



VOL. 82 NO. 4

AUGUST 2021

# STAR NEWS

SHERIFFS' RELIEF ASSOCIATION

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# STAR NEWS

THE OFFICIAL PUBLICATION OF THE SHERIFFS' RELIEF ASSOCIATION

Vol. 82 No. 4.....August 2021

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## OFFICERS

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Vice President ..... Diane Stone  
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*Cover photo by Chris Miller*

# Trustees Monthly Meeting

The regular meeting of the Sheriffs' Relief Association convened on Thursday, June 10, 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, Mike Fratantoni, Joe Hartshorne, Steve Katz and Conrad Meredith; and Bill McSweeney, General Manager. Trustees not present: Chuck Becerra, Oscar Martinez and Glenn Walsh.

The meeting was called to order at 4:33 p.m. A motion was made by Trustee Fratantoni, seconded by Trustee Stone and unanimously carried to approve the minutes of the May 23 meeting and the April Foundation expenditures.

## COMMUNICATIONS

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

From the Yoshiko Wu family to SRA, "The family of the late Yoshiko Wu wishes to express our deep appreciation for your support and kindness extended to us during our bereavement. We

thank you for the beautiful flowers, monetary gifts and for your presence at the funeral."

From retired LASD Sergeant Bill Thompson to SRA, "On behalf of my colleagues both current and retired, I wanted to take this opportunity to extend our heartfelt gratitude to SRA. On May 26, we honored our former members of the Special Enforcement Bureau who had died in the prior 12 months. Because we were not able to individually celebrate their service given the restrictions of the past year, it was with heavy hearts that the 22 LASD officers were remembered that day. The day was shared with over 100 active, retired and family members. We sincerely appreciate the floral stars that were sent in acknowledging these men's service to our Department and community. Again, we are grateful for the continued support of Sheriffs' Relief."

From Steve Davis to Bill McSweeney, "I really enjoyed seeing your Board again. You do a great job for the association and all of the people you assist. Thank you for being valued clients."

## BENEVOLENT REPORT

MORTUARY BENEFITS PAID DURING MAY: \$126,000

MORTUARY BENEFITS PAID YEAR TO DATE: \$910,000

## MEMBERSHIP REPORT

There were 5 new membership applications received during the month of May: Sienna Arbis, Alejandra Hernandez, Brianna A. Ramirez, Joanna Romero and Michael J. Rossi.

We had 1 death of an active member, 12 deaths of retired members, 2 cancellations of active membership, 1 cancellation of retired membership, 6 new honorary associate members and 2 deaths of honorary associate members for the month of May.

There were no members who resigned, and 3 who transferred from the Sheriff's Department/Relief Association during the month of May.

## ADJOURNMENT

At 5:26 p.m., a motion was made by Trustee Stone, seconded by Trustee Abdeen and unanimously carried to adjourn the meeting of the Sheriffs' Relief Association, Sheriffs' Relief Foundation and Sheriffs' Relief Services, Inc. ☆

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*Los Angeles County  
Sheriff's Department*



# 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)

**O**n Wednesday, June 2, the **Desert Heat Retirees** got together in Lake Havasu City, Arizona, at the Elks Lodge for their monthly luncheon. They met at 11:30 a.m., and at noon, the 19 retirees entered the dining room for a gab session and lunch. Everyone ordered from the menu and received separate bills. There is a no-host bar. Those attending this month were: Jerry Gillen, George Bachmeier, Norman and Chickee Nelson, Mike Robbins, Doug Muchmore, Kevin Gavaghan, Mike Castorina, Tommy Jimenez, Brian Smith, Robert Pellerin, Allen Fulkerson, Phil Cook, Raye Morales, Frank Leal, Wil Escalante, Jeff Tesdahl, Larry Schwartz and Timothy Cain. Several of the retirees decided to join the Elks Lodge while they were having lunch. The Desert Heat Retirees group meets the first Wednesday of every month and all retirees are welcome! If you are driving by Lake Havasu the first Wednesday of the month, drop on in and have lunch with a great group of people. If you have any questions, you can contact Jerry Gillen at [lnx1993@yahoo.com](mailto:lnx1993@yahoo.com).

On Saturday, June 5, the **Compton P.D. Alumni** got together for a meet and greet at the Huntington Beach P.D. Stress Relief Center (man cave) from 11 a.m. until about 3 p.m. It had been a while since we have all been together. We hope everyone has fared well during the past year. This pandemic has certainly changed the way we live. The mask has become part of our apparel. Bobby Barr and Frank



**Compton P.D. Alumni.** Front row: Bret Garland, Chief Mike Nunez, Chief Ivory Webb, Bob Knapp, Denise Ford, Betty Borowski, Bob Orosco, Chief Earle Robaitaille, Sandy King, and Chickee and Norman Nelson. Back row: Peter Grim, Chief Hourie Taylor, Art Camaillo, John Wilkenson, Bud Johnson, Jackie Grant, Sidney "Sugar" Moore, Dale Mason, Barry Chase, Rocky Dijello, Tony Ruiz and Robert Barr.

## NEXT LUNCHEON:

Thursday, August 19, 2021  
11:30 a.m. Buffet \$10.95  
*Villa Catrina Restaurant*  
251 N. Santa Anita Ave.  
Arcadia, CA 91006



**Lake Havasu Retirees luncheon.** Front row: Mike Robbins, Mike Castorina, Chickee Nelson, Tommy Jimenez, Wil Escalante and Raye Morales. Back row: Frank Leal, George Bachmeier, Doug Muchmore, Larry Schwartz, Kevin Gavaghan, Norman Nelson, Brian Smith, Timothy Cain, Jerry Gillen, Allen Fulkerson, Phil Cook and Robert Pellerin.

Villegas invited everyone to join them in Huntington Beach. It was safe since the majority of us were vaccinated senior citizens. If you felt safe, they wanted you to join them. If not, continue to hunker down and be safe. They provide pizza, Subway-type sandwiches and drinks. No charge, just a donation if you wished to donate. Twenty-three people showed up. Those attending were Bret Garland, Chief Mike Nunez, Chief Ivory Webb, Bob Knapp, Denise Ford, Betty Marlow Borowski, Bob Orosco, Chief Earl Robaitaille, Sandy King, Chickee and Norman Nelson, Peter Grim, Chief Hourie Taylor, Art Camaillo, John Wilkenson, Bud Johnson, Jackie Grant, Sidney "Sugar" Moore, Dale Mason, Barry Chase, Rocky Dijello, Tony Ruiz and Robert Barr.



**Homicide luncheon:** Gil Carrillo, Jim Jacobs, unknown, Rich Lopez, Rene and Janette Laporte, Ike Aguilar, Mitch Lohman, Scott Carrier and Jim Solar



**Homicide luncheon:** Ermalinda Bendy, Vicky McKown, Jacque Franco, Susan Garcia, Pam Schrick, and Chickee and Norman Nelson



**Homicide luncheon:** Tom Rosas and Art Medina

*continued on page 6*

On Thursday, June 10, **Homicide and Friends** got together at *Steven's Steak House* for their monthly luncheon that just started back up. Those attending the luncheon were Pam Schrick, Susan Garcia, Jacque Franco, Vicky McKown, Ermalinda Bendy, Jim Solar, Scott Carrier, Mitch Lohman, Ike Aguilar, Jim Jacobs, Rich Lopez, Rene and Janette LaPorte, Norman and Chickee Nelson, Art Medina, Tom Rosas and Gil Carrillo. They had a special menu for us this time. The food was delicious and a lot of it! Most of us took a doggy box home for dinner. This luncheon was in memory of Don Garcia, Ike Sabean and other Homicide deputies who have crossed over. This is the 100th year of Homicide with the Los Angeles County Sheriff's Department. Due to COVID-19, they were not able to have a 100-year celebration. In May 2022, there will be a big celebration to honor the 100 years of Homicide, so be prepared to attend. It is going to be a great event. More information to follow when dates and times are confirmed. If you have any questions about the Homicide luncheons, you can contact Gil Carrillo at [gil187@aol.com](mailto:gil187@aol.com).

