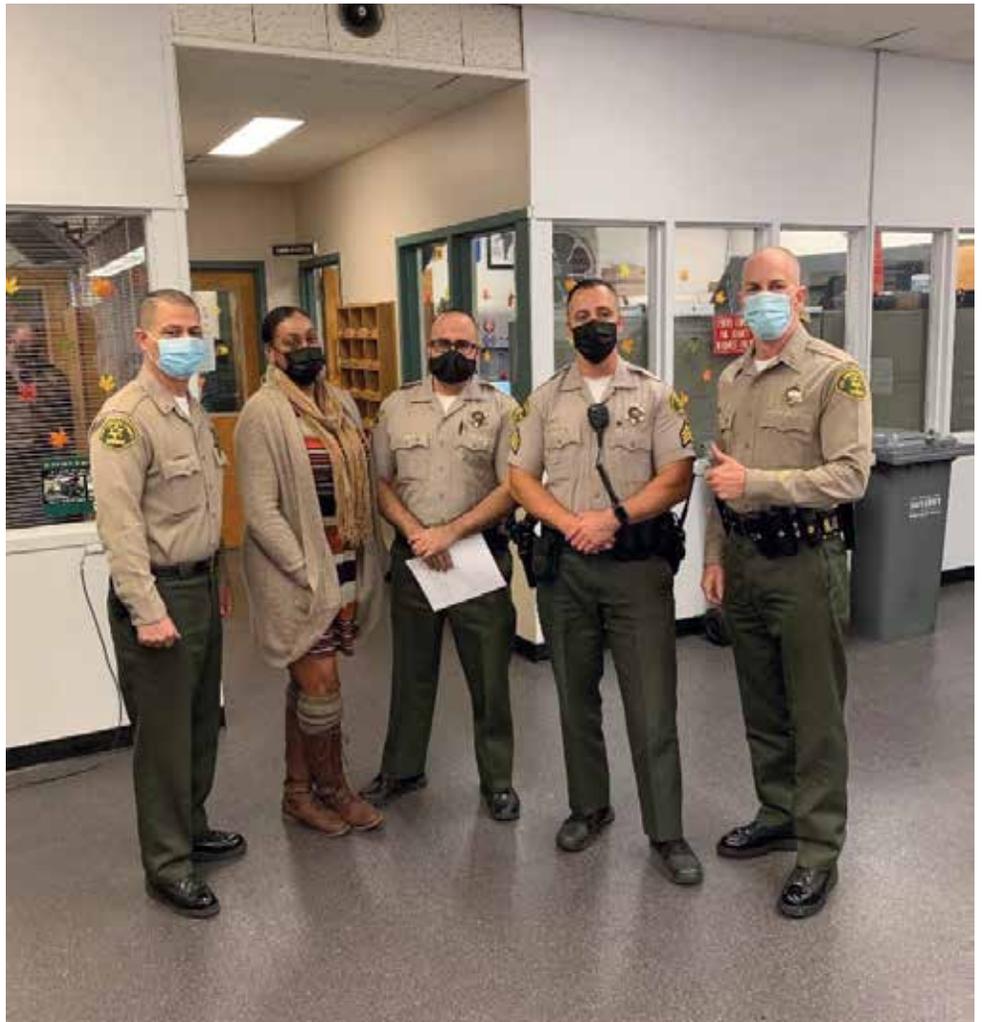
By Juan Sanchez and Tracy Stewart  
Norwalk Station

### VETERANS DAY

We want to wish everyone who has served in the armed forces a Happy Veterans Day. Thank you all for your service. The following Norwalk Station personnel are our honored veterans: Detectives Joe Tellez (Marines), Carmen Zamudio (Marines), John Kleeh (Army), Gam Marshall (Marines) and Jose Lopez (Marines), all pictured on the right-hand side of this page. Our other veterans include LET Tandra Carter (Army), Lieutenant Daniel Dail (Army), and Deputies Mark Lovitch (Marines), Frank Montoya (Army), Frank Medrano (Navy), Mike Han (Army), Martin Maciel (Army), Andrew Gallacher (Army) and Jacob Macias (Army).

### SERVICE AWARDS

Recently, Captain Tatreau had the opportunity to present several of our personnel with Service Awards. Sergeant Joe Corrales received a pen set for his 30 years of County service. Lieutenant Noe Garcia and Sergeant Rodney Gutierrez received a pin for their 30 years of Department service. Sergeants Jose Navares and Raymond Munoz received a pin for their 25 years of Department service. Lieutenant Daniel Dail and Sergeant Daniel Rodriguez received a pin for their 20 years of Department service, and Supervising Station Clerk Tamara Jenkins received a pin for 15 years of Department service.





**ARREST OF THE MONTH  
(OCTOBER 2020)**

The October arrest of the month went to Deputies Jeremy Licona and Damien Guerrero. Deputies Licona and Guerrero conducted a traffic stop of a vehicle. Upon contacting the driver of the vehicle, they immediately recognized him as an active “Varrío Norwalk” gang member who was a convicted felon on probation. They had the suspect exit the vehicle in order to conduct a probation compliance search of his person and vehicle.

During the search of the vehicle, they recovered eight bags containing a large amount of methamphetamine and a bag containing a large quantity of Xanax pills. Also recovered from the vehicle were a loaded firearm, a digital scale, a cell phone and 25 sandwich bags. They found the suspect’s wallet contained a large amount of currency in various denominations. Under *Miranda*, the suspect stated the narcotics found were his. He said he had two pounds of methamphetamine in his vehicle. The suspect also admitted the firearm recovered from his vehicle was his.

