



VOL. 82 NO. 8

UNIVERSAL STUDIOS

STAR NEWS

DECEMBER 2021

SHERIFFS' RELIEF ASSOCIATION



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STAR NEWS

THE OFFICIAL PUBLICATION OF THE SHERIFFS' RELIEF ASSOCIATION

Vol. 82 No. 8.....December 2021

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COPY DEADLINE: 1st of the month for the following month. Send copy to: annie@SRA1.com or louis@SRA1.com.

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Secretary-Treasurer Mike Abdeen

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Table of Contents

Units

Trustees Monthly Meeting	4
Retired Deputies	5
Pico Rivera Station.....	10
Los Angeles Sheriff's Department Band.....	13
Scientific Services Bureau	14
LAS ⁴ D Spouses Supporting Spouses	15
Temple Station	19
Parks Bureau.....	24
Peer Support Program.....	28
Food Services Unit	29
Facilities Services Bureau.....	36
Peace Officer's Fellowship	37
Lancaster Station.....	38
Norwalk Station	40
Transit Services Bureau	42
From the Docs	44
The Chaplain's Notebook.....	45

Features

Editorial: Family in Law Enforcement	23
Retired Marshals Lunches	37
In Memoriam	43
September Retirements.....	45
Sheriffs' Relief Discount Tickets.....	47

Cover photo courtesy of Chris Miller

Trustees Monthly Meeting

The regular meeting of the Sheriffs' Relief Association convened on Thursday, October 14, 2021, at 11515 Colima Rd., Bldg. 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, Mike Fratantoni, Joe Hartshorne, Steve Katz, Oscar Martinez, Conrad Meredith and Glenn Walsh; and Bill McSweeney, General Manager.

The meeting was called to order at 4:36 p.m. A motion was made by Trustee Badali, seconded by Trustee Abdeen and unanimously carried to approve the minutes of the September 9 meeting and the August Foundation expenditures.

COMMUNICATIONS

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

From Michael Koledi to Kevin Augarten, "Thank you so much for your help!!"

From Jacobe Adrid to Kevin Augarten, "Myself, along with my family, would like to thank the Sheriffs' Relief Association of Los Angeles County, for the support you have provided us during this very difficult time. We greatly appreciate it."

From Sheryl Tully to Kevin Augarten, "Thank you for your help with processing the payment. The flag was very much appreciated by Marge's brother Dan. Thanks again."

From Sally Harwell to SRA, "Please forgive the late response to your generous gift as we've had a family member with severe health problems. The

Norwalk-Pico Summer Luncheon for Retirees and Friends was a success with 28 in attendance. The gift bag with all the goodies inside was a big hit. I can't thank you enough for all that you've done for members of the Sheriff's Department and for our gathering of retirees and friends."

From Stephanie Bryant to Kevin Augarten, "Thank you, Kevin, I appreciate everything so much. Your kindness and the responses I received truly touched my heart. The honor guard was great, my thanks to Sgt. Schultz and the HG team. Of course my heart breaks losing my mother, but my interactions with Sheriffs' Relief Association (Kevin) have definitely lightened the load."

From Diana R. Holguin to SRA, "Thank you for the beautiful, engraved box! What a nice surprise! I will treasure it forever! The Sheriffs' Relief Assoc. has always been helpful and kind. I appreciate your hard work."

From Fran Spalin to Kevin Augarten, "I want to thank you for the checks, they really came in handy, and also the floral star you delivered to Carl's celebration of life. I am so proud to be a member of Sheriffs' Relief and retired from LASD. Thank you again."

From Denise Goree to Kevin Augarten, "Thank you for all of your help during this time."

From Rod Kusch to SRA, "I'm writing to thank Sheriffs' Relief Association for the very practical 'snack basket' I received at home shortly after my hip replacement surgery — it was VERY timely! About the time the delivery was made, I was headed to my pantry in search of 'the perfect snack.' Much to my surprise — and pleasure — the basket I received from you all was stocked full of

fruits and snacks that I love! It was great to receive such a generous gift, especially since my mobility at the time was severely limited. Thank you!"

