



VOL. 81 NO. 11

MARCH 2021

STAR NEWS

SHERIFFS' RELIEF ASSOCIATION

In Memory of Sheriff Sandra Hutchens

EOW: JANUARY 4, 2021

Remembering the first
female Orange County
Sheriff and former
LASD Division Chief.

SEE PAGE 7





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SHERIFFS' RELIEF ASSOCIATION EMPORIUM LOCATIONS:

STARS CENTER, WHITTIER (562) 946-7271 – MONDAY-FRIDAY, 9 A.M.-4:30 P.M.

PJP RANCHO, CASTAIC (661) 257-5320 – MONDAY-FRIDAY, 9 A.M.-4:30 P.M.; CLOSED ON SATURDAYS UNTIL FURTHER NOTICE



STAR NEWS

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Cover photo courtesy of LASD

Trustees Monthly Meeting

The regular meeting of the Sheriffs' Relief Association convened on Thursday, January 14, 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, Chuck Becerra, Sue Burakowski, Kerry Carter, Mike Fratantoni, Joe Hartshorne, Liza Vera and Glenn Walsh; and Bill McSweeney, General Manager. Trustee not present: Steve Katz.

The meeting was called to order at 4:32 p.m. A motion was made by Trustee Abdeen, seconded by Trustee Kusch and unanimously carried to approve the minutes of the December 10 meeting and the November and December Foundation expenditures.

COMMUNICATIONS

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

From Lorie Lund to Denise Jezak, "Thank you for your kindness regarding my father's passing. The fruit basket was huge! It was filled with a variety of fruits, crackers, cheese and sweets. Such a thoughtful gesture from the Sheriffs' Relief and much-needed nourishment, especially the fruit. I also wanted to let you know that we also received

dad's flag a few weeks ago. So beautiful. I have his flag and his wife's along with their ashes on my grandmothers' china buffet. Thank you again for your kindness."

From Brian P. Jones, CCB, to Rod Kusch, "On behalf of the hardworking men and women of the Los Angeles County Sheriff's Department's Community College Bureau, I would like to personally thank you for your generous donation of a Sheriffs' Relief Emporium gift basket. Your contribution was used for our holiday luncheon's opportunity drawing. Each employee was given a ticket, and your gift was awarded to the employee with the winning ticket number. I once again thank you for your generosity and support in making this a memorable holiday event for all of us."

From Valentina Montion to SRA Emporium, "I just wanted to tell you what a wonderful job you are doing at the Emporium. Every time I go, everything is always in stock, and if I can't locate anything, I'm being helped immediately. It's rare to get great service like this. I appreciate it to the utmost. One more thing I would like to add: Robin and Justino are *amazing*! Every time I'm in a pickle, they help me. Working on the eighth floor can be a little stressful, but with the help from them, everything runs smoothly. Thank you for everything you and your staff do for me."

BENEVOLENT REPORT

MORTUARY BENEFITS PAID DURING DECEMBER: \$140,000

MORTUARY BENEFITS PAID YEAR TO DATE: \$1,654,500

MEMBERSHIP REPORT

A total of 1 new membership application was received during the month of December. A motion was made by Trustee Abdeen and seconded by Trustee Badali to accept the following new applicant: Henry E. Hernandez.

We had 2 deaths of active members, 11 deaths of retired members, 3 cancellations of active memberships, 2 cancellations of retired memberships, 4 new honorary associate members and 6 deaths of honorary associate members for the month of November.

There were 2 members who resigned and 3 who transferred from the Sheriff's Department/Relief Association during the month of December.

ADJOURNMENT

At 5:08 p.m., a motion was made by Trustee Abdeen, seconded by Trustee Fratantoni and unanimously carried to adjourn the meeting of the Sheriffs' Relief Association, Sheriffs' Relief Foundation and Sheriffs' Relief Services, Inc. ☆

ARE YOU * * *
Returning
IN THE
NEXT YEAR ?

Stay in touch with the Department and other retired members. Go to www.lasdretired.org, and in the upper right-hand corner, click on the "JOIN" button.



Retired Deputies

By Chickee Nelson and Don Fandry

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

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

NEXT LUNCHEON:
Thursday, April 15, 2021
11:30 a.m. Buffet \$10.95
Villa Catrina Restaurant
251 N. Santa Anita Ave.
Arcadia, CA 91006

We are starting this month with more cancellations. The luncheons for the **Hi-Desert** retirees, **Retired Deputies** and **Palm Desert** retirees were all canceled for this month. Hi-Desert normally meets once a month and the Retired Deputies and Palm Desert meet quarterly. The governor still has restrictions on restaurants, so we can't go inside or even outside right now to eat. Hopefully, this will be over soon.

Don Fandry started the Retired Deputies luncheon in 1992 with several other deputies. They just wanted to get together to reminisce and eat. They would meet for lunch at different restaurants in the San Gabriel Valley each month. It started out with a small group of retirees and went up to over 50-plus people each month. Over the years, it has dwindled down to a small group again. Now they meet at *Villa Catrina Restaurant* in Arcadia. Don keeps himself busy by being on the Board of Directors for RELAC, a reservist for Sierra Madre Police Department and a volunteer for both the Monrovia and Arcadia police departments. When he was on the Department, he worked Wayside, Transportation, Montrose Sheriff's Station and Crime Lab. He joined the Sheriff's Department in January 1961 and retired in 1992.

On Wednesday, January 6, the **Desert Heat** retirees had their monthly luncheon at the Elks Lodge in Lake Havasu, Arizona. They meet the first Wednesday of the month at 11:30 a.m. and they go to the dining room at noon. Everyone is welcome to attend. Here is the list of attendees for this luncheon: Doug Muchmore, Jerry Gillen, Tommy Jimenez, Bill Taggart, Brian Smith, David Smiley and Mike Robbins. We choose from the menu and everyone picks up their own tab. All are welcome, so come and join us! There is a no-host bar. Hope to see you there.

On January 10 to 14, the **RELAC RVers** met at Pechanga RV Park in Temecula for their campout. There were only four rigs, but we all



Don Fandry (Class #87) helped start the Retired Deputies luncheon in 1992.

had a great time. Eight rigs signed up, but four canceled. Those attending this campout were Ron and Betsy Morgon, wagon masters, Mike Reyes, Jan and Dave Coleman, and Norman

mikeandveronica@roadrunner.com or (909) 556-8751.

continued on page 6



RELAC campout wagon masters Ron (Class #106) and Betsy Morgon

On January 26, RFD announced that due to the present condition of the COVID-19 pandemic it will not be scheduling a May luncheon. The welfare of our members is our priority. At a later time, it will be determined if a November luncheon is feasible. You are important, so God keep you safe. Regards, RoseMarie Johnson, nvwren@aol.com.

Mike and Lesah Castoria gave a very unique gift to their family for Christmas. It definitely wasn't a traditional Christmas present. They left Lake Havasu, Arizona, and went to Ontario, California, to surprise their children and grandchildren with an adventure. They all flew at iFLY Ontario, an indoor skydiving facility. iFLY has 40 locations throughout the United States. They provided flight suits and helmets with face shields or goggles. We wore the G3 helmets with the face shield, as it is easier to breathe. They provide pre-flight training in class with a movie. Our package included two flights per person — one low, one high — with the flight instructor at your side. This is the only way to experience the same adrenaline rush as tandem skydiving without jumping out of an airplane. This was their family Christmas activity/gift. Everyone loved it. There were different types of soreness for adults the next two days in hips and/or shoulders but they would all do it again.