**MORE GUNS AND DOPE  
TAKEN OFF THE STREETS**

In the month of October, we had a total of nine capers, which involved Norwalk Station deputies taking suspects into custody for possessing firearms. During those arrests, nine loaded firearms were recovered. Additionally, we had four other capers involving suspects placed under arrest for possessing heroin, methamphetamine and Xanax for sale.



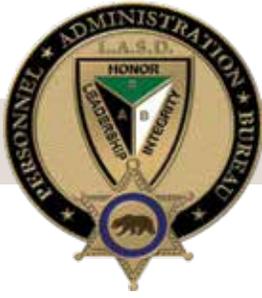
**DETECTIVE CASE OF THE  
MONTH (OCTOBER 2020)**

The detective case of the month for October went to Detectives Randolph Meyers and Daniel Rodriguez. Detectives Meyers and Rodriguez were assigned to investigate a case where suspects were able to fraudulently convince a victim to send them more than \$16,000. During the investigation, they authored and served numerous search warrants and identified several new victims. As the investigation progressed, it became apparent the case was related to a large-scale scam with a very large number of victims spread throughout the entire country. They were able to positively identify one suspect involved, with some strong leads for the other suspects involved. Due to the size of the investigation and the fact that the victims were spread throughout the country, they consulted with Fraud and Cyber Crimes Bureau, who

decided to take over the investigation. Detective Meyers and Rodriguez’s efforts uncovered a tremendous amount of evidence, which Fraud and Cyber Crimes Bureau detectives found to be very valuable.

**WELCOME**

In the month of November, we welcomed Sergeant Michael Foster to our station. Sergeant Foster was selected as our motor sergeant for the city of Norwalk. He transferred from Industry Station as a patrol sergeant, and he previously spent 11 years at Pico Rivera Station as a motor deputy. Rumor has it, even before he set foot in the station for the first time, while driving around Norwalk trying to become acclimated with his new RD, he was able to meet some of the motorists in our area on a one-on-one basis, properly introducing himself. Welcome to Norwalk Station, Sergeant Foster. ☆



By PAB Staff

Personnel Administration Bureau

## INJURY AND HEALTH SUPPORT UNIT

The Injury and Health Support Unit (IHSU) is one of Personnel Administration Bureau's busiest and most vital units in the Department. Formerly known as the Return-to-Work Unit, the IHSU acts as the liaison for all Department members to facilitate an employee's healing process so they can return to work following an injury or illness. In addition, IHSU assists employees with navigating through the workers' compensation process, returning to work after a medical leave of absence, applying for a disability retirement and assisting the families of deceased employees with information on benefits and the coordinating of memorial services.

The unit is on-call 24/7, and members are required to be available when an employee is injured or hospitalized. During after-hours, a representative can be reached through the Sheriff's Information Bureau. In recent months, IHSU has responded to several critical incidents involving some of our Department members.

IHSU was involved with responding to the unfortunate ambush of the two deputies assigned to the Transit Services Bureau in September. Through coordinated efforts with medical staff and case providers, IHSU was able to ensure their workers' compensation benefits were not delayed and requested that a nurse case manager be immediately assigned to both deputies. The nurse case manager ensures the deputies receive the best treatment possible without delay. IHSU was at the hospital every day until the deputies were discharged and assisted the deputies and their families with concerns and issues. At IHSU, we believe all Department members are family, and we are committed to delivering the best service possible.

## EMPLOYEE APPRECIATION DAY

On Thursday, November 12, 2020, Captain John McBride from Personnel Administration Bureau (PAB) hosted an Employee Appreciation Day to honor all of his staff assigned to PAB. Captain McBride wanted to show his gratitude for his employees' hard work and dedication by surprising them with an early-morning reception as they arrived to work. He personally greeted



IHSU staff at Hall of Justice



them and offered them coffee, orange juice and pastries. The employees were very appreciative and thanked the captain and his staff for their thoughtfulness and generosity. Thank you, PAB employees, for your continuous service and dedication to the Bureau!

**PAB PERSONNEL PROFILE:  
EMPLOYEE HIGHLIGHT**

Our employee highlight of the month is Employment Services Assistant II (ESA II), Crystal “Susie” Nunez, from the Personnel Processing & Compliance Unit (PPCU)! Crystal previously worked at Cerritos Station as a Sheriff Station Clerk II from 2012 to 2017.

As an ESA II at PPCU, Crystal is responsible for providing and removing bonuses in e-HR, as well as processing promotions, retirements and new hires.

Crystal is career-driven, hoping to promote to an ESA III position at PPCU and grow within PAB. Crystal is family-oriented, she loves spending as much time as possible with her children, Bruce (2) and Liam (born on October 22, 2020), as well as her husband, Ubaldo. Once the pandemic is over, she would like to take her kids to travel to new places. Crystal decided to further her education by going to graduate school. In May 2020, Crystal obtained her



*Crystal Nunez and her family*

master’s degree in public administration from California State University, Dominguez Hills. In order to successfully pass an exam to promote, Crystal has made it her goal to study hard for promotional exams. She is working to achieve

professional growth within the Department, which leads to a successful career.