BENEVOLENT REPORT

MORTUARY BENEFITS PAID DURING SEPTEMBER: \$165,500

MORTUARY BENEFITS PAID YEAR TO DATE: \$1,554,500

MEMBERSHIP REPORT

There were 6 new membership applications received during the month of September. A motion was made by Trustee Burakowski and seconded by Trustee Martinez to accept the following new members: Lorenzo A. Cervantes, Salvador Fletes, Jacqueline Franco, Christopher M. Mendoza, Oscar Miranda and Jonathan T. Pham.

We had 4 deaths of active members, 14 deaths of retired members, no cancellations of active membership, no cancellations of retired membership, 5 new honorary associate members and 2 deaths of honorary associate members for the month of September.

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

ADJOURNMENT

At 5:45 p.m., a motion was made by Trustee Walsh, seconded by Trustee Meredith 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@outlook.com or Djfandry@att.net

NEXT LUNCHEON:
Thursday, January 20, 2022
11:30 a.m. Buffet \$10.95
Villa Catrina Restaurant
251 N. Santa Anita Ave.
Arcadia, CA 91006

From Friday, October 1, to Sunday, October 3, the Los Angeles County Sheriff's Department celebrated the 75th anniversary of the **Serra Retreat** in Malibu. We had 80 people sign up, but 70-plus people attended. The weather couldn't have been better. Tony and Shelia Martin prepared a delicious tri-tip barbecue and beans for our Saturday night dinner. The retreat provided the rest of the fixings. We had a memorial for Tom Vetter. His son, Joe, attended the retreat and told us stories about his father. We had an orange tree planted and a plaque in his honor. Jay Sevoian had a rock with a famous saying that Tom always said, "Well done, good and faithful servant," that was placed out on the Point. We had several first-timers who said they have wanted to come to the retreat for years. They finally made it. We want to thank all of them for attending. Also, Richard "Rico" Escalante took numerous beautiful pictures and brought nice giveaways for everyone from PPOA. I know someone else is going to write a big article on the retreat, so I will just add a few pictures so you can see how beautiful, peaceful and relaxing the retreat is. Maybe next time you might want to attend, so save your nickels and dimes this year and plan to attend next year. There are so many people that we need to thank for getting the retreat set up, and Patty and Chuck Norris are a couple of them. The retreat is nondenominational, so you do not have to be Catholic to attend. You will be happy that you did. So mark your calendar for next year — the dates are Friday, September 30, to Sunday, October 2, 2022.

On Wednesday, October 6, the **Desert Heat Retirees** had their monthly luncheon at the Elks Lodge in Lake Havasu, Arizona, at 11:30 a.m. It was a nice, warm day at 90 degrees with beautiful clear skies. It was an excellent day for fishing. Those in attendance were Richard and Ruth Byrd, Ron and Jan Dietrich, Mike Robbins, Bill Taggart, Jerry Gillen, Doug Muchmore, Tommy Jimenez, Norman and Chickee Nelson, Mike Castorina, Kevin Gavaghan and Nick Tippings. Ruth made a delicious, fluffy lemon cake for dessert and we all had a piece. Ron and Jan moved back to Lake Havasu after touring the United States. They have moved five times in



Serra Retreat from the Point



The Pond at Serra Retreat



The Point at Serra Retreat

continued on page 6



Desert Heat Retirees. Front row: Chickee Nelson, Ruth Byrd and Jan Dietrich. Back row: Norman Nelson, Bill Taggart, Mike Castorina, Tommy Jimenez, Mike Robbins, Nick Tippings, Kevin Gavaghan, Richard Byrd, Jerry Gillen, Ron Dietrich and Doug Muchmore.

five years, from the West Coast to the East Coast and several places in between! They are settling back into Lake Havasu again. It was nice to see everyone. This group meets the first Wednesday of the month. If you are in the area, drop on by to meet a very nice and friendly group. If you have any questions, you may contact Jerry Gillen at lnx1993@yahoo.com.