The **2022 LASD Retiree Roundup** in Laughlin: If you want your money rolled over to 2022,



RELAC RV Group: Jan and Dave Coleman, Ron and Betsy Morgon, Chickee Nelson, Mike Reyes and Norman Nelson

you do not have to do anything. You do not have to email, call, send smoke signals, cryptograms, semaphore or Morse code. Unless you request a refund, Moon will automatically assume that you want your money rolled over. So unless you absolutely need to, please do not email Moon unless you are desirous of a refund. Thank you for understanding. — Moon Mullen

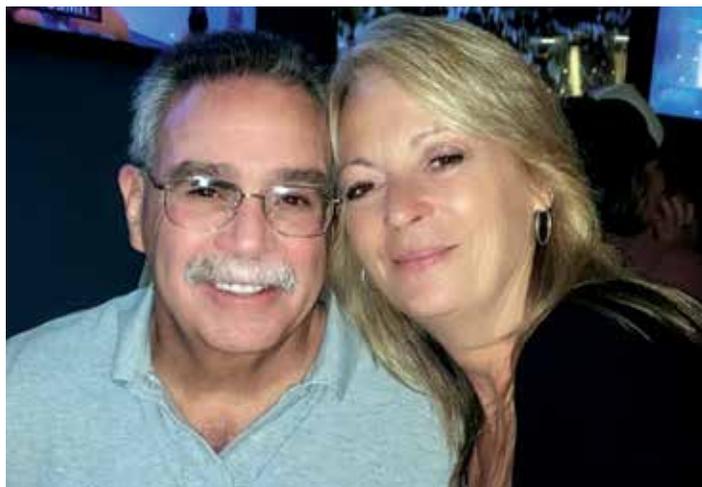
The months are flying by. It is March already! We hope that everyone will be smart, stay informed and enjoy life to the fullest. Until next month, I am signing off. — Chickee ☆



Michael and Lesah's grandchildren: Cody, Ashlynn, Caitlin, Brody, Brooklyn and Hailey; Ashlynn, Caitlin and Brody are triplets



The Castoria family at iFLY Ontario. Back row: Michael, Lesah, Hailey, Jonathan (son), Kimberly (daughter) and Justin (son-in-law). Front row: Cody, Brooklyn, Brody, Caitlin and Ashlynn.



Michael (Class #196) and Lesah Castoria

In Grateful Memory



LASD



SHERIFF SANDRA HUTCHENS EOW: JANUARY 4, 2021



Trailblazer, legendary and unwavering” are but a few of the many words that have been used to describe the late former Orange County Sheriff Sandra Hutchens, who died on January 4 at the age of 65 after a lengthy battle with breast cancer.

Hutchens was recognized as one of the most notable women in law enforcement across the nation, with a career spanning more than four decades across two agencies.

Hutchens began her law enforcement career with the Los Angeles County Sheriff's Department. She graduated from the Academy in 1978 and worked as a deputy at the Sybil Brand Institute women's jail before transferring to work patrol in Lynwood. She rose through the ranks and, by 2003, was named division chief of homeland security for the Department. Hutchens retired from the Department after 32 years.

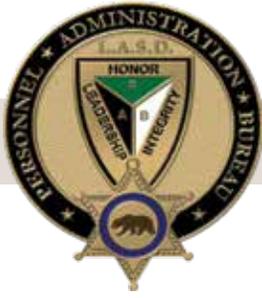
“She was patient, calm and had a calming influence,” retired L.A. County Sheriff's Commander Mike Parker told the *Los Angeles Times*. “She was wise ... she was a great leader.”

A year after her retirement, in June 2008, Hutchens was appointed sheriff of the Orange County Sheriff's Department, becoming the 12th sheriff in the county's history and the first woman to lead the agency. She was elected to full four-year terms as sheriff in 2010 and 2014. During her tenure, in November 2012, she was diagnosed with breast cancer. She served as sheriff for a decade before announcing her retirement in June 2017.

“Sheriff Hutchens lived her life and led this agency with courage, grace and dignity. She bravely closed her life in the same manner,” Orange County Sheriff Don Barnes said in a statement. “When I last spoke to her, she was strong, maintained her sense of humor and continued to have a deep love and appreciation for the people of Orange County.”

Hutchens is survived by her husband, Larry Hutchens, a retired assistant police chief with the Los Angeles Unified School District.

The Sheriffs' Relief Association extends its deepest condolences to the family, friends and colleagues of Sheriff Sandra Hutchens. May she rest in peace. ☆



By PAB Staff
Personnel Administration Bureau

EMPLOYEE RECOGNITION

Administrative Services Manager I Peter Flores, assigned to the Classifications Unit, recently graduated from the Law Enforcement Leadership Development Institute, Class #19. The graduation took place Friday, December 11, in the STARS Center gymnasium.

The Law Enforcement Leadership Development Institute, formerly known as the Deputy Leadership Institute, requires participation in a program designed to stimulate personal leadership and ethical decision-making skills in law enforcement employees. The curriculum consists of planning, organizing, directing, inspiring, challenging and developing others. We congratulate Peter on his achievement in this program and wish him the best in his continuous growth throughout the Department.



For more information about the program, contact the Training Bureau's Professional Development Unit.

FRIENDLY HOLIDAY COMPETITION

Retirement season is in full swing and the Personnel Processing and Compliance Unit (PPCU) is working hard to ensure everything gets handled as it should. The pace is so hectic, it's hard to believe that only a few months ago, staff members had time to decorate their desks and work areas in celebration of the holidays.

Each year, a contest is held and PPCU staff pulls out all the stops as they good-naturedly compete for prizes and bragging rights, and 2020 was no exception! There were many creative entries, including Hello Kitty- and *Star Wars*-themed trees. After touring the floor, Captain McBride and Lieutenant Bille awarded first place to ESA I Susan Zhou for her enchanting Santa's workshop, which overflowed with brightly wrapped toys and gifts, and awarded second place to ESA II Blanca Macias's Charlie Brown-themed cubical. Third place went to STC Selin Eskandary's



ESA I Susan Zhou awarded first place.



ESA II Blanca Macias awarded second place.



STC Selin Eskandary awarded third place.

LASD-themed tree and angel wings light display. All of our participants did a terrific job and helped make the holiday season a little brighter and a lot of fun!

RETIREMENT ANNOUNCEMENT

Rosalva R. Montanez, aka Rose, of the Employee Service Center (ESC) has retired after serving the County of Los Angeles for over 37 years. Rose originally joined the Sheriff's Department on April 11, 1978, as a clerk. She then promoted to an intermediate clerk in July 1982 at IRC. During that same year, Rose left the Department to move to Central California.



On January 30, 1984, Rose was rehired with the Department as an intermediate clerk. In March 1988, she promoted to an assistant payroll clerk. Rose then promoted to a payroll clerk II in May 1992 and joined Personnel Bureau. In August 1994, she promoted again to an employment services assistant II.

Rose has remained an ESA II since then, and in 2003, she became part of the original opening team of the Employee Service Center. During the last 37 years with the Department and 18 years with the Employee Service Center, Rose has continued to demonstrate outstanding service and dedication. She has become a vital asset to ESC and will be greatly missed. Her knowledge and understanding of the Department's policies and procedures has made her a valuable resource.

Rose will leave behind large shoes to fill. She was not only the go-to person for her working knowledge, but she was also a familiar face to everyone.



Rose, on behalf of the Employee Service Center, we wish you the best of luck on this new chapter. May you create more memories with your family, have more time to share with your church and enjoy many more road trips. We thank you for your outstanding service throughout your career and we wish you the very best in your new chapter in life!

VIRTUAL MEETINGS – THE NEW NORMAL

The PAB Operations Team coordinated our Bureau's first management team meeting of the year in late January. Traditionally, we hold these manager meetings quarterly in order to keep in touch, stay abreast of current and important information, share updates, establish goals and, in some cases, just catch up with each other.

We weren't going to allow the COVID restrictions to prevent us from getting together this year, which meant we had to adapt. One of our Bureau goals is to ensure that all of our unit managers and supervisors understand the use of virtual technology. If you've ever been part of a virtual meeting, you know that they are not without some hiccups. Although everyone has access to Microsoft Teams through our Sheriff's Department accounts, we learned that we have the basic platform that does not include a call-in phone

number. Not everyone has a camera and microphone installed on their desktop, so we had to come up with an alternative audio option. For that, we used a traditional conference number. Despite the minor challenges, several of our personnel were keen enough to use their smartphones to access the virtual meeting. In true PAB fashion, we were able to improvise to get the job done.

The virtual meeting was a success with close to 50 personnel on the call. Some folks gathered in small groups, while others accessed the meeting at home while they were teleworking. As of the writing of this article, the COVID situation in L.A. County was still dire, so it was very important for us to maintain responsible separation and social distancing.