Crystal, on behalf of Captain John McBride and PAB personnel, we thank you for your work and dedication to PPCU and your contribution to PAB! ☆

## L.A. County Retired Marshals Lunches for 2021

ALL LUNCHES ARE SCHEDULED FOR 12 NOON

**January 6**  
**CANCELED**  
*Jack’s Whittier Restaurant*  
13221 Whittier Blvd.  
Whittier

**February 3**  
*Lazy Dog Restaurant*  
8800 Apollo Way  
Downey

**March 3**  
*Damon’s*  
317 N. Brand Blvd.  
Glendale

**April 7**  
*Villa Tepeyac*  
2200 E. Garvey Ave. S.  
West Covina

**May 5**  
*Katella Bakery*  
4470 Katella Ave.  
Los Alamitos

**June 2**  
*Wood Ranch BBQ & Grill*  
400 S. Baldwin Ave.  
Arcadia

**July 7**  
*San Antonio Winery*  
737 Lamar Street  
Los Angeles

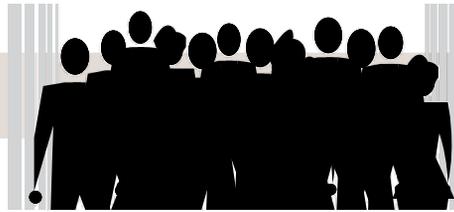
**August 4**  
*Black Angus Steakhouse*  
560 W. Huntington Drive  
Monrovia

**September 1**  
*Katella Bakery*  
4470 Katella Ave.  
Los Alamitos

**October 6**  
*Rodrigo’s Mexican Grill*  
11805 Artesia Blvd.  
Artesia

**November 3**  
*Yang Chow*  
3777 Colorado Blvd.  
Pasadena

**December 1**  
*Villa Tepeyac*  
2200 E. Garvey Ave. S.  
West Covina



# PEER SUPPORT PROGRAM

By Rachel De Hoyos

## FRESH START

Life brings about many decisions, and sometimes, the decisions we make may have negative stressful effects on our lives. Stress is something we deal with on a daily basis, especially in the field of law enforcement. Sometimes stress is beneficial, especially in the times when we are faced with challenges or trying to avoid dangerous situations. But stress can become harmful when we do not have time to recover from those critical incidents.

With the challenges and stresses of the past year, we had plenty to worry about, and somehow, some of us still managed to place extra stress on our lives. Think about your finances ... are you currently stressed out about your upcoming payments? Are you worried about the lack of overtime because your lifestyle choices require you to work overtime just to pay your bills? Are you literally living paycheck to paycheck? Are you reading this and stressing out because this is describing you? Do not be alarmed. Yes, there are choices/decisions which you have made to place you in this position, but at the same time, *you* have the *opportunity* to change your financial situation from a negative to a positive one. There are simple steps the *International Association of Chiefs of Police* (IACP) highlights, which we can all use to change our financial situation.

- **Pay yourself first.** This means start saving — now. It might be difficult, especially if every dollar is already accounted for, but you can start small. Instead of eating out with your partners every day, try to make it a habit to pack a lunch (peanut butter and jelly or turkey sandwiches — academy-style). Or, instead of purchasing that extra something every weekend, make it every other weekend. You would be surprised by how much money you could save. The IACP reports that nearly 70% of adults in the U.S. have less than \$1,000 in their savings account. Think about that for a second ... now, if you decided to start saving \$100 from every paycheck, by the end of the year, you would have already doubled that amount. It may not seem like much, but it is a small, attainable goal.
- **Create a budget.** Some of us dread sitting down and writing out our monthly expenses, but it is important and eye-opening when you see where your income is actually going. The IACP recommends prioritizing your budget into four categories: fixed (rent or mortgage), flexible (utilities and groceries), savings, and extras (date night, vacations, etc.). Sit down one night, and if

you are in a relationship/married, have your significant other join you in breaking down your monthly expenses. Look at areas where you (both) can cut back on spending and place it into your savings.

It is easy for us to overspend, especially when we have an abundance of credit cards. How many credit cards are in your name, and of those, how many are nearly maxed out? Grab a pair of scissors and cut those credit cards. If you are in over your head and feel like you can never get out of your credit card debt, try looking into consolidating. We all make unnecessary purchases sometimes in our lives, and some of us do it more than once, but guess what ... every day we have the opportunity to make a change(s) in our lives to have a *fresh start*. Challenge of the month: Since it is January 2021 and we all love to make New Year's resolutions, add a small financial goal/resolution to your list. Remember, the key is to set *attainable* goals/resolutions for yourself.

As always, Psychological Services Bureau is always here for extra guidance. Some of our Peer Support Program members have gone through and have overcome their own financial stressors. Reach out to me at [rdehoyo@lasd.org](mailto:rdehoyo@lasd.org) or contact our PSB office at (213) 738-3500 for additional information/resources. ☆

## FROM THE DOCS

### A TIME OF STRENGTH

By Stephen Seetal, Ph.D.

For several in our Department, the year 2020 has been filled with both personal and professional challenges. We have mourned the loss of several of those closest to us. We have worked to find common ground with the populations of individuals we serve. We have grappled with the stress of the pandemic while attempting to find a sense of balance and hold on to who we are; this has eluded many of us. Collectively, in numerous ways, this time has been marked by crisis, stress and adversity.