On Wednesday, October 6, we had our latest gathering of the **LASD Retirees of Tehachapi** at *Steampunk Cafe* in Tehachapi. We had a smaller group of nine people, but good stories were told and good food was eaten. Those attending the luncheon were Roger M., James Boyd, Tim Mulder, Bobby

Rush, Brian Hawksley, Jim Jorian, Randy Megrdle, Louie Creten and Andy Romanisky. Thank you, Louie Creten, Tehachapi Valley, 20601 State Hwy. 202 #A108, Tehachapi, CA 93561, (661) 428-3332 (cell).

On October 7–10, some of the **Sunshine Rollers** got together at the Vista Elks Lodge in Vista for a weekend of fun. Some came in on Friday. It was a beautiful weekend and it poured down cats and dogs in the middle of the night on Saturday, waking a lot of the camping members up. We normally don't get that kind of heavy rain in Southern California. The rain was definitely needed. Thursday night we barbecued steaks, chicken, shrimp, whatever we chose to bring.

Friday night we ate at the Elks Lodge, and Saturday night we went out to dinner at the Italian restaurant next to the Elks Lodge. Those attending this campout were Steve and Ruth Powell (wagon masters), John and Pat Mascaro, Norman and Chickee Nelson, Manuel and Sonja Cruz, Charlie and Linda Engelbart, Judy Meraz and Dody Delafosse, Elroy and Terri Morris, and Tom and Cathy Smith. A big thank-you to wagon masters Steve and Ruth Powell. They did an outstanding job ensuring all were comfortable and catered to special accommodations as needed. Friday night they provided salad, baked potatoes and dessert. Ruth and Steve served delicious



Tehachapi Retirees: Roger M. (friend of LASD retiree), James Boyd, Tim Mulder, Bobby Rush, Brian Hawksley, Jim Jorian, Randy Megrdle, Louie Creten and Andy Romanisky



Sunshine Rollers

breakfasts on Friday and Saturday mornings and arranged dinner at the Elks Lodge Friday evening and an Italian restaurant next door to the Elks Lodge on Saturday evening. And Ruth served scrumptious homemade desserts that were enjoyed around the campfire. Mexican Train, Scrabble and card games of 31 were enjoyed by those who wished to participate. Our campout in November will be at Lone Pine, and December is our Christmas party. If you have any



ELA Reunion: Owen Tong, always taking pictures at every event

questions, you may call Mike Ponce de Leon for more information at (562) 858-1091 (cell).

On Saturday, October 9, at 12:15 p.m., **East Los Angeles** had their reunion at Doug and Debbie Sparkes' beautiful ranch in Chino Hills. Over 130

people attended the luncheon. They had a memorial board with all the deputies who crossed over who worked East Los Angeles Station, and it contained 243 names. Gil Carrillo welcomed everyone and recognized the guests. A military memorial service was held for Sergeant John Smith and Deputy Lee Everett, who passed away during the height of COVID. A flag presentation was done by Bill Hutton, and speakers were Mike Preston and Dennis Duarte. *Santa Maria Grill* provided the food and it was delicious. They had tri-tip sirloin roast and red oak grilled chicken, tossed garden salad, red potato salad, ranch-style beans, grilled garlic bread, assorted cookies and drinks.

On Tuesday, October 12, the **LASD Northern Idaho Retired Law Enforcement** luncheon was held at *Sargents Restaurant & Lounge* in Hayden, Idaho. Idaho State Representative Heather Scott was our guest speaker. — Bill Postmus

On Wednesday, October 13, the **San Diego Retirees** met at *BJ's Restaurant* in Carlsbad from 11:30

continued on page 8



Northern Idaho Retired. First row: Karen Mastantuono (sister of Janice Hansen), Janice Hansen (LASD), Patrick Reardon (LASD), Idaho State Representative Heather Scott, Alice Reardon and Vickie Ridgley. Second row: Manny Scruggs (LASD), Bill Postmus (LASD), Connie Postmus, Dan Eddington (LASD), Ray Kemper (LASD), Greg Wrigley (SCSD), John Kunkle (PPD), Paula and Chris Cahhal (LASD), Stephen Reed (LAPD), Jim Elliston (LASD) and Bill Ridgley (LASD). Third row: Gary Pfahler (LASD), Tom Bosenko (SCSD), Jim Thornton (LASD), John Skikas (LASD) and Morgan John (Anaheim P.D.).