On Friday, June 11 to 13, the **Sunshine Rollers** got together at Bonilli Bluffs in San Dimas. It was a beautiful weekend at Bonilli. Members present: Ron Moya (wagon master), John and Pat Mascaro, Mike and Kathy Ponce de Leon, Tom and Cathy Smith, Norman and Chickee Nelson, N.C. Nelson III and Natalia Felix, Manuel and Sonja Cruz, and Tony Espitia. Welcome guests: Petrona and Guadalupe Felix, Olivia Franco and Carlos Morales, and James and Miguele Calhoun (guests of N.C. and Natalia). A thank-you to Wagon Master Ron Moya — we enjoyed the chorizo and egg and pancake breakfast on Saturday morning! Thursday dinner was bring your own steak to cook, along with baked potatoes and all the fixins'. All the boys pitched in and cooked breakfast both Friday and Saturday, so thanks a bunch! Our usual potlucks were Friday



*Lakewood Retirees luncheon. Front row: Peter Mack, Tom Laing, Jerry Berry, Randy Algra and Ron Morgan. Back row: Mike Wilson, Bob Ruegger, Ed Dahlstrom, George Boswell, Dennis Flinn, Chickee and Norm Nelson, and Mike O'Hara.*

and Saturday night. *Future campout schedule:* August 1 to 8: Pismo Beach. September: Kingsburg — wagon masters are Ventura and Genny Espitia. October: Vista Elks — wagon masters are Steve and Ruth Powell. November: Tom Smith is looking into the Orange County Fairgrounds. December: Christmas luncheon. — Kathy Ponce de Leon (in Terri's absence)

On Monday, June 14, the **Lakewood Retirees** got together at *Ricci's Italian Restaurant* in Bellflower. It was a beautiful, sunny, warm day in Bellflower. We all gathered outside in the patio area. Everyone was feeling well and ready to enjoy lunch at Ricci's. Those attending were the following retirees: Bob Ruegger, Dennis Flinn, George Boswell, Randy Algra, Peter Mack, Tom Laing, Jerry Berry, Ron Morgan, Chickee and Norm Nelson, Mike O'Hara, Mike Wilson and Ed Dahlstrom. Have a great summer. Lunch with past workmates is a great way to start off the summer! — Ed

On Thursday, June 24, the **Temple Retirees** got together at the *Peppertree Café* in Glendora for lunch. The following people were there: Jim Solar ('89), Linda (Wiggins) Herek ('89), Peter Loomis ('00), Mary Leef ('14), Dave Kading ('96), Liz Mackey ('05), Mike Gill ('14), Jaime Baltazar ('18), Dale Thompson ('09), Dave

Christie ('99), Arleen Gray ('17), Laura Yriarte ('12), Rick Summers ('98), Steve Voors ('03), Carol "CJ" Richards ('81), Bill Richards ('84), John Simmers ('86) and sons, Charlean (Gottesman) Allen ('82) and Richard Smith ('92). — Richard A. Smith Sr.

On Friday, June 25, as I left the house at 5:30 a.m. to attend the **Antelope Valley Retirees** breakfast, I reflected on how beautiful the morning was. Summer early mornings in the Antelope Valley are invigorating; the day is calm, slightly cool, and the desert aroma is refreshing. I arrived at *Denny's* and met with early arrivals Ron Nybakken, Glenn Hutchinson and Don Ott. Eventually, another 10 retirees arrived, and we settled into conversations.

Sitting at one end of the table, I was unable to lend an ear to the conversations at the far end. The conversations at my end of the table revolved around the subject of old-timers/partners and the days of working "down below," referencing L.A. Some time was spent commenting on traveling, especially the costs of motels, fuel, etc., versus flying. I commented, actually bragged, about our Toyota Camry hybrid, which has a 13-gallon gas tank that gets us 43 to 49 miles per gallon on the open road. I want to brag a little more here. Our grandson, Cameron Valdez, graduated from Lancaster High School with a 4.2 GPA, was selected as a valedictorian and was accepted to the Embry-Riddle Aeronautical University as an Air Force reserve. My wife and I are proud of him. On Saturday, June 12, my wife and I attended a memorial for retired Sergeant Howard Crusan at the Lancaster United Methodist Church. I was very pleased to see a sheriff's star wreath and sheriff's honor guard who folded and presented the American flag to his widow. Attending the breakfast: Glenn Hutchinson, Ron Nybakken, Fred McNutt, Dennis Watters, Don Ott, John Ament, Tom Ewens, Dennis Papp, Ron Shreves, Vance Kirkpatrick, Pat Hood, Keith Hoyt, Tania Owens and yours truly, Carlos Valdez. All LASD retirees are welcome to attend the A.V.



*Sunshine Rollers: Ron Moya, John Mascaro, Tony Espitia, Manual and Sonya Cruz, Kathy and Mike Ponce de Leon, Norman Nelson, Norman Nelson III, Natalia Felix, Guadalupe and Petrona Felix, Pat Mascaro and Tom Smith*

breakfast. For information, contact Carlos Valdez at [valdez5150@msn.com](mailto:valdez5150@msn.com). Until next time, stay safe and enjoy retirement.

On Saturday, June 26, the **Western Kentucky/Tennessee Retirees** luncheon was held at *Jonathan's Grille* at 7135 S. Springs Drive in Franklin, Tennessee, at 11:30 a.m. It was a nice, warm, humid day. This was our first time at Jonathan's, and judging by the overwhelming comments, we will be back. The luncheons are in different places in Kentucky and Tennessee. Those attending this luncheon were Scott Orr, Larry Anderson, Ron and Brenda Anderson, Margarita De La Vega, Bryon and Gerry Burnham, Rebecca Fulton, Fred and Loretta Haemker, Bob Warden, Steve and Betty Kleffman, Norman and Chickee Nelson, and Mike and Debra Centofante. If you have questions about these luncheons, you may contact Mike at [Kidcento@yahoo.com](mailto:Kidcento@yahoo.com).



*Western Kentucky/Tennessee Retirees luncheon. Front row: Byron Burnham, Mike and Debra Centofante, and Chickee Nelson. Back row: Scott Orr, Larry Anderson, Ron and Brenda Anderson, Margarita De La Vega, Gerry Burnham, Rebecca Fulton, Loretta Haemker, Bob Warden, Fred Haemker, Betty and Steve Kleffman, and Norman Nelson.*

Recently, the **Northern NV Retired LEOs** group had their quarterly luncheon. Thanks to Jeff and Kim Donahue in South Reno, who

graciously hosted our luncheon, and Kim did a great job cooking the barbecue pulled chicken, baked beans and providing all the ancillary dishes, water and drinks. The turnout was great — the weather was quite warm, but Jeff and Kim have a beautiful home and backyard, beautiful landscaping and lots of shade for us. Sorry, too lazy to list everyone's name, but retired folks and their significant others from all over Northern California, LAPD and LASD.

On Thursday, April 1, the 4th Annual **LASD Retired North Central Texas HR-218 Qualification** was held at the Denton County Sheriff's Department Weapons Training Facility. There were approximately 80 retirees in attendance. A special thank-you to Sheriff Tracy Murphree and the range staff for donating the range and staff for this event. — Marshall Baird, [mwbaird.lasd206@gmail.com](mailto:mwbaird.lasd206@gmail.com)

In January 1857, a group of outlaws led by Juan Flores and Pancho Daniel terrorized the citizens of San Juan Capistrano (Los Angeles County in 1857), committing robberies and murder. Los Angeles County Sheriff James Barton formed a posse of five men and rode south. On January 23, 1857, near a mound of land located at the now-405 and 133 freeways, a large gun battle ensued between Barton's posse and the outlaws. During the gunfight, Sheriff Barton, Deputy Charles F. Daly and Constables William H. Little and Charles K. Baker were slain. Multiple posses from Los Angeles County eventually tracked

Charles F. Daly and Constables William H. Little and Charles K. Baker were slain. Multiple posses from Los Angeles County eventually tracked



*Northern California, LAPD and LASD folks*



*LASD Retired North Central Texas HR-218 Qualification on April 1*

down and arrested Flores and Daniel. The site of this shootout, known as Barton Mound, was well documented in 1857 and was registered as a state landmark in 1935 — state landmark 218! All four are listed in the California Peace Officers' Memorial as killed in the line of duty! As I was sharing during our conversation, I am facilitating the Barton Mound Project, which is the approval and acquisition to place a standalone mounted plaque acknowledging Barton Mound, state landmark 218, and the site where Sheriff Barton, Deputy Daly and Constables Little and Baker were killed. Though this site is located at the 405 and 133 freeway interchange, there has never been a plaque or other type of physical acknowledgment of this landmark or any historical reference at the actual site of this well-documented law enforcement tragedy. As of this date, we have acquired preliminary verbal approval from the city of Irvine official, who is assisting me in maneuvering through the city's approval process, including the determination of the actual location for placing the plaque. In addition, we have also been in contact with the California Office of Historic Preservation. Once they receive the property owner's permission (city of Irvine), they must finalize approval for any publicly placed landmark plaque and inscription. The representative who assisted me was very pleased to hear of our efforts to place a landmark plaque near the site of Barton Mound. Furthermore, we acquired a preliminary draft of the plaque's appearance and proposed inscription, as well as acquired funding to eventually purchase and install the mounted bronze plaque. The completion of this project would not be possible without the assistance of retired LASD members Jerry Boyd, John Stanley and Bret Parker as we facilitate the completion of the Barton Mound project! — Best regards, retired Tom Laing

Mark October 1 to 3 on your calendar for the Serra 75th Retreat in Malibu for the Los Angeles County Sheriff's Department. It will be here before we know it. Hope to see you there, because you will enjoy it! Continue to enjoy your life and retirement because that is what retirement is all about. Until next month, signing off. — Chickee Nelson ☆



By Juan Sanchez and Tracy Stewart  
Norwalk Station

## SERVICE AWARDS

This month, several of our personnel were presented with service awards: Deputy Everett Maldonado for 40 years of Department service, Deputy Cheryl Hand for 30 years of County service, Sergeant Jeff Creager for 30 years of Department service, Lieutenant Tracy Stewart for 25 years of Department



service, Sergeant Tom Spinks for 20 years of Department service, Deputy Elisa Duran for 15 years of Department service and Deputy John Balarosan for 15 years of County service.