But as I reflect on the previous year and all that has transpired, I believe that this has also been a time marked by incredible strength and courage, as sworn and professional members of our

Department have continued to triumph over what they have faced, both personally and professionally, by banding together in support of each other. In doing this, there have been countless occurrences of leadership, kindness, courage and compassion (for each other and for those we serve) that have become visible, and many have proven that they are actually more capable, and perhaps more resilient, than they previously believed themselves to be. This has been a difficult time, but we have continued to move through it, and we are stronger because of it.

As within the work of law enforcement, in many areas of our lives, we will never truly know how prepared we are until we are tested. This period of

time has tested us all. It has provided an opportunity to assess our strengths and areas for potential growth and to take an honest look at how equipped we are to withstand adversity. Like many of us, I am hopeful that 2021 will offer us an opportunity to resume the various aspects of our lives the way we know them to be. Going forward, we must continue to prepare and adjust our priorities so that we can strengthen ourselves and make meaningful contributions to relationships with those important to us.

The staff at Psychological Services Bureau has continued to work to enhance the support we have provided the Department during this time. We are here for you. Call (213) 738-3500 for a confidential consultation or appointment. Stay safe. Be well. ☆

# HEY, CAPTAIN! TELL YOUR UNIT'S STORY. YOUR STAR NEWS WANTS TO SHARE IT.

The SRA wants to feature your station or bureau's recent activities, achievements and events in *Star News*! Send updates and photos to [annie@SRA1.com](mailto:annie@SRA1.com) or [ljdilot@SRA1.com](mailto:ljdilot@SRA1.com) by the first of the month for publication in the following month's issue.

Administration Services Division and Personnel Command  
Advanced Officer Training Unit  
Aero Bureau  
Altadena Station  
American Legion Star Post 309  
Audit and Accountability Bureau  
Avalon Station  
Carson Station  
Central Supply and Logistics Unit  
Century Regional Detention Facility  
Century Station  
Cerritos Station  
Civilian Training Unit  
Communications and Fleet Management Bureau  
Community College Bureau  
Community Partnership Bureau  
Compton Station  
Contract Law Enforcement Bureau  
County Services Bureau  
Court Services Transportation Bureau  
Court Services Bureau

## Court Services West Bureau

Crescenta Valley Station  
Data Systems Bureau  
Deputy Leadership Unit  
East Los Angeles Station  
Emergency Operations Bureau  
Facilities Services Bureau

## From the Docs

Homicide Bureau

Industry Station  
Inmate Reception Center  
Inmate Services Bureau  
Intake Specialist Unit  
Internal Affairs Bureau  
Internal Criminal Investigation Bureau  
Lakewood Station  
Lancaster Station  
LAS4D Spouses Supporting Spouses  
Lomita Station

## Los Angeles Sheriff's Department Band

Los Angeles Sheriffs' Museum  
Major Crimes Bureau  
Malibu/Lost Hills Station  
Marina del Rey Station  
Men's Central Jail  
Metrolink Bureau  
Mira Loma Detention Center  
Narcotics Bureau  
North County Correctional Facility

## Norwalk Station

Operation Safe Streets  
Palmdale Station  
Parks Bureau

## Peace Officer's Fellowship

## Peer Support Program

## Personnel Administration Bureau

Pico Rivera Station  
Pitchess Detention Center, North Facility

Pitchess Detention Center, South Facility  
Pre-Employment and Background Investigation Unit  
Professional Development Bureau  
Psychological Services Bureau  
Records and Identification Bureau  
Recruit Training Unit  
Regional Community Policing Unit  
Reserve Forces Bureau

## Retired Deputies

Risk Management Bureau  
San Dimas Station  
Santa Clarita Valley Station  
Scientific Services Bureau  
Sheriff's Information Bureau  
South Los Angeles Station  
Special Enforcement Bureau  
Special Victims Bureau  
Star Unit  
Temple Station

## The Chaplain's Notebook

Training Bureau  
Transit Services Bureau  
Twin Towers Correctional Facility  
Video Production Unit

## Walnut/Diamond Bar Station

Weapon Training Unit  
West Hollywood Station

And a very special thank-you to the units that contributed to this issue!

**Court Services West Bureau**

**From the Docs**

**Los Angeles Sheriff's Department Band**

**Norwalk Station**

**Peace Officer's Fellowship**

**Peer Support Program**

**Personnel Administration Bureau**

**Retired Deputies**

**The Chaplain's Notebook**

**Walnut/Diamond Bar Station**

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9 Months Solitary 18  
Years Probation Bib  
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LASD Handcuff Long Sleeve  
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Colors: heather gray, heather navy  
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LASD Cityscape T-Shirt  
Colors: black, navy  
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*New Year  
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off!

Ridgeline Badge/LASD  
Water Bottle (18 oz.)  
Colors: royal blue, green  
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LASD Women's Flowy Long Sleeve  
Colors: black, midnight  
Sizes: S-XL  
**Original price: \$20.99** Item #: 2164

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off!



Girls Can't What? Toddler T-Shirt  
Color: pink  
Sizes: 2T-5/6T  
**Original price: \$8.99** Item #: 2191

10%  
off!



Black LASD Polo  
Sizes: S-2X  
**Original prices:**  
**\$26.99** (S-XL),  
**\$30.75** (2X)  
Item #: 2098

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Tradition of  
Service LASD  
Pint Glass (16 oz.)  
**Original price: \$5.99**  
Item #: 0605

20%  
off!