Even without COVID restrictions in place, this may be a positive alternative for the future. It will give more access to personnel to attend and limit the amount of resources usually spent when coordinating a large number of personnel to meet in person. At PAB, we are constantly looking at more efficient ways to keep progress moving forward for the benefit of our Bureau, its employees and our entire Sheriff's Department. ☆



FROM THE DOCS

By Dr. Matthew Schumacher

PANDEMICS AND POLITICS: BUT HOW ARE YOU DOING?

The ongoing COVID pandemic and political unrest have increased stress and strain for many LASD employees and their families. As essential employees, most of us have been asked to work throughout the pandemic, admirably performing duties while weighing and managing risk of exposure against the greater public good. In many cases, we have loved ones at high risk of illness, and on-the-job exposure may mean you have been unable to see them for long periods of time. While you may not feel at risk of serious illness secondary to a COVID diagnosis, many of your peers and co-workers are or do. How does the LASD family remain supportive and aware of our collective fears and concerns, while at the same time ensuring public safety? But even more importantly, how are *you* doing with all of this?

Human beings, even those working in law enforcement, are social creatures who thrive with social connections. My mother, for example, who is elderly and in a high-risk category, spent time with me during two of the longer lockdowns. While my work may have raised her risk of exposure, her being with me also prevented her from being isolated. She also, however, has been unable to see her new grandbaby or to help ease the burden of a newborn for my brother and his family. Though mom has learned to use technology to find ways to connect, she admits to feeling helpless or powerless to do what seems most needful and normal. This experience is far from unique, as I have heard similar and far worse stories from many of you. The truth of COVID is that the social supports and investments we normally count on may be dramatically changed or even absent. We have missed birthdays, graduations, weddings, baptisms, holidays and other events crucial to our sense of belonging, support and well-being. How are you

and your family adapting? How do you take stock of what is missing and what has been gained through new technology and new habits? Do you talk to your co-workers about these losses or missed memories? Have you been able to talk openly about the things you are needing as COVID restrictions head into a second year? But even more importantly, how are *you* doing with all of this?

Here in L.A. County, we have had a very particular form of social and political unrest, and many of you have been called upon repeatedly to provide protection for our citizens as they engaged in protests and even civil unrest. Uniquely for law enforcement, you have provided physical security for people who are protesting current law enforcement practices or other perceived injustices. On more than one occasion, you may have been asked to face bodily risk of harm, and in some cases, you may have been threatened or even injured. As friends and co-workers of mine do what brave men and women invariably do in times of great stress (their duty), I have found myself alternatively deeply proud of and impressed by your selfless efforts, and deeply dismayed and angry at the willingness of the others to put you in harm's way. I have found myself more frustrated, as I have felt that so much is being asked of you with so little public acknowledgement. Because of this, I would like to express my family's gratitude and acknowledgment for keeping all of us safe. But even more importantly, how are *you* doing with all of this?

In short, 2020 through present has been very tiring, exceptionally abnormal and often difficult. Following a long season of political and social unrest *during* COVID, there is no one set of advice or rules psychological science can provide for these unique and uncharted waters. Many deputies and staff may feel frustrated, angry, anxious, depressed and tired.

Some may even feel betrayed and undervalued. These understandable reactions can negatively impact quality of life, physical health and damage relationships. For some, the reactions may be more impairing or made more painful by social isolation. Without doubt, our LASD family has experienced some moral injury as a result. Moral injury is a deeply felt sense that things are unfair or not as they ought to be. It is highly common among both sworn and civilian/professional law enforcement personnel, but rarely discussed. Research has shown that psychologists alone are not likely the best way to address this issue. It is more important than ever to lean in to one another and ask, "But how are *you* doing with all of this?"

So we need your help. This is a great opportunity to enhance unit and Department utilization of peer support and chaplains. It is a great opportunity to reach out to one another. We must lean in together to provide and receive the support that has and will continue to maintain us all during trying times. In the coming months, you may be asked questions about the support you give to and receive from one another. Technically called Peer Support, we together are the key counterbalance to moral injury. We look forward to hearing what you think. You may be approached with questions about the unique way you may experience moral injury or observe it in your friends and co-workers. Above all, we hope you will ask and be asked, "But how are *you* doing with all of this?"

If you would like our support (either from a psychologist, a chaplain or a Peer Support member), please contact Psychological Services Bureau at (213) 738-3500 to learn more about our services or to schedule an appointment. Your appointment is confidential and free. To obtain additional information, you may visit our intranet site at <http://intranet/intranet/ESS/Index.htm>. ☆

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Are your **beneficiaries up to date**?

Call SRA at **(562) 946-7081** or **(800) 544-4772** today.
You can also go to www.sheriffsrelief.org to contact us.



By Juan Sanchez and Tracy Stewart
Norwalk Station

2020 AWARDS

Each year at Norwalk Station, all personnel are able to vote on whom they believe performed the best during the year. Congratulations are in order for the following personnel: Sergeant Tom Spinks, Deputy Jeremy Licona, Detective Mayra Duarte, C/A Adrienne Winn, LET Hilda Velasquez, Secretary Debbie Diaz, Reserve Rinaldo Alberico, CSO Anthony Lopez and Trainee Daniel Song.



ARREST OF THE MONTH (DECEMBER 2020)

The December arrest of the month went to Deputies Guy Davis and Miguel Valdovinos.

Deputies Davis and Valdovinos conducted a traffic stop of a vehicle. As they approached the vehicle, they noticed the rear passenger making furtive movements as if he was trying to conceal something under his seat. The driver of the vehicle was found not to have a driver's license. They had all the occupants exit the vehicle. They contacted the rear passenger who they observed making furtive movements. The suspect was on formal probation for the negligent discharge of a firearm. While conducting a probation compliance search of the vehicle, they recovered a loaded short-barreled rifle under the suspect's seat.



MORE GUNS AND DOPE TAKEN OFF THE STREETS

In the month of December, we had a total of five capers involving Norwalk Station deputies taking suspects into custody for possessing firearms. During those arrests, eight loaded firearms were recovered. Additionally, we had five other capers involving suspects placed under arrest for possessing heroin, methamphetamine and cocaine for sales.

DETECTIVE CASE OF THE MONTH (DECEMBER 2020)

The detective case of the month for December went to Detective Ramiro Arguello. Detective Arguello was assigned a case that involved a suspect who called in two prescriptions using an unknowing doctor's name and DEA number. Shortly later, the suspect arrived and successfully obtained the prescriptions. Detective Arguello obtained the video evidence in a timely fashion, and upon viewing the video, he recognized the suspect as one who was positively identified during a different case that he assisted with. Detective Arguello conducted extensive research into the suspect's prior arrests and current probationary status. He found that the same car (a Porsche) was driven by the suspect in prior cases. He learned the suspect had previous arrests and convictions related to fraudulently obtaining prescriptions. The case was presented to the district attorney's office, which resulted in numerous felony charges being filed against the suspect. ☆





By Erin Stibal
Facilities Services Bureau

Like most bureaus in the Department, Facilities Services Bureau had a challenging and unprecedented year. From budget cuts to fires to COVID-19, the men and women of FSB weathered the storm and continued the essential work that they do. In 2020, FSB handled 63,940 work orders for service! Pandemic or not, the work must be done to ensure the LASD facilities are safe and well-maintained.

EMPLOYEES OF THE QUARTER

In January, FSB Director John Carillo recognized two recipients of Employee of the Quarter for the fourth quarter of 2020 (October through December), one from the Line Staff (crafts) and one from the Administrative (office) staff, who were selected by the FSB management team.

Plumber Lucio Rodriguez was honored as the fourth quarter Line Staff Employee of the Quarter for his work not only on the Projects crew, but for stepping up during this COVID-19 pandemic. During this quarter, several of our plumbing shops were affected by COVID-19, and all personnel in the shops needed to quarantine for several weeks at a time. In each instance, Lucio stepped up by altering his assignments and taking on a bigger role in maintenance and repairs in the different regions. He made himself available to be the on-call plumber, responding to numerous calls after hours for several weeks in a row to assist the Bureau in its time of need. For his unwavering assistance in the time of need as well with his strong work habits, Lucio Rodriguez was selected as the Employee of the Quarter. Congratulations, Lucio!