ELA Reunion: Bill Hutton presenting the American flag to families



ELA's Reunion and memorial



San Diego Retirees: Bob Henley, Mel Savage, Nick Abbinanti, Jim Stevens, Larry Anderson, Phil Bodenhor (FBI ret.), Harry Penny, Joe Raffa, Bill Findon, Greg Simon, Ross Rudin, Russ Owens and Clemente Bonilla

a.m. to 1 p.m. A good time was had by all and we had a great turnout. Those attending our luncheon were Bob Henley, Mel Savage, Nick Abbinanti, Jim Stevens, Larry Anderson, Phil Bodenhor (FBI retired), Harry Penny, Joe Raffa, Bill Findon, Greg Simon, Ross Rudin, Russ Owens and Clemente Bonilla. We normally meet once a month. — Joe

On Wednesday, October 20, **Inmate Reception Center Retirees** got together at *Mr. D's Diner* in La Verne. Those in attendance were Becky Towner, Nat Mora, Richard Ojeda, Earl Otoide, Frank and Renee Dominquez, Richard Brodka, Domingo Quitero and Tom Zeller. IRC retirees gather on the third Wednesday of the month. To be added to future get-together notifications, email tzeller@roadrunner.com.

On Thursday, October 21, **LASD Northeast Arizona Retirees** had their monthly luncheon at the *Lone Spur Café*, 106 W. Gurley St., in Prescott, Arizona. They meet on the third Thursday of each month at 12:30 p.m. in the banquet room. There are usually about 20 LASD members and a few LAPD retirees that join the lunch. This month's get-together was a larger turnout when LASD retirees from Buckeye, Arizona (Gary Brody and his wife, along with Al Ayala and his wife), attended. Arizona has become one of those states many members of the Department are moving (fleeing) to. Prescott and its quad cities (Prescott Valley, Chino Valley and Dewey) in particular have a large portion of those retirees, along with

other California LE and fire members. These get-togethers have been a great way to stay in touch and share new and old stories. Those attending were Gary Carriger (Sacramento DA's Office Inv.), Tony and Cin Hollins, Carol and Harry Lesseos, Ev and Julia Moore, Arleen Gray, Dan Reidder, Scott Short, Al and Pam Ayala, Luz and Buck Brody, Steve and Lori Casaus, Patricia Richardson, Buzz Williams (Long Beach P.D.), Val Valenti (LAPD), Mark Richardson, and the rest of the folks I do not know. Missing were Moon Mullens, Steve and Stefanie Fredericks, Jeff York, Scott Osborn and Michael Frasca Williams. — Mark

We're on again! On Wednesday, January 26, 2022, the annual **Lakewood Reunion Luncheon**



LASD Northeast Arizona Retirees included Gary Carriger (Sacramento DA's Office Inv.), Tony Hollins, Carol and Harry Lesseos, Ev and Julia Moore, Cin Hollins, Arleen Gray, Dan Reidder, Scott Short, Al and Pam Ayala, Luz and Buck Brody, Steve and Lori Casaus, Patricia Richardson, Buzz Williams (Long Beach P.D.), Val Valenti (LAPD) and Mark Richardson.

will again be at the local *Chili's*, 4931 Candlewood St., Lakewood 90202, at 11:30 a.m. They offer us an open menu, full service and bar, plus all the conveniences we are accustomed to. We don't need a head count; we order and pay individually. Libations are available COD. No extra charge for anything, ever. Service tipping, social distancing and masks are now optional. Fist-bumping, back-slapping and retelling old war stories, however, is a required activity. Everyone is always welcome and we hope to see all of you there again this time.

Please pass the word. If you have any questions or want more information, you may contact Keith Mohagen at kamohagen@aol.com or Mickey Reedy at RmickeyR@aol.com.

Mark your calendars for August 29 to September 1, 2022, for the **Compton Alumni Reunion** at Sunset Station Hotel & Casino, 1301 W. Sunset Rd., in Henderson, Nevada. For more information, you may contact Norman Nelson at Storminnorman1@outlook.com or (310) 339-4979.