## ARREST OF THE MONTH (JUNE 2021)

The June arrest of the month went to Deputies Anthony Mendoza and Miguel Valdovinos for their arrest of a suspect who was a convicted felon in possession of three firearms and methamphetamine for sales. Deputies Mendoza and Valdovinos were conducting a follow-up investigation in an effort to locate the suspect who was wanted for child endangerment and reckless driving. During their investigation, they located the suspect. Upon contact, she admitted to being in possession of methamphetamine. Recovered from the suspect's person was a plastic bag containing a large amount of methamphetamine. Recovered during a search of the suspect's luggage were three firearms, several ammunition rounds, a digital scale and a credit report in the suspect's name. Two of the firearms were ghost guns, while the third had a serial number. The suspect was additionally charged with being a gang member in possession of a firearm, possession of a controlled substance while armed and child endangerment.

## MORE GUNS AND DOPE TAKEN OFF THE STREETS

In the month of June, we had a total of seven arrests resulting in Norwalk Station deputies taking suspects into custody for possessing firearms. During those arrests, nine loaded firearms were recovered. Additionally, we had eight arrests resulting in suspects placed under arrest for possessing methamphetamine, cocaine, heroin and Xanax for sales.

## DETECTIVE CASE OF THE MONTH (JUNE 2021)

The detective case of the month for June went to Detective Mayra Duarte. Detective Duarte was assigned to investigate a grand theft shoplifting case where the informant viewed the theft via video and recognized one of the suspects from prior thefts. She conducted a search of other cases involving the named suspect and located numerous open cases (Temple Station,

Industry Station and Norwalk Station). She was able to identify the second suspect via video. She contacted a Compton Court deputy district attorney who had an open case involving the suspect who agreed to pursue all of the related cases together. Detective Duarte worked with the detectives from Temple Station and Industry Station and presented the cases together. She was able to get a felony filing on both suspects for grand theft and shoplifting.

## FAREWELLS AND WELCOMES

Detective Gam Marshall, who spent about four years at Norwalk, is transferring to Special Victims Bureau. Detective Marshall did a great job at Norwalk. The personnel in Detective Bureau presented Detective Marshall with a plaque, thanking him for his hard work and for being a great partner.



Deputies David Corral and Cesar Del Castillo transferred to TSB. Deputy Corral worked a crime and traffic car in Norwalk and La Mirada. He also spent some time as the La Mirada school deputy. Deputy Del Castillo worked a crime car on EM shift. Thank you, both, for the hard work and dedication while working at Norwalk.

We welcomed Deputies Sarah Partlow from IRC and Jacob Craig from Court Services. They are currently in our field training program. Additionally, Deputies Allen Walker and Aaron Escobedo transferred from TSB, and they are working overlap cars in Norwalk. ☆

# SAVE THE DATE

## Law Enforcement Serra Retreat

OCTOBER 1–3, 2021

The weekend of October 1–3, 2021, marks the 75th anniversary of the Sheriff's Department law enforcement retreat at the Serra Retreat house in Malibu. Retired Commander Tom Vetter took great pride in organizing and mentoring the law enforcement Serra Retreat group for over 60 years. On January 16, 2021, sadly, Tom passed away from COVID-19. Tom was excited about planning the big 75th anniversary of our group's attendance at the retreat house. The planning committee is planning a special weekend to honor Tom and a life well lived, both personally and professionally, as well as celebrating all of his contributions to the Serra Retreat and our special group.

The retreat house is open for retreats and following the state and CDC guidelines regarding cleaning protocols, social distancing and mask wearing. All home-cooked meals and voluntary presentations will be conducted in the open air. The retreat house is a 38-acre Franciscan facility located on a hilltop in Malibu. Keep in mind, outside patios are surrounded by immaculately maintained gardens, pathways and trails throughout the property, with breathtaking views overlooking the hills and the beautiful Pacific Ocean.

The retreat staff has made adjustments to the room assignments in order to meet standards set by the state and CDC. Each couple or individual will have a private bedroom and bathroom. Because of safe distancing, there will be fewer rooms available. Attendance will be based on confirmed commitments.

When attending, you have opportunities to go on quiet walks and enjoy the beautiful scenery in the Malibu Hills. You may also choose to quietly reflect and enjoy the beautiful setting by relaxing in the informal environment, or you may just need sleep and great home-cooked meals. Positive, uplifting presentations are also offered to everyone on a voluntary basis. Many retreatants enjoy walking or running down to the beach.

Those of you who are attending the retreat will begin your experience by checking in anytime after 1500 hours on Friday, October 1. Try to avoid traffic by leaving early. Friday's dinner will be served from 1700 to 1900 hours to accommodate late arrivals. Checkout time will be approximately 1200 hours on Sunday, October 3.

The Serra Retreat house is located at 3401 Serra Road, Malibu, 90265. Serra Road is located between Sweetwater Canyon Road and Cross Creek Road, directly off the Pacific Coast Highway. It is south of the old Malibu Sheriff's Station and across from Malibu Lagoon State Park.

All religious denominations are invited. This retreat is open to all members, both sworn and professional staff, active and retired, from all Los Angeles County law enforcement agencies. Spouses, relatives and friends are also welcome to attend.

For further information regarding the cost and reservations, please contact any of the following:

Patty Norris  
(818) 381-7698

Jay Sevoian  
(661) 992-4369

John Valencia  
(951) 316-3633

Gino Reale  
(661) 425-1219

Chuck Norris  
(818) 381-7649

Andy Thompson  
(714) 293-5898

Leo Bauer  
(661) 388-9650

Tony and Shiela Martins  
(562) 753-1963

Michelle Emeneger  
(714) 293-3891

Chickee and Norm Nelson  
(562) 760-0875

Ingrid Jefferys  
(909) 234-8151



By Erin Y. Liu  
Marina del Rey Station

In 1962, President Kennedy proclaimed May 15 as National Peace Officers Memorial Day and the calendar week in which May 15 falls, as National Police Week. In remembrance, the Los Angeles County Sheriff's Department Marina del Rey Station honored fallen law enforcement members in the 46th Annual Memorial Torch Relay Run. On Saturday, May 15, Captain Christopher Johnson proudly led the team, consisting of station personnel, family and community members, as they ran through the cities of Marina del Rey and Venice for approximately nine miles.



The run was highlighted by Deputy Velazquez, also a staff sergeant in the United States Marine Corps Reserves, who ran the whole course wearing his body armor. He carried the load admirably, inspiring each of us for the will to endure and challenge our physiological limitations. In our devotion to the run, there is a deep



respect for the women and men who made the ultimate sacrifice in the line of duty.

As the beloved stars and stripes start to cover our cities, Memorial Day has come. We honor and mourn the military personnel who have died in the performance of their military duties. We also want to take a moment to appreciate those who have served and are serving in the U.S. military.

Deputy Usher, currently serving as a master-at-arms petty officer 2nd class in the United States Navy, will return to work soon from his six-month deployment.

Deputy Velazquez served in the United States Marine Corps active duty from 2005 to 2015 as an infantryman and currently holds the rank of staff sergeant in the Selected Marine Corps Reserves. Deputy Velazquez participated in the support of Operation Iraqi Freedom in 2007, Operation Enduring Freedom in Afghanistan in 2008 and Battalion Landing Team 2/7, which operated in Southwest Asia in 2010.

We also want to salute the veterans from our station: Lieutenant Moffett (Marines), Sergeant Loughlin-Morales (Marines), Sergeant Grigorian (Navy), Detective Lemke (Navy), Deputy Felmer (Navy), Deputy Harvey (Navy), Deputy Mendoza (Army), Deputy Lemus (Marines) and Deputy Sanchez (Army). Thank you for your service! ☆





By Team SSB  
Scientific Services Bureau

## PHOTO/DIGITAL UNIT "LOSERS"

We'd like to offer some kudos to our Photo/Digital Unit for being big losers! The unit placed first in the Interagency Greatest Loser Challenge, which ended in June. The group lost a total of 36.6 pounds, an overall loss of 3.61%! Their team captain, Photographer II Andrew Linga, said, "I'm proud that our participants gave it their all, and it was great motivating each other to push the limits on how much weight we can lose. Another step to living a healthier lifestyle." Congrats, all!



## SSB CHARITABLE GIVING CAMPAIGN 2021

A silent auction to benefit the SSB Charitable Giving Campaign was held in June 2021. Some of the popular items included an Instant

Pot, a set of stainless steel mixing bowls and a three-piece wall plaque set that read "Love, Faith, & Hope." There were a large number of puzzles donated to the auction that had been purchased and completed during the COVID-19 lockdowns. The puzzles all found new homes! The bidding for the popular items got rowdy in the last five minutes as bidders gathered to ensure they had the highest bid for their desired item. Large applause and celebration echoed from the auction room that, in the end, wasn't so silent after all! Congratulations to all of the lucky winners!

as specialized teams of criminalists who respond depending upon the needs of the investigation. On average, the Bureau responds to an average of 65 major crime scenes per month. More recently, however, that number has increased.

Below is a chart that shows the number of major crime responses for the first five months of the year for 2020 and 2021. Comparing the same time period year to year, that's a 40% increase in major crime scene call-outs for 2021!