Operations Assistant II Wendy Mullin (Gardner) is assigned to FSB headquarters and handles the Injury and Health section; she has always been instrumental in the health and welfare of our 440-plus staff members. During COVID-19, Wendy quickly adapted to the needs of the Bureau and should be commended for her 24/7 efforts. With a bureau this size, it takes tremendous coordination to maintain all the records of staff who have been affected by the virus. She has kept impeccable records, provided updates to the Department, continually reviewed the new notices and directives, and made recommendations on how to proceed. If you are one of the many effected employees of FSB, you can



FSB Director John Carillo, Line Staff Employee of the Quarter Lucio Rodriguez and FSB Manager Dennis Allen



Administrative Employee of the Quarter Wendy Mullin (center)

attest to the work that she does is a big relief to all. Wendy reaches out to staff who are in quarantine to check on them and offer assistance, and then reviews the Return to Work guidelines at the end of the quarantine period with them. With the guidelines from the Centers for Disease Control (CDC), state, county and the Department ever changing, she keeps up on all new directives, thus ensuring our staff are being well taken care of. For her hard work, care and dedication in dealing with this unprecedented issue, Wendy Mullin was selected as the fourth quarter Administrative Employee of the Quarter. Congratulations, Wendy!

IN MEMORY: EARL YOUNG

FSB lost one of its own when Senior Equipment Maintenance Worker Earl Young passed away on December 31 after a brief battle with COVID-19.

Earl was born in Belize and moved to the United States in 1978. For years, he worked in construction in the Los Angeles area, building many homes, apartments and commercial spaces. In February 1997, he joined LASD/FSB as a general maintenance worker, and he was promoted to a senior equipment maintenance worker in 2000. Earl loved his job and the FSB team, and he took great pride in his work. He is survived by his wife of 37 years, Diane, seven daughters and eight grandchildren.

From FSB Director John Carillo: "I have known Mr. Earl Young for over 20 years, and from the time we met to the last time we spoke, he was always a positive person with never a harsh thing to say. Earl was a person who would always greet you with sincerity and a smile. Looking back at the many years I have known Earl, several things stand out. He was a kind person, hard worker, took pride in his work, was always willing to assist others no matter what the situation was and was a proud man. I can honestly say Facilities Services Bureau and anyone who he came in contact with were better because of him. If you worked with him once, he would remember you and make you feel as he has known you for a long time. Earl's passing hit me hard; we have not only lost one of the all-time great people in FSB, but a friend and family member to all of us."

FSB Assistant Director Clint Yates commented: "With the unexpected passing of FSB family member Earl Young, I find myself extremely saddened for the loss of such a great person and longtime work companion. It was December 2000 when I first met Earl while assigned to Men's Central Jail and Twin Towers. I have fond memories of Earl and his close friends, Derek Harris and Patrick Kelly, always

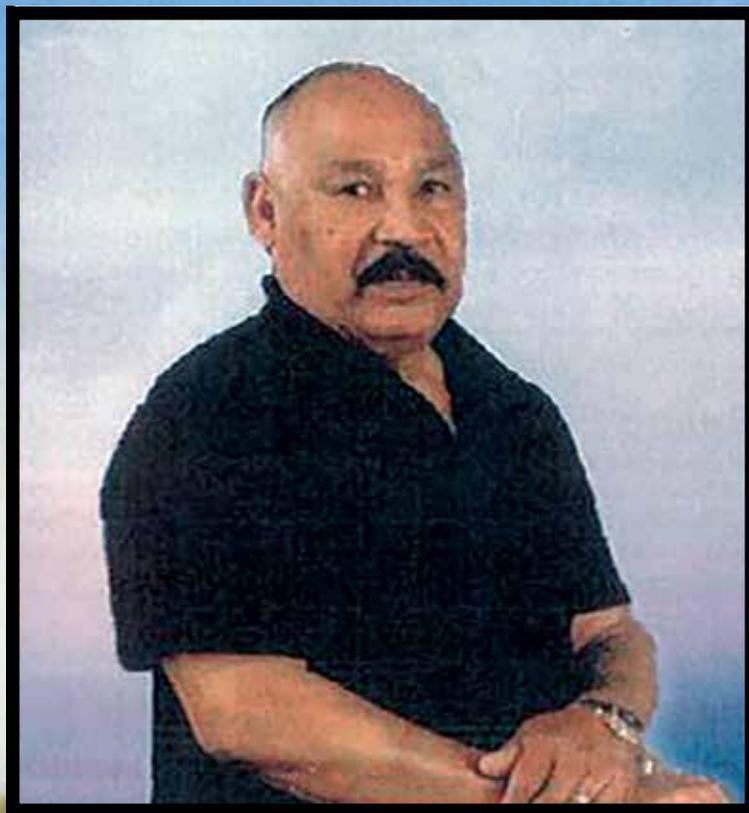
enjoying their work and making the very best of any situation. Earl would always take time to pull me aside to have a generous conversation, whether it be about work or personal life. I wish we had many more years to enjoy his company. One of a kind. My thoughts and prayers are with his close friends and family. God bless them all."

It was evident that Earl touched many lives as so many of his supervisors and colleagues used the same words to describe him: kind, humble, helpful, influential, always positive, supportive and grateful. Building Complex Manager Efrim "Mark" Wilborn said he has the utmost respect for Earl, as he was a father figure, mentor and a friend who always encouraged him to do more.

FSB Manager I Ricardo Amarillo summed it up with his thoughts to Earl: "From all of us who were not only your co-worker but your friend, we will miss you fishing, golfing and our gatherings. RIP, brother, friend." ☆



In Loving Memory of



EARL H. YOUNG



By Ronald Sneed
Palmdale Station

PLM GIVING TREE

With the pandemic casting an unfamiliar shadow on the 2020 holiday season, we knew spreading holiday cheer and assisting families in need would be vital. Palmdale Station partnered with several local organizations and volunteers to help sponsor/facilitate our first PLM Giving Tree.

Parents and family members were invited to come down to Palmdale Station and submit Christmas wishes that were placed inside ornaments and hung on our station tree. Wishes could range from toys for children to essential needs like clothing or food. From there, community members could request an ornament to adopt a family. Families that were not adopted were handled by station personnel. Deputies and volunteers went shopping for families and fulfilled their holiday wishes.

The PLM Giving Tree was able to provide gifts for over 220 local families in need. Plans to expand the event for 2021 are already underway!



PLM HOOK OF THE MONTH: ASSAULT WITH A DEADLY WEAPON SUSPECT ARRESTED AND WEAPON RECOVERED

On December 15, at approximately 6:35 p.m., Deputy Michael Pierson was patrolling the area of 11th Street East and Avenue Q-12 when he heard approximately 10 gunshots coming from Courson Park. As he relayed this information to Palmdale units via his radio, he observed a white SUV leaving the park at a high rate of speed. Based on his observations, he believed the vehicle had just committed the shooting at the park. Deputy Pierson initiated a vehicle pursuit for a short distance and the vehicle yielded. During the investigation, expended casings were recovered inside the vehicle, a firearm was located along the route of the pursuit and a gunshot victim was transported to Antelope Valley Hospital.

“Mike, you are commended for your proactive police work and dedication. Your calm and professional demeanor demonstrates the high standard of excellence that you set for yourself. Thank you for your excellent work and for making the city of Palmdale safer.” — Sergeant L. Molina, Palmdale Station





STATION BARBECUE TO HONOR FALLEN CHP OFFICER ANDY ORNELAS

On December 2, CHP Officer Andy Ornelas passed away from injuries sustained during an on-duty traffic collision. Overwhelmed with sadness and empathy, Deputy Mike Courtial planned a tri-tip barbecue at the Palmdale Station to honor our fallen brother, with all proceeds going directly to the Ornelas family.

LASD deputies, CHP officers and L.A. County Fire Department personnel took part in the fundraiser and helped raise over \$2,400.

Rest easy, brother, we'll take it from here. ☆

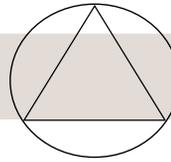


CHP Officer Andy Ornelas
EOW: December 2, 2020

STAY UP TO DATE!