Mark your calendars for the **Serra Retreat** in Malibu from Friday, September 30, to Sunday, October 2, 2022.

I hope you are enjoying your retirement. If not, you should be! Life is too short not to enjoy and have fun. It is all up to *you!* Please use my correct email address. It is Chickee1@outlook.com. Please do *not* use my old email address, Chickee1@netzero.com, as I might not get your message. Thank you. Take care. God bless. Hugs to all. — Chickee ☆

Save the Date! 2022 Annual Lakewood Reunion Luncheon



Chili's Grill & Bar

4931 Candlewood Street, Lakewood 90712

Wednesday, January 26, 2022

11:30 a.m.

We're on again!

The Annual Lakewood Reunion Luncheon will once again be held at the local Chili's restaurant, which offers an open menu, full service and bar, plus all the conveniences we are accustomed to.

We don't need a headcount; we order and pay individually.
Libations are available COD.

No extra charge for anything, ever. Service tipping, social distancing and masks are optional. Fist bumping, backslapping and retelling old war stories, however, are required.

Everyone is always welcome, and we hope to see all of you there again this time.

For more information, please contact:

Keith Mohagen: kamohagen@aol.com • Mickey Reedy: RmickeyR@aol.com



By Patrick Morey
Pico Rivera Station

PICO RIVERA STATION AND BREAST CANCER AWARENESS

As many of you already know, October is Breast Cancer Awareness Month. Statistically, one in eight women will be diagnosed with breast cancer in their lifetime, and 400 men in the United States die from breast cancer each year. For our mothers, sisters, wives, grandmothers and partners, Pico Rivera Sheriff's Station proudly participated in the Pink Patch Project to help heighten breast cancer awareness. The Pink Patch Project is a collaborative effort among all law enforcement agencies to combat breast cancer.

MEMORIAL RIDE IN MEMORY OF DEPUTY ALBANESE

On October 23, Pico Rivera Sheriff's Station personnel attended and participated in a motorcycle memorial ride hosted by the LASD Parks Bureau. The memorial ride was in remembrance of Deputy Thomas Albanese, who was killed in the line of duty earlier this year. The memorial ride started at



Harley-Davidson of Huntington Beach and ended at the Industry Hills Expo Center in the City of Industry. Deputy Albanese's wife and children, along with his family, attended the event. The family was very appreciative to see all the support from the Los Angeles County Sheriff's Department, Pico Rivera Sheriff's Station and Parks Bureau.

PICO RIVERA STATION DISPLAYS THE HALLOWEEN SPIRIT

As all of you already know, October also brings us Halloween. On October 27, Pico Rivera Sheriff's Station celebrated Halloween by hosting its first annual Trunk or Treat. Station personnel decorated their personal vehicles with many scary themes ranging from crime scenes to dangling bloody body parts, just to name a few. Pico Rivera Sheriff's Station really brought the spirit of the Halloween holiday to life here at the station. What a way to start the holiday season.

continued on page 12



Pico Rivera Station

continued from page 11

PICO RIVERA STATION RECOGNIZES VETERANS

Veterans Day is an official United States public holiday observed annually on November 11, honoring those who served in the United States Armed Forces.

Please join thousands of other patriotic Americans this Veterans Day in pledging your support of the men and women of our valiant military, along with the veterans assigned to Pico Rivera Station: Sergeant Botts, Deputy Albanese (EOW 2/25/21), Deputy Barragan, Deputy Parga, Deputy Stepheson and Officer Horan.

This is a pledge to remember the meaning of Veterans Day: Since our forefathers founded this country, America's military has battled to keep it — to keep us — safe. To honor every veteran who has fought for freedom, Veterans Day.

This Veterans Day, pledge to honor America's veterans and military and:

- Reflect on the sacrifice of America's warriors. Please observe a moment of silence on Veterans Day with family and encourage friends and co-workers to do the same.
- Spread the word about the real meaning of Veterans Day. Because it's not just a "day off work." It's a time to remember our American freedoms come at a cost.