K-9 LASD Pet Collar (1")  
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**Original price: \$11.25**  
Item #: 0578

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

## SHERIFFS' RELIEF ASSOCIATION EMPORIUM LOCATIONS:

STARS Center, Whittier (562) 946-7271  
Monday-Friday From 9 A.M. to 4:30 P.M.

PJP Rancho, Castaic (661) 257-5320  
Monday-Friday From 9 A.M. to 4:30 P.M.  
Closed on Saturdays Until Further Notice



# TASER AND MOUNTS

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### **Axon Body 2/3 Flexible Axon Rapidlock Magnet Mount With Ribs**

Simple to install and offers versatile mounting locations and breakaway options. Low retention.

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### **Axon Body 2/3 Large 6" Pocket Mount**

Securely attaches the Axon Body 2 or 3 to a pocket. Medium retention.

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### **Axon Body 2/3 Double MOLLE Mount**

Securely and safely attaches the Axon Body 2 or 3 to MOLLE gear. High retention.

Item #: 0804



### **Axon Body 2/3 Single MOLLE Mount**

Compatible with Axon Body 2 and 3, firmly attaches the Axon Body 2 or 3 to MOLLE gear. High retention.

Item #: 0803



### **Axon Body 2/3 Small 4" Pocket Mount**

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**Monday-Friday From 9 A.M. to 4:30 P.M. | Monday-Friday From 9 A.M. to 4:30 P.M.**

**Closed on Saturdays Until Further Notice**

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# COLOR SALE! *New Year New Deals!*

## New Balance Women's Running Shoe

Color: gray/turquoise  
 Sizes: 6-10

Item #: 8010



20% off!

20% off!

## M&P Compact Holster With Light

Hand: left, right  
 Style: plain, basketweave

Item #: 1853



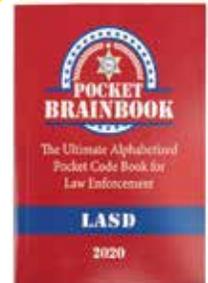
These products are from a small selection of Color Sale items. Please visit your local Emporium for more great deals!

30% off!

## Pocket Brainbook (2020)

Item #: 0310

\*All 2020 books included in Color Sale



30% off!

## ABR Pro Pant

Sizes: 34, 36, 38  
 Hem lengths: 30, 32  
 Color: black

Item #: 2900-2902



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## 3-Way Deployment Bag

Colors: black, OD

Item #: 1089



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## Link Pack Militac

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Item #: 1087



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## Tactical Shotgun Shell Pouch

Color: black only

Item #: 1109

\*Other black MOLLE attachments included in Color Sale



## M&P Holster

Hand: left, right  
 Style: plain, basketweave

Item #: 1861

20% off!



10% off!

## Sticky Holster Ankle Biter Leg Rig

Item #: 1820

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

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 Shop SRA Emporium





## By Team Walnut Walnut/Diamond Bar Station

Although it has been a while, Walnut/Diamond Bar Station is back! Serving the cities of Walnut, Diamond Bar, Rowland Heights and the unincorporated areas of Covina Hills and West Covina, Walnut/Diamond Bar Sheriff's Station personnel are proud to tell our unit's story. We can't wait to share with you in the articles to come! Deputies Jillian Mabee, Claudia Maldonado and Jeanna Ramirez will be writing articles and facilitating article contributions from all Walnut/Diamond Bar personnel who want to contribute. We just wanted to thank this month's contributor Dean LeCesne for his article honoring our station deputies who proudly served in the Marine Corps.

### HAPPY 245TH BIRTHDAY, MARINE CORPS

Deputies Ian Branch, Ben Fark, Raul Guerrero, Javier Lomeli and Jason Skadsem agree with Ronald Lee Emery, who said, "Once a Marine, always a Marine." For those not familiar with Emery, you might better remember him as Sergeant Hartman from the movie *Full Metal Jacket*.

November 10, 2020, was the 245th birthday of the United States Marine Corps and was celebrated with a gathering and cake cutting in the station briefing room. This has become an annual tradition at the Walnut/Diamond Bar Station.

### ODE TO THE WALNUT GENERATIONS

Remember when you were going out to patrol, and you had to wait years and years to get to certain stations? Well, Walnut/Diamond Bar was definitely one of them. When we were waiting to go to patrol, we heard it could take more than five years! Well, we wanted to share the story of one of our very own, Deputy Bill Fabian, who has not only been at Walnut for 24 years, but has pushed a patrol car for nearly 28 years in total! Deputy Fabian was hired as a deputy on April 12, 1989, and graduated as a member of Academy Class #255. Deputy Fabian has been assigned to Wayside East and Men's Central Jail during his custody tenure. Assigned to Transit Services Bureau, Deputy Fabian trained at Lennox Station. After completing patrol training and working the blue line at TSB, Deputy Fabian transferred to Marina Del Rey Station. The rest



Deputies Jason Skadsem, Ian Branch, Ben Fark and Raul Guerrero

was history when he transferred to Walnut/Diamond Bar Sheriff's Station in 1996! Where were you in 1996? While Deputy Fabian was pushing a hoop, the younger generations were still in grade school or not even born! Sorry, Bill, we had to throw that out there! Deputy Fabian has been a training officer here more years than not, so when asked how many trainees he has had, he said "countless!" Deputy Fabian is set to retire in February after serving just short of 32 years on the department. We are thankful for Deputy Fabian, and his years of knowledge and experience he brings to this station. But we can't forget his sarcastic comedic relief, "whimsical quips over the radio," and Yeti hugs that will be missed as well. Thank you, Deputy Fabian! We are glad to be able to keep you for a few months longer!