Check out news and events at www.sheriffsrelief.org

Peace Officer's Fellowship



By Willis Bragg

WHAT CAN YOU BE PERSUADED TO DO?

There is a lot of marketing that goes into advertising products with the intent to encourage their purchase, including everything from product name, style of the logo, shape of the container and color of the product itself. Marketing experts also spend time putting together the perfect words to sell the product, often telling us how it will make our lives better. Companies are also using social media influencers and focusing on “feel good” activities, such as music performances, sporting events and large gatherings.

You may be surprised to know that the alcohol industry's voluntary codes for marketing and promotion emphasize responsibility, leading to messaging such as “drink responsibly” or “think before you drink.” However, according to a 2014 study completed by The Johns Hopkins Bloomberg School of Public Health, while most of the ads analyzed (87%) incorporated a responsibility message, none actually defined responsible drinking or promoted abstinence at particular times or in certain situations. Additionally, when responsibility messages were accompanied by a product tagline or slogan, the messages were displayed in smaller font than the company's tagline or slogan 95% of the time.

While these are good messages if consumers notice them and heed their warnings, they could also be considered laughable attempts at making it seem that the alcohol companies really care about your well-being (which, of course, they do, as they want you to buy more of their product). While it

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

may be a drink or two for some, or five or six for others, we know that, at some point, alcohol causes your reactions to slow, your skills to diminish and your perceptions to be skewed. This is the impact of alcohol on the brain/body whether you are aware of the changes or not, and no matter who you are.

But all that's irrelevant, because there is someone behind you who is very aware of those changes, and they're inviting you to join them on the side of the road by lighting the way in shades of red and blue. Your day just dramatically changed. What do you

do? You know that piece of brass in your pocket works wonders and offers you elite membership, but how about now? Are you entitled to a break? Identifying oneself when stopped is something all sworn members know to do, usually because we are armed and need to let the officer know.

Are deputies different these days? Are some forgetting that we are in a “fraternity” and supposed to take care of each other? Or maybe, they just are not aware times have changed. We should all be aware that law enforcement does not tolerate DUIs as they seemed to have done several years ago. Police agencies are demanding more and better accountability from their personnel regarding laws. Whatever the reason, why would you put that burden on a brother or sister officer? Let's say you have control over your drinking, it is not worth taking the chance. Don't drink and drive!

If you are having trouble gauging your limitations or not sure of how to set them in the first place, give me a call or talk to one of our docs at Psychological Services Bureau (PSB) at (213) 738-3500. Together, we can try to put you back on the right course. The first step is yours to take, but we will be with you for each subsequent step if you want us to be.

The people listed on this page have agreed to give up their anonymity so that others who are in need of help can access support from a POF member. Don't worry about bothering us; helping those with drinking issues is one of the ways we stay sober. ☆

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.



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.*

Michael D. Adams
PDC South Facility

Derrick D. Alvarez
Data Systems Bureau

Gordon L. Baker
Industry Station

Terri R. Bass
Crisis Negotiations Team

Jessica P. Brothers
Bureau of Labor Relations and
Compliance

Gloria M. Canchola
Personnel Administration Bureau

Linda J. Collis
Lancaster Station

Timothy C. Cooper
PDC South Facility

Kyle G. Cox
Court Services West Bureau

James W. Dalton
Court Services West Bureau

Angel J. Dominguez
Bureau of Labor Relations and
Compliance

Kim L. Dorsey
Personnel Administration Bureau

James T. Ellington
Civil Management Bureau

Richard J. Engel
North County Correctional Facility

David W. Evans
Twin Towers Correctional Facility

Andrew M. Ferreira
Inmate Reception Center

Gwendolyn Hall
Fiscal Administration

Jeffrey F. Hamil
Inmate Reception Center

John E. Horst
San Dimas Station

Craig L. Johnson
Scientific Services Bureau

Roosevelt Johnson
Custody Division Headquarters

Maxine D. Kallenberger
Risk Management Bureau

Steve D. Kim
Internal Criminal Investigations
Bureau

Jimmy B. Ledesma
Food Services Bureau

Joseph P. Ledwidge
Training Bureau

Vickie L. Lincoln
Men's Central Jail

Eleanor F. McCartan
Records and Information Bureau

Rosalva R. Montanez
Personnel Administration Bureau

Leslie H. Moore Jr.
Court Services Transportation
Bureau

Joseph P. Morien
Parks Bureau

Donald J. Prince
Narcotics Bureau

Phyllis J. Pro
PDC North Facility

Debra L. Ray
Personnel Administration Bureau

Robert E. Renteria
Aero Bureau

Marcos Reynosa
Population Management Bureau

Primo A. Ritumban Jr.
Twin Towers Correctional Facility

Evelyn J. Robertson
Century Regional Detention Facility

Randall R. Ruelas
Major Crimes Bureau

April S. Russell
Civil Management Bureau

Janet L. Sandor
Internal Criminal Investigations
Bureau

Michael J. Schaap
Logistics/Central Supply

Gary D. Sloan
Homicide Bureau

Bill I. Song
Technology and Support Division
Headquarters

Eric K. Takafuji
Inmate Reception Center

Alvin A. Taylor
Men's Central Jail

Andrew D. Thompson
Crisis Negotiations Team

Patrick A. Unkle
Inmate Reception Center

Dwayne T. Uyeda
Facilities Services Bureau

Cornell E. Wilkins
Court Services West Bureau



The Chaplain's Notebook

By Chaplain Paul Canas
Lakewood Station

POLICE STRESS

As a deputy, one thing you can bank on: you'll face a lot of pressure on the job. Just one example? Making high-stakes decisions in a split second.

The question isn't if stress will happen, the question is how you deal with it when it comes. Do you have a plan to handle it beforehand? Or do you just play it by ear?

You're trained to keep your feelings in check. You need to, of course, to get the job done. But, over time, this can lead to a "pressure cooker effect." The tragedies you see can start to add up. As one cop said, "This job can take a bite out of your soul ..."

I knew a deputy who watched a person die in a car fire. This traumatized him so much that on the way back to the station, he ran a red light before realizing how affected he was. Fortunately, he had the smarts to request a break from patrol in order to regain his balance.

A life out of balance will "come out" some way — for example, in excessive aggression or behaviors (booze, gambling, sexual addictions, fights at home, etc.). Booze might take the pain away for a while, but the underlying problem remains. I've known deputies who've lost their careers due to just one night of too much partying. I suspect you've known them, too.

If you need to talk to someone, to get things off your chest — no matter how big or how small — we chaplains are here for you. We don't judge; we support and assist. Your confidentiality (other than mandated reporter issues) is protected by the California Evidence Code, under clergy privilege. What's discussed with the chaplain, stays between you and the chaplain.

And remember, despite our "tough guy/gal" law enforcement culture, real strength is asking for a hand when needed. Everyone does at some time. *No human anywhere, at any time, ever made it through life — especially a happy and fulfilled life — on their own.*

You have heard, of course, about basic things that can help with stress: regular exercise, healthy eating, adequate sleep, meditation, prayer, listening to music and so on. Surround yourself with positive people on your days off. Relax. Nap. Have fun with your family and friends! I suggest you look at these as "deposits" in your bank of wellness — so you'll have reserves to draw on when you need them. And stressful times will come.

The psychiatrist and Holocaust survivor, Viktor Frankl, put it this way: We can't change what happens to us; we can only change how we react to what happens. "The one thing you can't take away from me is the way I choose to respond to what you do to me. The last of one's freedoms is to choose one's attitude in any given circumstance."