February and April 2021 were particularly busy, and the Bureau overcame many hurdles to keep up with the increase. Despite the challenges of

	January	February	March	April	May	Five-month total
2020	78	80	43	48	69	318
2021	70	111	71	107	86	445

## MAJOR CRIME SCENE RESPONSE

As you may already know, Scientific Services Bureau handles crime scene responses for L.A. County. Under the CSI umbrella is the Major Crime Scene Investigation program, which includes staff from the Latent Prints Unit as well

increased calls, the SSB crime scene responders continued to push through and provide quality, efficient service to all of our customers throughout L.A. County. ☆

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IN THE  
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the upper right-hand corner,  
click on the "JOIN" button.



By Jen Myers

LAS<sup>4</sup>D Spouses Supporting Spouses

### BEACHIN' TIMES

**O**n Sunday, June 13, LAS<sup>4</sup>D Spouses Supporting Spouses hosted a Family Fun Beach Day at Heisler Park in Laguna Beach. Our amazing hostess Crystal Vartanian and her husband, Mark, had the event catered by Richard Jones Pit BBQ. We had 45 members and their families in attendance. We set up at the top of the hill in the grassy area while many made their way down to the beach. Our kids made new friends and had a blast playing on boogie boards, making sandcastles, digging for sand crabs, and some felt their toes in the water and feet in the sand for the first time. The weather was warm, and the water was perfect. A special thank-you to Mark Claahsen for not only securing the spot for our group, but also giving me his parking spot when he left; Dianna for sharing her umbrella with the kids and me (I left mine up the hill and with two toddlers and a boogie boarding kid, I could not go back to get it); and Gina Moreno, Crystal Vartanian and their hubbies for being stand-ins for my husband, who had to work (deputy wife life). As usual, we came together like family, helped each other, looked out for each other's kids and had a blast!



### ENACTING CHANGE

Several weeks ago, a local news station released an Instagram promotional video for an upcoming documentary series observing the one-year

anniversary of George Floyd's death and the protests and riots that followed. There was an obvious bias and lack of inclusivity, depicting one side of the coin. A long-time, well-known, well-respected news anchor shared the video, which, to my surprise, was not well received. Many law enforcement supportive accounts, as well as individual accounts, shared their concerns, as did we.

We received a private message from the news anchor indicating that she did not produce the documentary and was merely sharing it. After a productive discussion where we voiced our concerns about the promotional video, the documentary, the biased news media that has an influence on the public causing unnecessary and dishonest division and the concerns and fears we as spouses share, she spoke with the producers, and they agreed to re-cut the promotional video to include law enforcement officers who were interviewed in the documentary. In her closing message, she shared, "This has been helpful. Thank you for your thoughts. Without such feedback, the promo would have never been changed."

As spouses, we are somewhat conditioned to privately support law enforcement. We have voices, but many of us are afraid to use them. We do not want to bring attention to our families

*continued on page 13*



LAS<sup>4</sup>D kids making new friends and great memories



# The Chaplain's Notebook

By Chaplain Silvia Bello  
Pico Rivera Station

## THE BLESSING AND HONOR OF BEING CALLED TO CHAPLAIN

In her book, *The Work of the Chaplain*, Dr. Naomi Paget writes, "Through humble service, unconditional acceptance, unwavering faith and uncompromising love, first responder chaplains earn the trust and confidence of those they serve ... *People won't care how much you know until they know how much you care.*"

I remember responding to an on-duty death — truly one of the most tragic and challenging moments for any law enforcement family. Arriving at the station, the shock of trauma was everywhere. What can we say at a time like this? Very little! What can we do? We can simply be there. Be available. Love everyone up. Hug those who want a hug. Pray in silence or aloud with those wishing to pray.

Fortunately, such incidents are rare. But that doesn't mean chaplains shouldn't always be available — in good times and bad, excitement or boredom, on patrol or in the station — to

support the spiritual well-being of deputies, "with whose care the Almighty has entrusted us," writes Rabbi Friedman (in *Spiritual Survival for Law Enforcement*).

Spiritual wellness knows no season, no clock. You can't just take it from the shelf, dust it off and put it back. "Chaplains have to know something about the human spirit and its longing to make the world a better place ..." Rabbi continues. "(We) have to recognize within the law enforcement officer his/her nobility of spirit ... Have to be able to acknowledge it and give honor to it, all the while avoiding empty flattery and pat answers about anything." Always.

Not having pat answers means meeting you in spirit where you're at, right now, right here, on your own unique path. Not to recruit you to any religion or to pretend we have easy solutions to life's never-ending enigmas (such as an on-duty or any unexpected death, or even lesser wounds from anxiety or depression).

No human can solve life's greatest mysteries.

"My thoughts and my ways are not like yours," God tells Isaiah, "Just as the heavens are higher than the earth, my thoughts and my ways are higher than yours." But together, we can learn to live with and even to rejoice in mystery, with purpose, peace and happiness.

Fr. Thomas Merton prayed: Although "I think I'm following Your will, that doesn't mean I'm actually doing so. But I believe that the *desire* to please You does, in fact, please You!" And if I have that desire, in all that I do, "You will lead me on the right road ..."

A good, competent chaplain can accomplish some pretty amazing things, writes Rabbi Friedman, often without uttering a single word! We call this a "ministry of presence." Good chaplains remind us that there are people who take the world of the spirit seriously. Good chaplains acknowledge that they see in you, our beloved deputies, a fellow high priest, in service to God and others — a person for whom the world of the spirit is significant. ☆

## LAS<sup>4</sup>D Spouses Supporting Spouses *continued from page 12*

for fear of being targeted. Many of us have even ended relationships with family members and longtime friends over what has gone on in recent years and the lack of support. We are having to defend not only law enforcement in general, but our husbands and wives. Sometimes, after hearing negative thoughts on law enforcement, they usually add, "but not *your* husband/wife." To be heard and to have this promotional video changed because of our plea was an immensely proud moment for our group.

### JOIN US!

To join us for our weekly hikes, pop-up boutique events, family gatherings, gift exchanges, lunch and dinner meetups, amusement park gatherings, fun, friendship, peer support, informational meetings and more, send us an email at [LASDspouses@gmail.com](mailto:LASDspouses@gmail.com). We will invite you to join our private and hidden Facebook page. If you don't have Facebook and still want to participate, we can add you to our email list. You can also follow us on our Instagram page, @lasd\_spouses. ☆





**By Brittany Fraser**  
Parks Bureau

## BE BRAVE

**S**tay back!" A group of kids scream in unison at the top of their lungs as they jump into their "brave stance."

The Be Brave program was created by Erin Runnion, the founder of the Joyful Child Foundation and mother of Samantha Runnion. In July 2002, Samantha was just 11 days shy of her sixth birthday when she was kidnapped from her front yard and murdered. Samantha loved to say the phrase, "be brave."

Parks Bureau deputies and security officers teach "Be Brave" classes to youth ranging from kindergarten to fifth grade. The classes and students are facilitated through the Los Angeles County Department of Parks and Recreation and take place at county parks.



The Be Brave program empowers children to stand up for themselves against violence. They learn what to do if they get lost, receive guidance on choosing safe adults and practice self-defense physical skills to avoid abduction.



While lost, Be Brave students are taught to use their voice and make a large scene, as most abductors try to remain inconspicuous. We also teach them to yell things, such as "You're not my mom! You're not my dad! Get away from me, I don't know you!" This is for bystanders to differentiate between children throwing a tantrum and an actual emergency involving a child in distress.

Staying in a place where there are other people around and not leaving the area where children last saw their safe adult are also important lessons. Occasionally, parents also participate in the class, assisting in helping children remember their home address and phone numbers for their parents and safe adults. Students also learn what to say to the operator when they call 9-1-1.

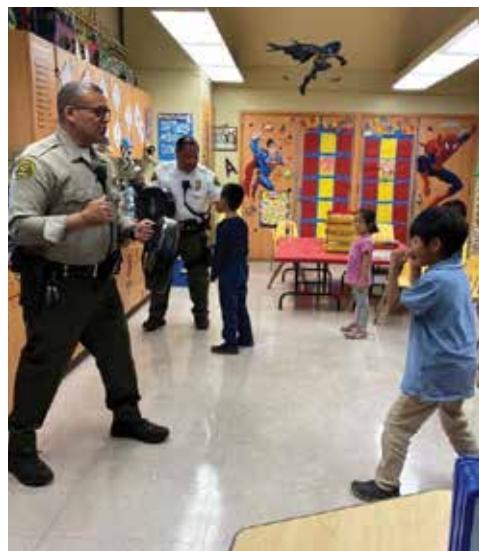
The traffic light exercise is always one of the class favorites. Children are presented with an array of life scenarios through photographs, and they are encouraged to make their own assessment of each situation. "Green" means the child feels safe and "yellow" means the child is uncomfortable and is

instructed to tell two safe adults they trust. "Red" represents an emergency, and children are directed to get to a safe place and call 9-1-1. In this exercise, the youth make decisions on their own and realize every circumstance is different. They build confidence in themselves and their judgment in situations that just don't feel right.

Tips and guidelines on dealing with strangers and walking home from school are also covered. They are taught to walk as far away from the street as possible. If a vehicle is following, they learn to run in the opposite direction of the car. Under no circumstances are they to get inside the vehicle of a person they don't know, even if the driver knows their name or knows the name of their parents.