### LEGENDS ON PATROL

Congratulations to Deputy Humberto Inzunza, Deputy Andrew Shackelford and Sergeant Leticia Reyes for their accomplishment in receiving their Legendary Lawman and Law Woman pins on October 20, 2020. We can't forget to congratulate former Walnut/Diamond Bar training officer Joseph Kim, who is now assigned to Training Bureau. Thank you all for your service to patrol!

### RECOGNIZING THE HEROES AMONG US

With all the bad in the world, we decided to try to do a little good. Our station set a fundraising goal of \$2,500 for Deputies Apolinar



Deputy Javier Lomeli

and Perez-Perez. We gathered donated prizes from very generous vendors and sold tickets for an opportunity drawing! We received an overwhelming amount of support and were able to raise an amazing \$5,000! Along with a successful station barbecue, we were able to donate over \$6,200 to ALADS CARES in both deputies' names. We were honored to host Deputy Apolinar at our station to present a beautiful flag handcrafted by 12 Gauge Industries. The owner and operator, John Boyd, had uplifting and caring words to express to Deputy Apolinar. It was heartfelt and warming to see that we, as law enforcement, still have the support of so many great people. We wanted to give special thanks to Irvin Chen (retired station volunteer) and Cecil Hsu, who volunteered to barbeque for our station and generously donated one of our grand prizes for the station opportunity drawing!

### CAPERS AND INVESTIGATIONS

Since its establishment in 1987, the Walnut/Diamond Bar Sheriff's Station deputies have patrolled the cities of Walnut, Diamond Bar, Rowland Heights and unincorporated Covina Hills and West Covina. Patrol deputies working these cities are faced with a variety of crimes, from petty theft to murder. With crime on the rise, Walnut Station patrol deputies are diligent with their investigations. The goal of every deputy patrolling the streets, serviced by Walnut/Diamond Bar Station, is to make residents feel safe in their communities and not fall into becoming a victim of a crime.



Deputies Joseph Kim and Andrew Shackelford, Captain Alfred Reyes, Sergeant Leticia Reyes and Deputy Humberto Inzunza



Deputy Chambless, Irvin Chen and Cecil Hsu getting ready to barbecue



Presentation to Deputy Apolinar on November 2, 2020, at Walnut/Diamond Bar Sheriff's Station

Investigative Case of the Month (October 2020) goes to Detectives Timberlake and Bronowicki for their outstanding investigation that led to the confession of a suspect.

In July 2019, a hit-and-run collision took place in the city of Diamond Bar. The unknown suspect fled the scene of the collision on foot, leaving his vehicle behind. During the collision, the suspect's vehicle airbags were deployed. Detectives

contacted the proper department resources and obtained fingerprints and DNA from the suspect's vehicle.

In June 2020, the detectives were informed that a CODIS hit was identified from DNA taken from the airbag of the suspect's vehicle. Detectives Timberlake and Bronowicki were able to identify the suspect who, at the time, was being held at Men's Central Jail on a parole violation.

Timberlake and Bronowicki conducted an interview of the suspect and were able to obtain a full confession to the hit-and-run.

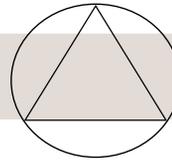
Detectives Timberlake and Bronowicki's investigative skills, technical expertise and interviewing skills led to the suspect's full confession and resolving a hit-in-run investigation to its conclusion.

Thank you very much for your hard work! ☆

# ARE YOU Retiring IN THE NEXT YEAR?

Stay in touch with the Department and other retired members. Go to [www.lasdretired.org](http://www.lasdretired.org), and in the upper right-hand corner, click on the "JOIN" button.

# Peace Officer's Fellowship



By Willis Braggs and  
Rebecca Escandon

## NEW YEAR, NEW CHALLENGE

**H**ave you made any New Year's resolutions? Have you created a bucket list for the year? What about deciding to take part in a challenge? We have a challenge that might help you start this new year off in a clear, more refreshed and healthy way. But first, let's take some time to think about things.

In a book titled *Reclaim Your Life: You and the Alcoholic/Addict*, author Carole Bennett, MA, considers addiction the nation's number one health crisis. She writes that one in three failed marriages are attributed to issues involving addiction. Other sobering facts about addiction in the U.S., taken from the National Council on Alcoholism and Drug Dependence Inc., include:

- 15.4 million people are addicted to alcohol alone
- 18% of adults (one in five) have alcoholism in their family
- 10 million people are married to someone with alcoholism
- 85,000 annual deaths are due to alcohol

Not someone who deals with addiction? First, let's be real ... it can be hard to know where you stand while reflecting on your own drinking habits. Many binge drinkers believe they can stop whenever they want to and deny they may have a problem with addiction. However, if this type of drinker seriously tried to stay sober, he/she might find they are unable to. Many binge drinkers engage in drinking in order to numb pain, to forget or even to try to fit in. While having that drink might help improve things in the moment, these choices can (and often do) lead to bigger problems.