I believe God has called you. Be proud of yourselves and your careers. It takes a special person to do what you do. But effective care of others starts with taking care of yourself! ☆

L.A. County Retired Marshals Lunches for 2021

ALL LUNCHES ARE SCHEDULED FOR 12 NOON

March 3

Damon's

317 N. ... Blvd.

Glendale

CANCELED

July 7

San Antonio Winery

737 Lamar Street

Los Angeles

November 3

Yang Chow

3777 Colorado Blvd.

Pasadena

April 7

Villa Tepeyac

2200 E. Garvey Ave. S.

West Covina

August 4

Black Angus Steakhouse

560 W. Huntington Drive

Monrovia

December 1

Villa Tepeyac

2200 E. Garvey Ave. S.

West Covina

May 5

Katella Bakery

4470 Katella Ave.

Los Alamitos

September 1

Katella Bakery

4470 Katella Ave.

Los Alamitos

June 2

Wood Ranch BBQ & Grill

400 S. Baldwin Ave.

Arcadia

October 6

Rodrigo's Mexican Grill

11805 Artesia Blvd.

Artesia

☆ IN MEMORIAM ☆

THOMAS L. ABERNATHY	RETIRED 01-17-67, DECEASED 10-30-20	DEPUTY/TST
PHILLIP J. BARRAGAN	RETIRED 03-29-20, DECEASED 12-22-20	DEPUTY/MCJ
MANFRED "MANNY" E. BARTSCH	RETIRED 04-01-95, DECEASED 01-03-21	SERGEANT/COURT SERVICES WEST
JOHN L. BIARD	RETIRED 07-04-89, DECEASED 12-20-20	CAPTAIN/NORWALK STATION
RICHARD J. BOWLES	ACTIVE, DECEASED 01-11-21	CUSTODY ASSISTANT/SCV
PHILLIP L. BULLINGTON	RETIRED 03-30-92, DECEASED 12-28-20	LIEUTENANT/TEMPLE STATION
LOUISE CALHOUN	RETIRED 09-13-89, DECEASED 01-18-21	CLERK/RIB
SANTIAGO R. CARRILLO	ACTIVE, DECEASED 01-25-21	DEPUTY/TWIN TOWERS
JOSEPH N. CASTORINA	RETIRED 03-30-81, DECEASED 01-25-21	SERGEANT/FIRESTONE/LENNOX BSC
LEONARD J. COURNOYER	RETIRED 12-17-84, DECEASED 01-04-21	DEPUTY/COURT SERVICES EAST
DONALD GARCIA	RETIRED 03-22-12, DECEASED 01-26-21	SERGEANT/DETECTIVE DIVISION HOMICIDE BUREAU
RUBEN A. GRACIA	RETIRED 03-22-12, DECEASED 01-08-21	SERGEANT/COURT SERVICES EAST
CHARLES E. HASKELL	RETIRED 03-31-05, DECEASED 01-03-21	DEPUTY/MIRA LOMA DETENTION CENTER
SANDRA S. HUTCHENS	RETIRED 03-26-07, DECEASED 01-04-21	CHIEF/OFFICE OF HOMELAND SECURITY
MELISSA S. LYSHOLM	ACTIVE, DECEASED 01-04-21	DEPUTY/PDC SOUTH
JOHN S. MAC QUARRIE	RETIRED 05-08-91, DECEASED 01-02-21	DEPUTY IV/EAST L.A. STATION
KENNETH A. MAIN	RETIRED 10-29-76, DECEASED 12-19-20	DEPUTY/INDUSTRY STATION
RUTH MARTINEZ	RETIRED 09-12-05, DECEASED 11-01-20	COURT RECORDS SYSTEM CLERK/ COURT SERVICES EAST
FRANK E. MCKAY JR.	RETIRED 03-31-03, DECEASED 01-13-21	DEPUTY/TST
RICHARD E. MILLER	RETIRED 02-21-86, DECEASED 01-07-21	LIEUTENANT/SIB
JOSEPH C. MONARREZ	RETIRED 12-01-93, DECEASED 12-09-20	LIEUTENANT/NORWALK STATION
CHARLES MURRAY	RETIRED 03-30-13, DECEASED 01-13-21	CUSTODY ASSISTANT/CRDF
LORETTA M. MURRIETA	ACTIVE, DECEASED 01-28-21	OAI/SIB
MELQUIADES "MIKE" ORTIZ	RETIRED 12-19-97, DECEASED 12-29-20	DEPUTY/IRC
MICHAEL D. PAPP	RETIRED 09-05-20, DECEASED 12-01-20	DEPUTY/SAN DIMAS STATION
VIVIAN A. PARKER	RETIRED 01-17-96, DECEASED 12-23-20	STATION CLERK/RIB
ESTHER M. RIOS	RETIRED 07-11-06, DECEASED 12-26-20	PROP CLERK III/CENTRAL PROPERTY
YVONKA L. SANDERS	ACTIVE, DECEASED 12-15-20	PAYROLL CLERK II/PERSONNEL ADMINISTRATION BUREAU/PAY & LEAVE
GEORGE M. SANDOVAL	RETIRED 12-30-12, DECEASED 01-07-21	DEPUTY/TWIN TOWERS
AGNES Z. VERGARA	RETIRED 12-31-13, DECEASED 01-03-21	RECORDS CLERK II/IRC
THOMAS M. VETTER	RETIRED 10-17-94, DECEASED 01-16-21	COMMANDER/ADMIN DIV HQ
EARL H. YOUNG	ACTIVE, DECEASED 12-31-20	EQUIPMENT MAINTENANCE/FSB
VANESSA GARCIA-RIVERA, WIFE OF ACTIVE MEMBER, LEONARDO GARCIA-RIVERA JR., DECEASED 11-15-20		
BARBARA GREENOUGH, WIFE OF RETIRED MEMBER, JAMES A. GREENOUGH, DECEASED 01-12-21		
SUSAN E. HINKLE, WIFE OF RETIRED MEMBER, GREGORY G. HINKLE, DECEASED 01-05-21		
ESTHER C. SCHULZ, WIFE OF DECEASED MEMBER, KARL H. SCHULZ, DECEASED 01-03-21		
TINA STEPHENS, WIFE OF RETIRED MEMBER, MARK R. STEPHENS, DECEASED 01-16-21		
MIGUEL VALDOVINOS, HUSBAND OF ACTIVE MEMBER, ROSA VALDOVINOS, DECEASED 01-19-21		

EACH MEMBER LISTED WAS PAID AN SRA SURVIVOR BENEFIT.

TEAM *TEMPLE*

By Lisa Rico
Temple Station

Well, what a month we've had! Our articles are a month behind, so I'm writing this in January. We've sworn in a new president; some are happy, some are sad and some just let their cheese slide off their cracker. Hopefully, by the time this is published, things will have calmed down, and just like the past 244 years, our country can remain strong and be a beacon of hope in the world. With that said, I hope and pray you and your families are doing well, staying safe and keeping the faith in the hard work and dedication we give to our jobs every day.

NEW CAPTAIN

I would like to welcome our newly appointed Captain Mark Reyes. Congratulations on your promotion and welcome home. Captain Reyes used to be here at Temple as a lieutenant. I was lucky enough to be under his guidance in Detective Bureau for a time, and I think he will be a great fit for our station.

I would also like to take this opportunity to say farewell to our former captain, David Flores. Congratulations, Captain Flores, on your retirement. I'm sure you're going to enjoy endless days of fly fishing in your new surroundings! Enjoy retirement to the fullest, sir, and thank you for your years of service to our Department. Thank you for your leadership and example to the troops here at Temple Station.

HOOK OF THE MONTH

This month goes to Deputies Nikola Drzenovic and Young Ko. While on patrol in the city of South El Monte, they witnessed several people loitering in front of closed businesses. They parked their vehicle and entered the area through an unsecured gate. They approached the four men on foot and inquired what they were doing in front of the closed businesses. They sat



Captain Mark Reyes

the men along the curb and detained them while conducting a loitering investigation. Upon questioning, two suspects indicated they had syringes on their person. One male had an amber liquid substance resembling blood, and another male had clean syringes. During further questioning, one of the suspects became agitated and confrontational, claiming the deputies had no right to detain them. His posture and demeanor was different than the other three males. When asked if he had anything illegal on his person, he looked extremely nervous and repeatedly asked why they were being detained, and stated the deputies had no right to search him. Needless to say, he was searched, and a black Glock 9mm automatic pistol, loaded with a 15-round magazine and 10 9mm rounds were found in the middle of his waistband. The two suspects with the syringes were cited and released in the field, one was let go with a warning for loitering. The

fourth suspect was arrested and charged with a felon in possession of a firearm, possession of ammunition, possession of a loaded firearm in a public place, possession of a stolen firearm and gang member carrying a loaded firearm. Great job, guys!