Each student is presented with a trick scenario during which they respond, "No!" or "I'll get an adult for you!" During the tricks activity, we change our role from an instructor to a stranger. We offer them kittens, puppies, stuffed animals, video games, expensive shoes and more. We offer to make them rich and famous and tell them that they're special.





**THE Joyful Child FOUNDATION**



"No!" to the tricks and running away! This is great practice for a real-life scenario.

Storytime is the quietest part of the class. The book, *No Trespassing — This Is My Body!* by Pattie Fitzgerald is read to the students. The book is short and direct, so children understand the key points.

The kids would agree, punching and kicking the bags from their defensive "brave stance" is the best part of the class. They learn that even if the baddest person with the biggest muscles tries to kidnap them, they should never give up. We explain that the bad person has sensitive eyes, just like all of us. The kids learn "torpedo eyes," which form three fingers together, poking into the eyes, delivering a punch.

They also learn hammer punches, reverse elbow strikes and front kicks. They are taught not to stay and fight, but that the ultimate goal is to get away as quickly as possible. This is the "stun and run" strategy. Students also yell loudly during all the moves.

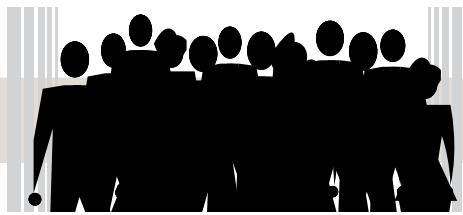
We ask to take their photo or offer them a modeling job. We ask for help finding our lost child or ask for directions. We drop our keys, which need picking up. We pretend to be hard of hearing, asking them to come closer, or we need help carrying a package. Despite the children having very helpful hearts, we explain it is not their job to help an adult they don't know. An adult needs to ask another adult for help. The kids always feel empowered and enjoy shouting

After each class, the students are presented with a "Be Brave" wristband to remind them to always be brave, stand up for themselves and that no one has the right to hurt them. They are encouraged to share information with friends to help others. The children always laugh when we remind them not to use their newly learned physical skills on siblings or friends at school.

Our instructors at Parks Bureau are dedicated and passionate about what they do. We have taught over 1,000 students, and all Parks Bureau Brave instructors agree, even if one life is saved from teaching, every second was worth the while.

The Be Brave program is taught countywide. If you would like to contact us regarding upcoming classes or with other questions, please find us on the Outlook user group, Parks Bureau Brave Class.

For more information on the Joyful Child Foundation or the Be Brave program, please visit their website at [www.thejoyfulchild.org](http://www.thejoyfulchild.org). ☆



# PEER SUPPORT PROGRAM

By Medina Baumgart, Psy.D., ABPP

## WORK-LIFE BALANCE

It is normal to want to feel better when we experience unpleasant emotions, body sensations or life experiences. Healthy coping skills, such as exercise, relaxation breathing or talking with a supportive peer, are ideal. However, there may be times when using alcohol, illicit substances, tobacco, over-the-counter sleep aids or prescription medications can provide relief from both physical and emotional discomfort. Oftentimes, substances provide short-term relief but can negatively impact you in the long term. If misused over time, you risk developing a pattern of unhealthy coping and possibly dependence of substances for relief.

So, how do you know if you are misusing substances? The following is a list of common signs and symptoms of substance abuse. While an individual may make periodic attempts to control use over time, the extent of and consequences associated with substance use become progressively worse.

- **Growing preoccupation.** For example, the anticipation of drinking or substance usage, planning times of consumption or viewing holidays or vacations as opportunities for alcohol or substance use.
- **Growing needs during times of stress.** For example, saying to yourself, “It’s going to be a tough day, so I’ll drink a couple beers or take a pill with me just in case.”
- **Growing rigidity in lifestyle.** For example, you “can’t sleep” without a drink or pill, becoming frustrated when something interfered with drinking or substance use times or not going anywhere without a supply of alcohol or medication.
- **Growing tolerance.** For example, increasing your dosage to obtain the same feeling or mixing additional types of alcohol or substances to obtain the desired effect.
- **Loss of control.** For example, increased blackouts or memory distortion, consuming a larger quantity than planned, or

repeated harmful consequences (family, social, occupational, physical).

- **Growing defensiveness.** For example, making frequent attempts to switch topics when others express concern over your substance use or giving vague or evasive answers to questions about your use.

PSB's Substance Abuse Resource Program can provide a list of vetted treatment programs to assist you or a family member who is struggling with substance abuse. You can also seek support and resources from LASD peer supporters — sworn and civilian personnel who have been trained to provide confidential support and resources to Department personnel and their families. If you do not know a peer supporter, contact Psychological Services Bureau to connect you or refer to the Peer Support roster on the PSB intranet page. You can also connect with a peer supporter through the PSB Lighthouse Health and Wellness mobile app. Give Psychological Services Bureau a call at (213) 738-3500 if you'd like more information. ☆

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# fall FESTIVAL PICNIC

OCTOBER 16, 2021

\*LOCATION TO BE  
ANNOUNCED





By Ernie Bille  
American Legion Star Post 309

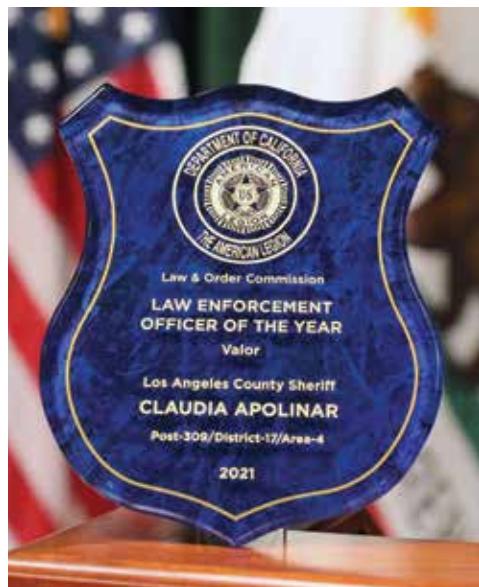
**I**t's been a while since we've included an article for Star Post 309 in *Star News*. You can always catch up with us by reading our monthly newsletters on our website at [starpost309.com](http://starpost309.com). As life returns to somewhat normalcy (at least we hope it will), we are happy to announce a very special upcoming event.

On November 6, 2021, Star Post 309 will host its inaugural Veterans Day Ball. We are pleased to announce that U.S. Army Sergeant First Class Leroy Petry will be our guest speaker for the event. SFC Petry was awarded the medal of honor for his actions in Afghanistan in 2008 during Operation Enduring Freedom.

The event will be a black-tie formal occasion with dinner, dancing, hosted cigar bar and camaraderie with friends, and will take place at the Quiet Cannon event hall in Montebello. Rooms will be set aside for those wishing to stay overnight. This event is open to our Star Post members, fellow veterans and veteran family and supporters. Tickets are available by visiting [starpost309.com](http://starpost309.com) and clicking on the Veterans Day Ball link. See the flyer for more information.

## LAW ENFORCEMENT OFFICER OF THE YEAR

During the annual American Legion convention in late June, Star Post 309 was well represented and honored for its continuing good



works benefitting veterans and their families.

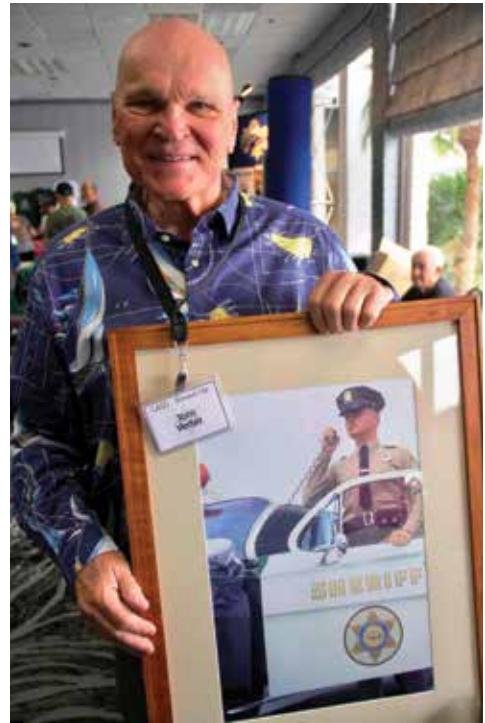
Due to the climate at the time, the convention was held virtually; however, it was viewed online by many veterans throughout the state of California. One aspect of the convention is the announcement of awards for various causes.

After being nominated by Star Post 309, we are happy to announce that Deputy Claudia Apolinar was named as the 2021 American Legion Department of California Law Enforcement Officer of the Year for Valor.

The story of Deputy Apolinar should not be lost on anyone. Her courage and bravery surrounding the events of her shooting on September 12, 2020, inspired law enforcement officers nationwide and continues to be a source of motivation for our LASD members.

Deputy Apolinar was rightly deserving of this award. Her actions are a testament to the courage our sheriff's deputies show on a daily basis, and she is a true representation of the brave men and women of the Los Angeles County Sheriff's Department.