So, maybe you have enjoyed all the spiked eggnog you can stand and sipped the last of this year's bubbly, and you are sensing the need for a break from alcohol. Let's get back to the challenge we referred to at the start of this article. Introducing ... "Dry January," where people avoid booze for a whole month.

Here are some reasons this challenge may be appealing:

- **More money.** It is no secret that alcohol costs way more than soda. Without the booze tab, you will have money to spend on other things you have wanted.
- **Better sleep.** Alcohol degrades sleep quality by decreasing the amount of REM sleep experienced. Better rest also means having

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     | CELLPHONE      |
|-----------------|----------------|----------------|
| 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 |                |
| Daryl Williams* |                | (951) 764-3723 |

\*Active LASD

more energy to put toward the things that matter most to you.

- **Weight loss.** Not only do boozy beverages offer empty calories, but many of us make less-than-stellar food choices when drinking. Depending on your current drinking habits, you could lose a couple of pounds per week.
- **Improved mood.** Alcohol tends to make anxiety and depression worse, so you may find that your mood is actually more stable when not consuming alcohol.
- **Clearer skin.** Alcohol causes dehydration, which leads to dry, dull skin. It can also cause an increase in blood sugar and cortisol (the stress hormone), which is a recipe for breakouts.

Research tells us that people who take part in a Dry January challenge experience the benefits noted above, as well as a sense of achievement and improved overall health. So, here are some tips to help you be successful.

- **Create a new routine.** If you are used to grabbing a beer after work, do something else like working out, cooking a meal with your partner or meeting up with a friend (in person or video).
- **Recruit a friend/family member** to hold you accountable, or even better, to join the challenge with you. Being accountable helps improve the likelihood of success.

- **Find a substitute,** something else you enjoy drinking. Maybe you can find (or create) a mocktail that is tasty so you don't feel like you are depriving yourself.
- **Cultivate a new way to cope.** If you were drinking to de-stress, it is important to find another way to relax and unwind. It is important you have a healthy alternative to help you succeed.

If you are interested in the challenge and would like additional support in getting through it successfully, the Department offers the following options: the SARP Coordinator, Peer Support members, chaplains, the Peace Officer's Fellowship (POF) members listed above and Psychological Services Bureau, which you can call at (213) 738-3500 to schedule a confidential appointment. We are here to help. ☆



# The Chaplain's Notebook

By Chaplain E. Morgenstern  
Santa Clarita Station

## WE ARE ALL IN THIS TOGETHER

**W**e are all in this together is much more than a simple or ordinary phrase. It expresses a truth that affects all of us. We are brought into life from love. The love of human parents, plus the love of God, who made that love come alive. God is the spirit in each of us, and we share the inheritance by living our lives together.

The Bible teaches that “we are every brother’s keeper.” It reminds us that within the original familial relationship dwells our philosophical responsibility to one another. This reminder is the golden rule, or greater principle, that clarifies our moral purpose.

“The ‘neighbors’ for whom you must care are not only the people around you, but the entirety of this large, unruly human family from which you are a lucky, and burdened, descendent. Each member of this family is your ‘brother.’ And none, therefore, are you free to abandon.”

The only way we can develop as humans is by having people around us who both teach us and who we teach. In order for us to develop spiritually, we must live within a community that both pushes us to grow and also advanced from our efforts. If we are not living, we suffer because we receive diminished light.

The continued efforts of you, the men and women of the Sheriff’s Department, make the relationship with the greater community one of sharing the wisdom, physical or spiritual sustenance that was meant for us all. You make it so that those who were meant to give those things to us also gain wisdom, physical or spiritual sustenance.

We’re meant to live together within a spiritual community. We affect everyone in it, including those who are meant to give to us. And if they have diminished light because they weren’t able to give to us, then of course we receive diminished light, and that cycle continues. It’s true that every time we give in to our ego and selfish desires, the

light of somebody in our spiritual system — it could be a family, friend, teacher or student — is diminished by our selfishness as well.

Start paying attention to the interactions you have with every single person you encounter. Everyone you find in your spiritual and physical community is meant to be either giving to you or receiving from you. Remember that when you fall, even in the smallest ways, you are not only robbing yourself of light and blessings, but also robbing those who are meant to both receive from you and give to you some of their blessings.

As common descendants of Adam, we are not free to abandon our brotherhood with Abel. We are simply not permitted to allow the strains created by national, cultural, linguistic, religious or racial differences to cloud our responsibility to those who are hurt or violated. Instead, we must step up to this lingering question whenever it is asked and answer purposefully: “I am my brother’s keeper.” *We are all in this together!* ☆