We have a special mention this month as well. Kudos goes to Deputy Audrey Malicek. While conducting patrol checks in a parking lot of a local hotel in South El Monte, she observed a male scooting out from underneath a Honda CR-V. He seemed frustrated and kicked the door. He then removed an electric Milwaukee Hackzall hacksaw from under the vehicle. There have been a lot of recent thefts of catalytic converters in the area, so she detained the suspect at gun point and requested backup after the suspect started to approach her.

After safely detaining the suspect, Deputy Malicek searched him and found

money rolled up around a black cellophane baggie, which contained a crystal-like substance consistent with methamphetamine. The suspect was placed in the backseat of her patrol vehicle while she continued her investigation. Deputy Malicek then picked up the hacksaw and felt the motor warm to the touch, and looked under the vehicle where she saw cuts to the exhaust pipes. It was determined that he was, in fact, attempting to steal the catalytic converter.

She asked her partner, Detective Gabriel Estrada, to check with the hotel manager for any surveillance footage of the incident, and he was able to obtain a copy of the video, as well as information on the registered owner of the vehicle.

Based on the evidence, the suspect was arrested and charged with grand theft and possession of a controlled substance. Great job, Audrey!

That's all for this month. Take care of yourselves and others. ☆

SHOW YOUR LASD PRIDE



↑ Sheriff Gaiter
\$9.99 Item #: 0118



↑ Youth LASD K-9 With Blue Line Glasses T-Shirt
 Sizes: S-XL
\$12.99 Item #: 2029



↑ LASD St. Michael T-Shirt
 Sizes: S-2X
\$18.99 Item #: 2157



↑ LASD Pint Glass
 Size: 16 oz.
\$7.99 Item #: 0604



← LASD Business Card Holder
\$12.99 Item #: 1517

↓ LASD Callaway Golf Clubhouse Pack
\$14.99 Item #: 0596



↑ LASD/Badge Heathered Compact Mirror
 Color: gray with silver writing
\$14.50 Item #: 1506



← LASD Old-Fashioned Glass
 Size: 14 oz.
\$8.99 Item #: 0581

For more info, visit 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



HOGUE PISTOL GRIPS

Comfort and Control



HandALL Beavertail Grip Sleeve (Glock Gen 1-2-5)

Fits Glock 17, 18, 19X, 20, 21, 22, 24, 31, 34, 35, 40, 41, 45 (Gen 1-2-5). Features beavertail design and cobblestone texture for increased comfort and grip.

Item #: 0990



S&W J-Frame Round Butt: OverMolded Rubber Monogrip

Fits S&W J-frame round butt models. Does not fit polymer Bodyguard models. Designed for a tight and secure fit.

Item #: 0997



HandALL Beavertail Grip Sleeve (S&W and Ruger)

Fits S&W M&P Shield 9mm and 40, and Ruger LC9 and EC9 models. Features beavertail design and cobblestone texture for increased comfort and grip.

Item #: 0995



HandALL Hybrid S&W Grip Sleeve

Fits full size M&P 9mm, .40S&W and .357SIG (.357Auto) models *only*. Does not fit Shield, .22LR or .45ACP models. Features beavertail design and cobblestone texture for increased comfort and grip.

Item #: 0994



S&W K- or L-Frame Round Butt Nylon Monogrip

Fits S&W K- and L-frame round butt models. Nylon material provides durability and can be carved and cut like wood for customizing if desired.

Item #: 0999



HandALL Beavertail Grip Sleeve (Glock Gen 3-4)

Fits Glock 17, 18, 20, 21, 22, 24, 31, 34, 35, 37, 40, 41 (Gen 3-4). Features beavertail design and cobblestone texture for increased comfort and grip.

Item #: 0991



HandALL Beavertail Grip Sleeve (Glock Gen 3-4)

Fits Glock 19, 23, 32, 38 (Gen 3-4). Features beavertail design and cobblestone texture for increased comfort and grip.

Item #: 0992



S&W K- or L-Frame Round Butt Rubber Monogrip

Fits S&W K- and L-frame round butt models. Synthetic rubber material provides comfort and durability.

Item #: 0998



HandALL Beavertail Grip Sleeve (Sig Sauer)

Fits Sig Sauer P365 models. Features beavertail design and cobblestone texture for increased comfort and grip.

Item #: 0996

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

Sheriffs' Relief Association Emporium locations: SheriffsRelief.org/store

STARS Center, Whittier (562) 946-7271 | PJP Rancho, Castaic (661) 257-5320

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

**LOWEST PRICES
GUARANTEED!**

See a Lower
Price in Any Store?
We'll Beat It!

BAGS

Grab and Go

10% discount on the bags listed on this page for the month of March. Must mention ad to receive discount. Offer ends on March 31.



Bailout Bag 9L

Made for active shooter response teams. Outside pockets house six standard AR magazines or three .308 magazines. Built from rugged, lightweight, all-weather 1050D nylon with adjustable quick-release strap. Available in black only.

Item #: 1085



Rush24 Backpack 37L

Nearly 30 individual compartments and perfect for any situation. Features adjustable shoulder and sternum straps, 60-oz. hydration pocket, SlickStick-compatible web platform and more. Available in black and double tap.

Item #: 1097



Blade 30 Backpack

Made with durable fabric that dries quickly to keep your gear protected. Features dedicated pockets and compartments for your laptop, eyewear, tools and more.

Item #: 1088



Extractor Sling Pack 2.0

Sixteen-inch-high pack has dual-zip main compartment, padded tablet sleeve, Velcro panels and daisy chains. Available in Blackout, Blackout TBL and Coyote.

Item #: 1086

Guardian Gear Model 2060 Bulletproof Backpack With Threat Level IIIAx Compartment

This everyday backpack provides a discreet layer of lightweight ballistic protection. Featuring an included Level IIIA ballistic panel with multiple pockets to hold schoolbooks, supplies, a laptop and duty gear, this backpack can keep you or a loved one safe if tragedy strikes.



Features:

- Large mesh side pockets hold beverages or other gear
- Roomy compartments open wide for easy packing
- Built-in padded computer sleeve holds most 15" notebook computers
- Comfortable padded grab handle

Ballistic panel specifications:

- Threat rating: NIJ IIIA bulletproof level
- Weight: 20 ounces
- Made with UHMWPE fabrics to create a lighter panel
- Fully sealed to protect against liquids, chemicals and harsh elements
- Maintenance free

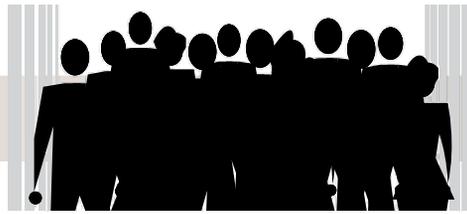
We're not in it for profit — we're here to serve you.

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





PEER SUPPORT PROGRAM

By Rachel De Hoyos

YOUR RELATIONSHIP WITH ... JOB AND MARRIAGE

Do you love what you do? Is this career, the one you are in at the moment, always something you dreamed of doing? A career you are dedicated and committed to doing? Or has the love for your career changed? Has your mentality/ideas changed? Do you wake up in the morning, afternoon or even at night now dreading and feeling unmotivated to go to work? Does it seem like you just go to work now because you have to continue to get a paycheck and keep the good health insurance?

What about your marriage? Is the flame still there or has your relationship changed? Are you an individual who believes your significant other has changed from when you first met them? Do you feel like you and your significant other are just two completely different people?

Believe it or not, this is what happens in life. You will not love every day of your job or your relationship. There will be days of struggle, of questioning, of frustration and of doubt, but you have to remember why you first fell in love with your job and your significant other. Like anything else, there is always a honeymoon stage where everything seems perfect. There is no doubt you are happy, but what happens when the challenges in life come your way? Whether it be at work where your hard work, dedication and commitment are not even acknowledged, or at home when you feel your hard work, dedication and commitment to your significant other/relationship are not acknowledged, what then? Do you just give up?

I read an article in *Psychology Today* that talked about relationships and how they change/evolve over time. The following are a couple of bullet points I felt are helpful in any relationship, but may also be utilized for your career.