## **TREE PLANTING CEREMONY**

During this year's Memorial Day observance, Star Post 309 hosted its 75th Annual Tree Planting Ceremony honoring the life achievements of our dear and departed past commander, Thomas Vetter.

Tom was the epitome of service to others. He served in the U.S. Marine Corps in Korea and later served for many years in the Marine Corps Reserve, achieving the rank of lieutenant colonel. Tom rose through the ranks of the Sheriff's Department, retiring as a commander.

During his time with the Sheriff's Department, Tom brought the annual Serra Retreat

to LASD, which this year also celebrates its 75th anniversary. He also brought forward the Devil Pups of America program, which instills leadership skills in youth participants. Ever the servant, even at the ripe age of 85, Tom was still active in supporting his Star Post by attending events and using his resources for the benefit of veterans and their families. He served as post commander of Star Post in 1966.

Several friends, family members, Star Post comrades, retired and active LASD and veterans attended the tree planting, which was held at the Star Post Memorial Wall at the Pitchess

Detention Center. Tom's son, Joseph, a sergeant with the Mammoth Lakes Police Department, spoke highly of his father. Sheriff Alex Villanueva spoke of Tom's commitment to serve others.

Tom's wife, Barbara, preceded him in death in April 2018. He is survived by his daughter Ann, son Tom Jr., daughter-in-law Julie, granddaughter Krisy, son Joe, daughter-in-law Lisa, granddaughters Claire and Madilyn and daughter Jeanne. Tom will be missed, but never forgotten.

Thomas M. Vetter (June 18, 1935, to January 16, 2021) ☆

## 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 A. Burse**  
Cerritos Station

**Albert Casillas**  
Court Services East Bureau

**Naomi A. Ibarra**  
Civil Management Bureau

**Marc B. Katz**  
Narcotics Bureau

**Frederick U. Marasigan**  
Data Systems Bureau

**Leon A. Moore**  
Narcotics Bureau

**Christopher C. Morgan**  
Court Services West Bureau

**William R. Murray**  
Special Enforcement Bureau

**Elva W. Outlaw**  
Special Victims Bureau

**Raul L. Perez**  
Aero Bureau

**Vincent Romero**  
Pitchess Detention Center — South Facility

**Elaine R. Towner**  
Education Based Incarceration

**Robert C. Turner**  
Industry Station

**William R. Ward**  
Access to Care Bureau

**Melvin A. Young**  
Community Colleges Bureau

## FROM THE DOCS

### FRIENDSHIP FUELS THE FLAMES

**F**riendship fuels the flames of romance because it offers the best protection against feeling adversarial toward your partner.” — Dr. John Gottman

Over the last 16 months, we have found ourselves confined, and at times isolated, to our homes with minimal outside social interaction. Many of us have been trying to create new hobbies or start a house project, though ultimately, we have been left with a spotlight on one of our most important relationships. Hiccups in our romantic relationships typically can be outshined by the busyness of our day-to-day schedules and social lives, but when all that stops, it's important that we make sure the flames are still shining bright.

There's a common misconception about relationships, and it starts with the words “happily ever after” that we hear in Disney movies as children. We're told that it's easy to simply settle down with a partner who will bring happiness with no strings attached, no complications and no fights. While navigating our romantic relationships, we learn just the opposite. Through years of research, Dr. John Gottman emphasizes the idea that couples must learn to manage conflict rather than avoid or attempt to eliminate it.

Trying to solve unsolvable problems is counterproductive, and no couple will ever completely eliminate them. However, discussing them is constructive and provides a positive opportunity for understanding and growth. One of the foundations for these conversations is your favorite F-word — *friendship*.

That's right, friendship is the groundwork for a lasting romance, and the best part is that this friendship can be fostered and built over time. We do not need to be friends before dating, but instead, we can grow together by sharing stories of our lives, asking open-ended questions and having new experiences together. Creating this strong sense of friendship helps you address those unsolvable problems and, ultimately, view your partner positively. When you feel like a team member and are befriended by your biggest fan, you're more likely to have grace and understanding for each other during those disagreements and not take conflict personally. Also, the basis for emotional and physical intimacy is centered around this friendship, especially in long-term relationships.

So, after being stuck at home through a global pandemic, how can you foster this friendship to be the solid foundation that your relationship needs? Dr. Gottman (1999) developed the Sound Relationship House that lays out the components of a healthy relationship. Of these, three of them directly highlight the friendship that is needed to help your relationship stand strong.

- **Build love maps.** Make every attempt to learn the road map of your partner's inner world. Get to know your partner's likes and dislikes, ask questions about their world and know what is going on for them. You can download the Gottman Card Decks app on your smartphone to help facilitate these conversations.
- **Share fondness and admiration.** Let your

partner know that you are their biggest fan and why. Don't hold back! What do you love about them? Give them praise, compliments and gratitude. This includes everything from affection to romance and even passion. Intentionally put a positive spin on your relationship — choose your words wisely using warmth, care and ultimately, respect.

- **Turn toward instead of away.** This one is simple, but needs to be intentional — pay attention to your partner. Their off-the-wall questions or comments may really be their way of trying to connect. Listen to what they say, respond to simple requests, help them, show interest in their accomplishments, respond to their joke (yes, even if it's not funny), help them distress, play with them, join them on an adventure or learn something new together. Turning toward can be as simple as eye contact, a smile or even a wink.

While these tools may seem basic, you can really make an intentional and loving effort to have mutual respect and joy for each other's company. Build your friendship to help fuel your flame! Be open to having fun in your romantic relationship, get out and play, especially now that places are open, but of course, be safe! If you think you need a little help with fueling your flame, please contact Psychological Services Bureau at (213) 738-3500 to schedule a free, confidential couple's counseling appointment. ☆

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Sheriff Badge  
Stainless Bottle**

Available in black or stainless

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Options: black Lab, bloodhound, chocolate Lab, Dutch shepherd or golden retriever

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Options: LASD or LASD Wife

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**Silver Cuff Charm Necklace**

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**Youth LASD K-9 With  
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Sizes: S-XL

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**LASD Handcuff  
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**Arched LASD Cap**

Sizes (Flexfit): S/M, L/XL

**\$21.95** Item #: 0400



**Gold LASD With Badge  
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**LASD Raid  
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Sizes: 28–46 (even numbers)

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**LASD Class B Green  
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# **SHOOTING SUPPLIES**

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Radioactive material (RAM) night sight features tritium-powered front and rear sight that glows in low light to aid in sight alignment. Front sight is available in orange or green and is equipped with Ember Glow Dot Technology. Available for S&W M&P or S&W Shield.

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### **Maglula UpLULA Pistol Loader**

A military-grade, pocket-size, universal pistol magazine loader and unloader designed to load and unload almost any 9mm Luger up to .45 ACP single- and double-stack magazines of all manufacturers.

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## **OAKLEY EYEWEAR**

### *Safeguard Your Sight*



#### **SI Fives Squared**

Matte black frame and warm gray lenses create a sporty look. Features 100% UV protection, three-point fit, maximum peripheral vision and interchangeable lenses. [Item #: 0178](#)



#### **SI Double Edge Thin Blue Line**

A blue/black frame with large gray rectangular lenses designed for medium to large faces. Compatible with hats. Blue line design honors law enforcement. [Item #: 0219](#)



#### **SI Holbrook Uncle Sam**

Durable, lightweight matte olive frame with Prizm tungsten lenses that provide 100% UV filtering. Features patriotic red, white and blue design. Three-point fit ensures comfort and performance. [Item #: 0192](#)



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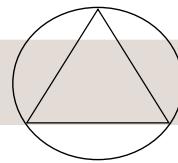
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# Peace Officer's Fellowship



By Willis Braggs

## PATHWAYS TO SOBRIETY

There are many reasons you might be reading this article. It may be that you are already working on your sobriety and wonder if this article is going to get it right. It may be that someone, be it a family member or friend, is struggling with alcohol or drug use. Or maybe, you are looking for answers to get help for yourself. Deciding to give up alcohol or drugs for good is not an easy decision, though it is one made by many. While the path can appear long and intimidating, especially if you're just starting, this article is intended to let you know about different options out there that could make the journey a bit easier.

One of the most popular options for getting help is joining a support group. It's free, offers structure, and lets people going through similar struggles connect with each other. Peace Officers Fellowship (POF) or Alcoholics/Narcotics Anonymous (AA/NA) are the best known of these, but there are a number of other options. Some of these include SMART Recovery, LifeRing Secular Recovery and SOS Recovery Community Organization. Many of these meetings have been moved online due to COVID-19, allowing you to check them out via Zoom.

Rehab, a catch-all term for supervised programs designed to help people stop using drugs or alcohol and give them the tools they need to live a healthy life, comes in many forms. Outpatient rehab often means visiting a nearby center for sessions with substance use treatment professionals on a regular basis while continuing to work. Inpatient rehab involves checking into a residential treatment facility for a period of time to receive intensive and high-structured care.

Although not as well-known as support groups and rehab, there are also several medications that can help people stay sober. These medications can be helpful as they relieve some of the withdrawal

symptoms and cravings people experience when trying to quit drugs and/or alcohol. These medications are often prescribed as part of an inpatient or outpatient rehab program by medical doctors.