## ☆ IN MEMORIAM ☆

|   |                                     |   |
|---|-------------------------------------|---|
| ROBERT W. CHURCH JR.  | RETIRED 01-18-84, DECEASED 08-06-20 | SERGEANT/TORRANCE COURT                   |
| HOWARD C. CRUSAN  | RETIRED 01-17-83, DECEASED 09-16-20 | SERGEANT/WAYSIDE HONOR RANCH              |
| FRED M. ENCINAS   | RETIRED 03-28-05, DECEASED 11-05-20 | DEPUTY/COURT SERVICES EAST                |
| CLIFFORD C. ERVEN   | RETIRED 03-31-74, DECEASED 10-28-20 | SERGEANT/FIRESTONE STATION                |
| JERRY N. HAND   | RETIRED 10-02-01, DECEASED 08-14-20 | SERGEANT/WALNUT                           |
| RICHARD A. HENDERSHOT   | RETIRED 07-31-87, DECEASED 11-01-20 | DEPUTY/MCJ                                |
| VIRGINIA L. JOHNSON   | RETIRED 09-05-90, DECEASED 07-20-20 | STATION CLERK/EOB                         |
| ROBERT F. MEINKE  | RETIRED 12-18-89, DECEASED 10-29-20 | DEPUTY/SCIENTIFIC SERVICES<br>FINGERPRINT |
| JACKIE D. NEIHOUSE  | RETIRED 07-17-00, DECEASED 07-11-20 | DEPUTY IV/SCIENTIFIC SERVICES BUREAU      |
| ROY O. NESVOLD  | RETIRED 09-07-99, DECEASED 09-26-20 | DEPUTY/TST                                |
| LOUIS G. SAGGIANI   | RETIRED 12-02-87, DECEASED 10-28-20 | SERGEANT/IRC                              |
| LAURIE A. SIROONIAN   | ACTIVE, DECEASED 10-23-20           | LET/SANTA CLARITA STATION                 |
| BLANCA CARRION, SPOUSE OF RETIRED MEMBER, JOE M. CARRION JR., DECEASED 10-14-20                     |                                     |   |
| RAYMOND G. HOCKING, SPOUSE OF RETIRED MEMBER, PATRICIA HOCKING, DECEASED 10-20-20                   |                                     |   |
| PATSY PACE, SPOUSE OF RETIRED MEMBER, JOSEPH W. PACE, DECEASED 09-21-20                             |                                     |   |
| CHARLIE PARROTT, SPOUSE OF RETIRED MEMBER, CLAUDINE SANCHEZ-PARROTT, DECEASED 11-06-20              |                                     |   |
| JANELL A. SALVESON, SPOUSE OF RETIRED MEMBER & SRA EMPLOYEE, WILLIAM S. SALVESON, DECEASED 11-16-20 |                                     |   |

Each member listed was paid an SRA survivor benefit.

# The Sheriff's Department is continually changing



**Help the  
Los Angeles Sheriffs' Museum  
preserve these changes  
by joining the Buck-A-Month Club**



Los Angeles Sheriffs' Museum Fund #218  
Donor Designation Form  
Sheriffs' Relief Foundation  
of Los Angeles County, California

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| Street Address City, State, Zip Code  |            |   |               |
| Home Phone Number:<br>( ___ ___ ) ___ - ___ - ___   |            | E-Mail Address                            |               |
| Last Four of Social Security: (Retirees only)<br>XXX-XX- ___ - ___  |            | Employee Number: (Current Employees only) |               |
| Monthly Payroll Contribution  | Signature: |   | Date:         |
| Are You an S.R.A. Member?    Yes    No<br>(You are not required to be an SRA member to donate)  |            | SRA Use Only:<br>Start Date:              | Rev:jac091710 |
| <p><i>Please submit the completed card directly to:</i><br/> <b>Los Angeles Sheriffs' Museum</b><br/>                 STARS Center, 11515 Colima Rd. Bldg. "B," Whittier, CA 90604<br/> <b>Thank You for Your Support</b></p> |            |   |               |

# Sheriffs' Relief Association Discount Tickets

SRA: (800) 544-4772/(562) 946-7081 (M–F, 8:30 a.m. to 5 p.m.)

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| AMC Black Ticket (unrestricted)<br><i>Ages 3 and up</i>  | \$10.25                  | N/A ONLINE  | \$11.00–\$15.00 depending on location |
| BOOMERS IRVINE   | N/A IN OFFICE            | \$49.99 and up<br>\$2.00 processing fee per order   | Several packages available            |
| CINEMARK (unrestricted)<br><i>Ages 3 and up</i>  | \$8.50                   | N/A ONLINE  | \$11.00–\$13.50 depending on location |
| DISCOVERY SCIENCE CENTER<br><i>Children 3–14; senior 62+</i>   | N/A IN OFFICE            | LA/OC: \$16.95/\$11.95/\$13.95 (senior)<br>\$3.75 service fee per transaction               | \$19.95/\$14.95                       |
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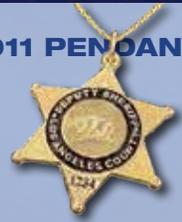
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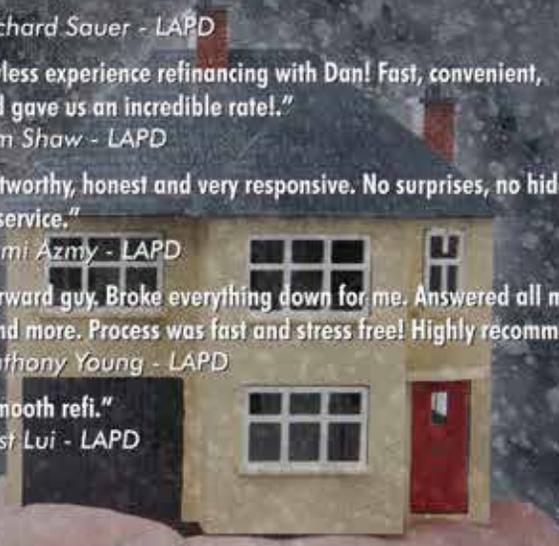
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