Meet your partner all over again: "Research tells us that partners in the healthiest relationships are always getting reacquainted, checking in regularly because they're interested in each other's lives and evolution." There are things that constantly change in our lives, including ourselves. You may notice a change in your significant other first and think to yourself, "This is not the person I married," but guess what, you have changed, too. It is a good thing to evolve and change. Embrace those changes within

yourself, but also embrace the changes in your significant other. Take time "... stay connected ... five minutes of genuine presence and loving attentive interest can make a world of difference" to actually see who your significant other has evolved into, to see who they have changed to be and the things they love to do.

You can use the same concept for your career. Get reacquainted, see how you have evolved in your thought process and see/give yourself credit for how positive this can be in your career.

You can't do it alone: "... couples who maintain a consistent division of household and relationship tasks may be deprived of the boost of positivity received from a partner's expression of gratitude ... when you routinely take care of something, it becomes your job; when something is your job, it fosters less gratitude from your partner." Take time to notice all the big/little things your significant other does at home and within your relationship. When was the last time you thanked your significant other for doing the laundry, cooking or watching the kids, to name a few? Or have the responsibilities of life become routine, and now, in your mind, that is what they are expected to do. "Being appreciated not only feels good, it also motivates you to do more."

The same can be applied in our careers. Yes, we have probably fallen into the routine where we are expected to handle/not handle certain incidents/tasks, but make an attempt to change it up. Take on something challenging so your partners around you may begin to once again notice what you are capable of accomplishing.

Don't stop believing: "... have faith that you can make it; the belief that you're in a relationship that will last may influence its quality and prospects." Sometimes this can be easier said than done. Relationships can be challenging no matter how short or how long you have been in the relationship, but one thing that can maintain that relationship is the belief/faith that you can make it. If you truly love the person you are with and understand the stresses in life might be influencing each other's emotions/doubts, sit down and actually have a conversation. Allow yourself to actually listen to your significant other's concerns, but make sure to also voice your own concerns. Understand that different emotions, doubts and concerns are normal; you may not be feeling/seeing the same things, but it

is OK. If an impartial opinion is needed, always seek help.

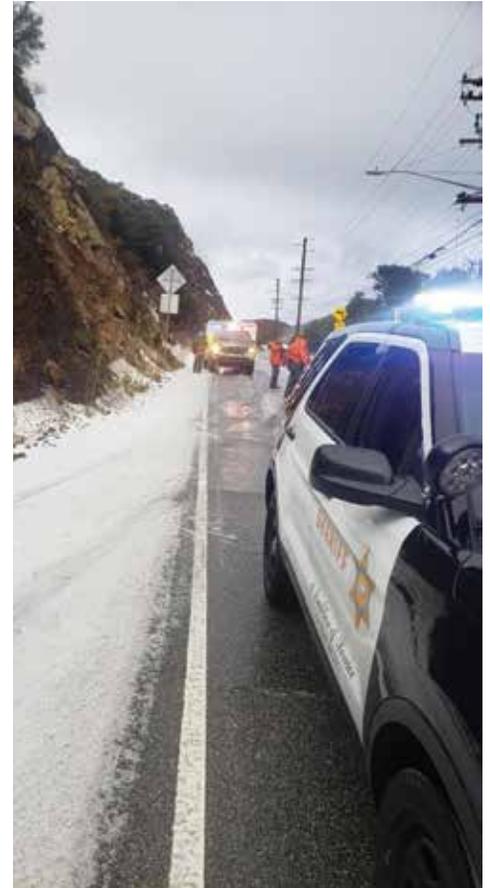
In our careers, especially during difficult times, we can lose confidence/faith, but when you have a strong/stable foundation, a belief that cannot be easily changed, we have no doubt that we can get through anything that may come our way. Continue to believe in yourself, your family, your faith and your country.

As always, Psychological Services Bureau (PSB) is here to assist you with life struggles if needed. We have a great team of psychologists, chaplains and Peer Support Program members who are always here to lend an open ear or provide additional resources. Our services are confidential and free of charge, and can be accessed by calling (213) 738-3500, Monday-Friday (8 a.m.-5 p.m.).

ACKNOWLEDGMENT

I want to take this moment to thank Sergeant Rodolfo "Rudy" Cortez, a Peer Support Program member for over 22 years, more specifically the Officer (Deputy) Involved Shooting Team (OIS). Rudy will be retiring from the Sheriff's Department this month, and I, along with Dr. Medina Baumgart and the whole PSB team, want to thank Rudy for his commitment and dedication to the OIS team. Within his 22 years of service to the OIS team, he had over 110 debriefs with deputies involved in shootings (998s) throughout the county. Most of these responses were done on his own time to help a fellow partner in need. I hope he does not mind, but the following is from an email he wrote to myself and Dr. Baumgart regarding his time on the OIS team: "Being on this team has been one of the highlights of my career. It has been my honor to have been able to help my partners over the years ... my appreciation for what they (we) do gave me pride, and at the same time humbled me. I thank God for this great opportunity."

Thank you, Rudy! We wish you the best in your retirement and your future endeavors. ☆



I JUST FOUND IT LIKE THIS ...

During a routine patrol check in the city of Malibu, Deputies Barragan and Menejyan observed an illegally parked vehicle. After running the plate on the vehicle, they discovered the vehicle was stolen. Backup units arrived and the occupants of the vehicle were successfully detained. During their search, deputies located a bindle of methamphetamine, 72 Xanax pills, numerous small baggies for packaging, a large denomination of miscellaneous currency, a counterfeit California driver's license, a billy club, a black ski mask and two pellet guns resembling firearms. The suspects were arrested and charged with identity theft, possession of a controlled substance for sales, possession of a prohibited weapon, driving without owner's consent, possession of counterfeit identification and contributing to the delinquency of a minor. Great job, Deputies Barragan and Menejyan!

FIRE DAYS TO SNOW DAYS

So what happens when Malibu freezes over? A few weeks ago, when California was experiencing quite the New York-style cold front, Malibu Canyon turned a little more than just icy! The popularly traveled canyon road between Calabasas and Malibu has been many things in the last decade — like smoky, muddy and rocky — but snowy? Not so much. Some deputies on scene said it appeared to just be a lot of hail, but I'd say it's more fun and exciting to imagine it as snow. ☆



BUT WHO'S COUNTING?

We want to extend a big congratulations to Deputy Miner, who received his 15-year pin, and Sergeant Miller on his 25 years of dedicated service to our Department. I'd say you guys deserve a vacation! (Scheduling ... hint, hint.)

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

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

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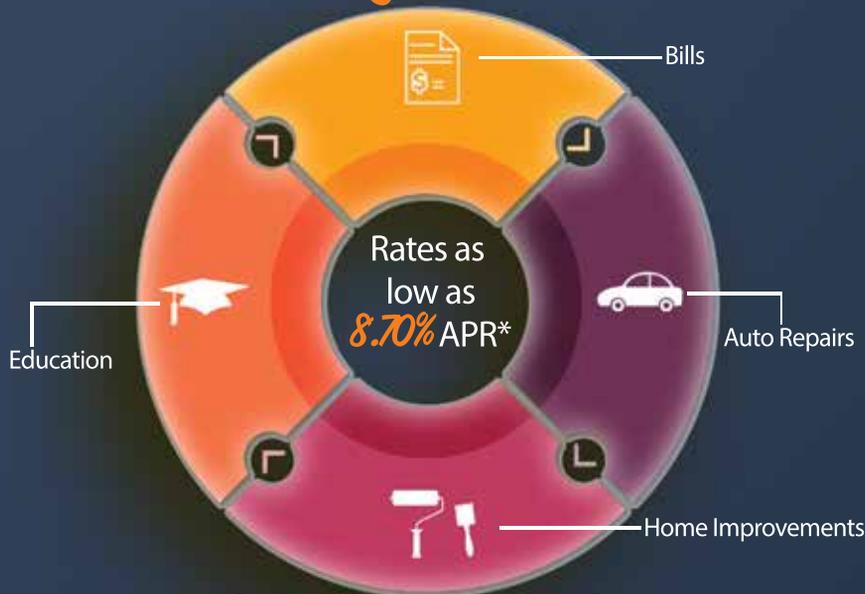


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