Getting sober may feel impossible at times, but I promise you — it isn't. For many people, getting sober is a struggle; you're not alone. You're not even alone if you've tried this already; it's not unusual to try several times to get sober before succeeding. In fact, whichever part of the journey you may be experiencing, there's guaranteed to be another person who's been there first and gotten to the other side.

There are more resources for getting sober than ever before, so there is no reason to take this journey on your own. Being safe, getting the help you need

when you need it and having someone to talk to can make all the difference. With a little research and the right support system, you can succeed. Whatever your personal needs may be, there is likely to be a solution that will be a good fit for you. If you'd like more information on this topic, consider checking out the Substance Abuse and Mental Health Services Administration website at [samhsa.gov](http://samhsa.gov). Additionally, you can call Psychological Services Bureau at (213) 738-3500 with any questions you have. We have law enforcement psychologists and trained deputy personnel ready to provide confidential and free help to assist you. If you are sworn, POF is also available. You can contact one of the members above, and they will be more than happy to assist a fellow deputy. ☆

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

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

ALL LUNCHES ARE SCHEDULED FOR 12 NOON

### 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

# **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 [louis@SRA1.com](mailto:louis@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 Partnerships Bureau

Compton Station

Contract Law Enforcement Bureau

County Services Bureau

Court Services Bureau

Court Services Transportation 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

LASD Mounted Enforcement Detail

## **LAS<sup>4</sup>D Spouses Supporting Spouses**

Lomita Station

Los Angeles Sheriff's Department Band

Los Angeles Sheriffs' Museum

Major Crimes Bureau

## **Marina del Rey Station**

Malibu/Lost Hills Station

Men's Central Jail

Metrolink Bureau

Mira Loma Detention Center

Narcotics Bureau

## **Norwalk Station**

North County Correctional Facility

## **Parks Bureau**

## **Peace Officer's Fellowship**

## **Peer Support Program**

Operation Safe Streets

Palmdale Station

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**

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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

## ☆ IN MEMORIAM ☆

DORIS C. ADAMS	RETIRED 01-16-81, DECEASED 06-12-21	LOMITA/DEPUTY IV
DERRY L. BENEDICT	RETIRED 01-27-98, DECEASED 06-09-21	HOMICIDE/LIEUTENANT
DAVID S. BOWER	RETIRED 03-25-11, DECEASED 06-01-21	LANCASTER/DEPUTY
THOMAS H. BROWN	RETIRED 05-16-88, DECEASED 06-23-21	CARSON COURT/DEPUTY
EUGENE C. EGGERS	RETIRED 01-16-00, DECEASED 03-30-21	COURT SERVICES EAST/DEPUTY
KENNETH E. ESTEP	RETIRED 05-05-82, DECEASED 03-30-21	PERSONNEL POOL/DEPUTY
KENNETH L. GRIGSBY	RETIRED 08-19-96, DECEASED 06-11-21	MCJ/DEPUTY
DONNA K. HARPER	RETIRED 08-02-04, DECEASED 04-29-21	NCCF/OAI
EDDIE LU	RETIRED 03-30-92, DECEASED 05-25-21	SSB CRIME LAB/FORENSIC CHEMIST-ASST. DIRECTOR
TERRY C. MACE	RETIRED 03-31-02, DECEASED 06-07-21	MCB/DEPUTY
RICHARD J. RADIS	RETIRED 01-03-79, DECEASED 04-30-21	COURT SERVICES/SERGEANT
PETE R. RAMIREZ	RETIRED 03-31-00, DECEASED 05-29-21	CRIMINAL COURT/CORRECTION OFFICER
ALBERT VERDUZCO	RETIRED 09-28-13, DECEASED 05-30-21	EAST LA/DEPUTY
MARY L. WAGGONER	RETIRED 09-05-95, DECEASED 06-08-21	MCJ/DIETITIAN
JULIA E. WOODS	RETIRED 05-05-95, DECEASED 05-24-21	FIRESTONE/SERGEANT
BILL W. YOCUM	RETIRED 03-17-90, DECEASED 06-13-21	MIRA LOMA/DEPUTY
MURIEL V. KRAFT, SPOUSE OF DECEASED MEMBER KARL KRAFT, DECEASED 12-22-20		
NICOLE SUTHERLAND, SPOUSE OF RETIRED MEMBER KEN SUTHERLAND, DECEASED 06-11-21		
MADELYN VAN METER, SPOUSE OF RETIRED MEMBER JOSEPH VAN METER, DECEASED 03-31-20		
JUDITH C. WALTON, SPOUSE OF RETIRED MEMBER DONALD A. WALTON, DECEASED 06-01-21		

## SRA REQUEST FOR MOON WEBSITE ASSISTANCE

To assist the Department Museum in preserving our history, we are looking for the following Academy Class photos for our website. Any photos we receive, we will share with the Sheriff's Museum. The Museum has been gracious enough to share many of the pictures that we were missing originally. If you have the pictures on your computer, you can just email them to me. If you have the original and are not sure how to scan the picture, you can mail it to me, and I promise to return it to you. If all else fails, ask your grandkids to show you how to scan.

Please send the photos in JPG format, not in PDF, to [moon5252@gmail.com](mailto:moon5252@gmail.com). You may also contact Bill Salveson at (714) 745-6725.

### **ACADEMY CLASSES:**

- 53, 54, 55, 61, 63, 65, 66, 77, 78, 85, 86, 93, 96
- 101, 102, 103, 105, 109, 112, 117, 118, 119, 122, 124, 127, 128, 133, 145, 147, 164, 166, 189, 191, 193, 194, 197, 198, 199
- 201, 207, 208, 215, 223, 224, 227, 229, 230, 231, 233, 235, 236, 237, 238, 239, 240, 241, 243, 244, 247, 248
- 251, 252, 254, 255, 256, 257, 258, 259, 260, 261, 263, 264, 265, 266, 267, 268, 269, 271, 272, 273, 275, 276, 277, 278, 279
- Any classes after 280 (we already have 280)

# SRA BUSINESS PAGE

## APPLICATION FOR CHANGE OF BENEFICIARY



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

CURRENT MAILING ADDRESS:

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

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

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

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

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

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

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

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

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

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

This supersedes any previous designation of beneficiary.

**Please mail to:**

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

Signature of Member



## CHANGE OF ADDRESS FORM

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

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

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

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

CITY: \_\_\_\_\_

STATE: \_\_\_\_\_

ZIP: \_\_\_\_\_

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

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

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

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



# Sheriffs' Relief Association Discount Tickets

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

**Emporium STARS:** (562) 946-7271 (M–F, 9 a.m. to 4:30 p.m.) **Emporium PDC:** (661) 257-5320 (M–Sat., 9 a.m. to 5 p.m.)

## Tickets Available and Sold to Members Only

Please be advised that some attractions may currently be closed due to COVID-19 restrictions.

*Tickets now sold at the Emporium. \$1 service fee charged per transaction.*

## BUY TICKETS ONLINE!

Tickets (excluding movie tickets) available for purchase with a credit card through our website at <https://sheriffsrelief.org>.

ATTRACTION	SRA PRICE Adult/Child	ONLINE PRICE Adult/Child	GATE PRICE Adult/Child
AMC Black Ticket (unrestricted) .... <i>Ages 3 and up</i>	\$10.25 .....	N/A ONLINE .....	\$11.00–\$15.00 depending on location
BOOMERS IRVINE .....	N/A IN OFFICE .....	\$65.00 and up .....	Several packages available <i>\$2.00 processing fee per order</i>
CINEMARK (unrestricted) .... <i>Ages 3 and up</i>	\$8.50 .....	N/A ONLINE .....	\$11.00–\$13.50 depending on location
DISCOVERY SCIENCE CENTER .....	N/A IN OFFICE .....	LA/OC: \$16.95/\$11.95/\$13.95 (senior) .....	\$19.95/\$14.95 <i>\$3.75 service fee per transaction</i>
HARKINS (unrestricted) .... <i>Ages 3 and up</i>	\$8.00 .....	N/A ONLINE .....	\$10.50–\$15.50 depending on location
KNOTT'S BERRY FARM .....	N/A IN OFFICE .....	\$51.00 .....	\$89.00 <i>\$6.99 to \$9.99 processing fee per transaction</i>
LEGOLAND .....	N/A IN OFFICE .....	Unavailable at this time .....	\$108.00/\$102.00 <i>\$2.99 processing fee per transaction</i>
LONG BEACH AQUARIUM..... <i>Children 3–11</i>	\$26.95/\$20.95 .....	\$26.95/\$20.95 .....	\$36.95/\$26.95
MADAME TUSSAUDS .....	N/A IN OFFICE .....	HOLLYWOOD \$23.99/LAS VEGAS \$27.99 .....	\$24.99 and up <i>SAN FRANCISCO \$19.99</i>
MAGIC MOUNTAIN .....	N/A IN OFFICE .....	\$55.99 .....	\$84.99/\$51.99 <i>\$8.99 processing fee per transaction</i>
MEDIEVAL TIMES .....	N/A IN OFFICE .....	\$41.57/\$54.56 plus tax and up .....	\$63.95/\$36.95 <i>\$4.00 processing fee per transaction</i>
REGAL/EDWARDS (unrestricted) .....	\$9.00 .....	N/A ONLINE .....	\$10.00–\$12.50 depending on location <i>Ages 3 and up</i>
UNIVERSAL STUDIOS .....	N/A IN OFFICE .....	Unavailable at this time .....	N/A

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

REVISED 7/15/21

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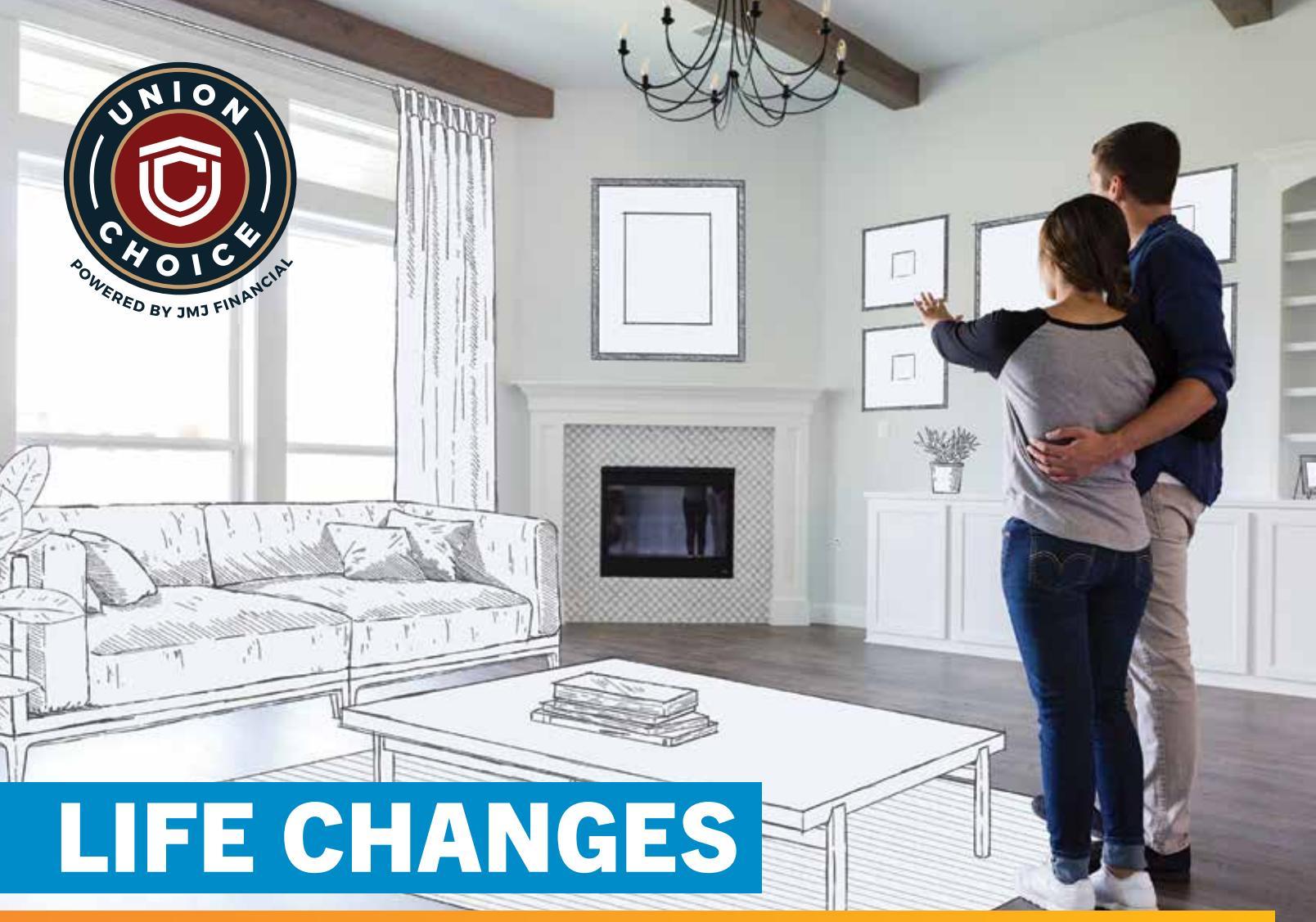
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*Chad Mayfield - San Bernardino County Deputy Sheriff*

"We refinanced two loans concurrently and the whole process was smooth and quick. Great rates! Very happy with the results."

*Tyrone Enriquez - Orange County Deputy 2 Sheriff*

"Great experience. I would highly recommend Dan for a stress free refinance experience."

*Ken Price - Los Angeles Sheriff Department*

"My purchase and refinancing went smoothly."

*Roger Johnson - LAPD*

"Dan is very helpful and knowledgeable. My best mortgage experience."

*Marcos Rubio - LAPD*

"Quick and easy refi. Dan was very helpful and would get back with me immediately whenever I had a question."

*Robert Reynolds - LAPD*

"Not only extremely helpful and accessible during the process, but has been there for me to answer all my real estate questions since 2012. Highly recommend."

*Ken Thatcher - LAPD*

"Dan has handled all our mortgage needs for over 10 years. He is honest, responsive, fast and extremely efficient."

*Tony & Natalie Lomedico - LAPD*

"My coworkers, family members and I have been using Dan for several years for the most efficient service and lowest rates."

*Kevin Grogan - LAPD*

"Dan is trustworthy, honest and very responsive. No surprises, no hidden fees. Great service."

*Sami Azmy - LAPD*

"Real quick and straight forward. Highly recommend for refinance or purchase."

*Damian Martinez - ICSO - Deputy Sheriff*

"Very happy with the entire refi process."

*Richard Noah - Imperial County Deputy Sheriff*

"Great customer experience."

*Shain Stonner - San Diego Deputy Sheriff*

"Dan walks you through the entire process. Gets you the best rate market offers. My family, friends and I will continue to use his services."

*Mudassar Mahmood - Irvine PD*

"Dan refinanced two of my homes. He was friendly, knowledgeable and gave me great service. Saved me a lot of money lowering my interest rates."

*Ray Reyes - LAPD*

"Second to none."

*Kevin Wong - LAPD*

"Dan was there through every step of my refi. I can't recommend him enough."

*Christopher Allen - LAPD*

"Dan and I spent 3 months going back and forth on scenarios. He was very patient and informative on different options that would help me meet my financial goals. I shopped him with other brokers and gave him my business. Glad I did."

*Simon Beal - LAPD*

"Recommend wholeheartedly."

*Ripsime Ter-Galstyan - LAPD*

"Dan helped both me and my uncle refinance our homes. Great experience!"

*Nick Fasheh - LAXPD*

"Dan made our refinance experience easy and was available when we had questions."

*Richard Sauer - LAPD*

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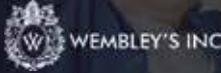
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2. Collaboration and organization online



3. Loan estimate and best lending options



4. Submit application



5. Mortgage processing



6. Approval & closing

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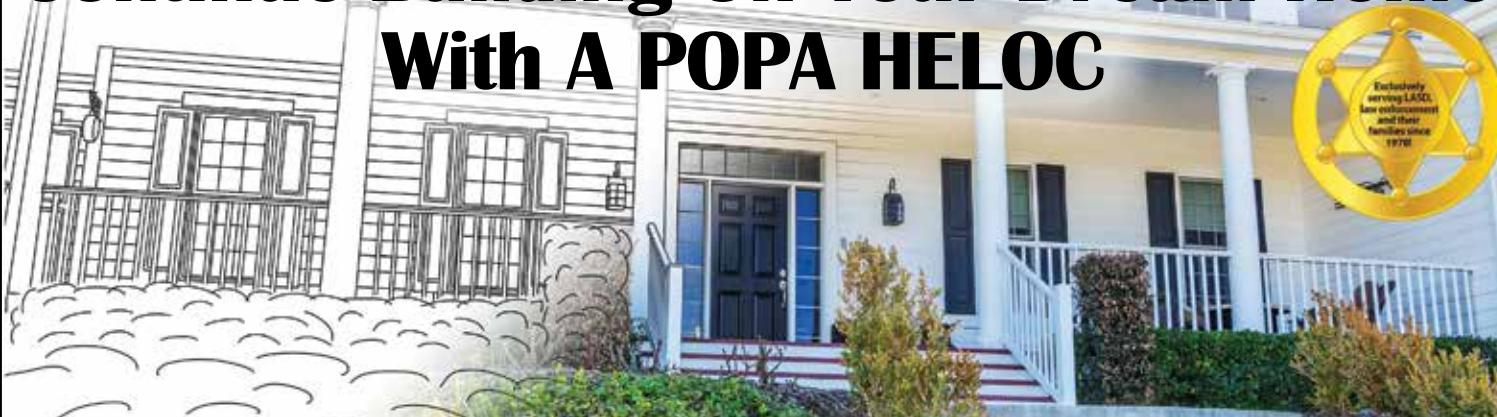


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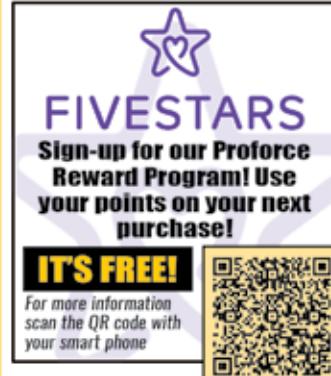
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