Until next time! ☆





LOS ANGELES SHERIFF'S DEPARTMENT BAND

By Dawn Anderson

Los Angeles Sheriff's Department Band

A TRADITION OF SERVICE THROUGH MUSIC

Happy holidays from the Los Angeles Sheriff's Department Band! We are wrapping up this year with the hope that next year we will have a full season of concerts and performances, both within the Sheriff's Department and throughout our communities of Los Angeles County. We have booked the LASD Concert Band at the Reagan Library for this year in November and the Fourth of July next year. We hope you come out and enjoy the festivities at Reagan Library on Independence Day next year and the patriotic music of your LASD Band before evening fireworks commence in your hometowns. The LASD Swing Band is also already booked for a gig next year in March at South Hills Country Club in West Covina.

The LASD Band serves as an ambassador for Los Angeles County throughout the United States and abroad. Under the direction of Dan Glass, a retired El Monte police officer, the LASD Band has become a premier concert band and the pride of Los Angeles County.

Our mission is a simple one: To portray a positive image of the Los Angeles Sheriff's Department and to bring harmony to the communities we serve. While carrying out our mission, we foster volunteerism and provide a place where retired department musicians can still serve their communities. Your Los Angeles Sheriff's Department Band provides an artistic venue for musicians of all ages to come together, serve their communities and expand their musical horizons.

Since 2017, we have served the LASD, performing at Medal of Valor ceremonies, graduations, community concerts, concerts in the park, holiday performances, patriotic ceremonies, Taps for our fallen heroes, retirements and school programs. While COVID put a damper on the last two years, we are hopeful that 2022 will bring us back to a regular schedule that is full of music!

Recently, your LASD Band had the privilege of being a part of the ribbon-cutting ceremony for the new station opening in Santa Clarita. The old station served well for many years; however, the community grew, and finally, the old station was outdated. The new Sheriff's station is state-of-the-art, and the architectural design beautifully resembles the community of Santa Clarita. Sheriff Villanueva and Mayor Bill Miranda were present,



as well other city leaders. There was a display of vehicles, an Air Support helicopter and K9 deputies joining in the celebration. The LASD Band provided music as all assembled for the ceremony. Our singer, Sylvia Boyd, sang "The Star-Bangled Banner" accompanied by the LASD Band to open the festivities. We completed our performance by providing music for those who waited for their turn to tour the brand-new Santa Clarita Station. We were proud to be a part of this monumental accomplishment, which took the hard work, commitment and collaboration of many entities to accomplish. Congratulations to the city of Santa Clarita and the Sheriff's Department on their new Sheriff's station!

In closing, I would like to remind you that the

LASD Band has many groups within our larger Concert Band to accommodate many types of musical necessities. We have our Swing Band, a quintet, a brass quartet and a rock-and-roll group that is beginning to form.

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

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



By Team SSB
Scientific Services Bureau

Hello from Scientific Services Bureau and happy fall!

CONGRATULATIONS

Congratulations to Senior Criminalist Juan Apodaca for his graduation from the LASD/Law Enforcement Leadership Development Institute Continuum. The Law Enforcement Leadership Development Institute Continuum is a premier leadership program for sworn and civilian law enforcement personnel. It is a six-month program designed to stimulate personal leadership and ethical decision-making skills in law enforcement personnel. The curriculum addresses planning, organizing, directing, inspiring, challenging and developing others.

When Juan was asked about his experience in the program, he stated, "This course required a huge amount of commitment (personal time). I felt like I was back in school, reading books, writing reports and working on projects. It required that we really look inward and make changes in ourselves so that we changed our outlook. It not only changed my course professionally ... it had a big change in my personal life. We took an in-depth look at teamwork on an intellectual level, but we really learned and got the most out of the course through the bond of teamwork that was created in the class when we pushed each other to become better students of leadership."



Juan Apodaca on the far left

Juan's commitment to this multi-agency program is an inspiration to his fellow employees, and we are proud of his accomplishments.

CALIFORNIA ASSOCIATION OF CRIME LABORATORY DIRECTORS

LASD and LAPD hosted the California Association of Crime Laboratory Directors (CACLD) meeting at HDFS from October 13 to 14. The event was held as a hybrid in-person and virtual meeting and was well attended. LASD Assistant Laboratory Director Micah Anozie was one of the co-chairs of the meeting and helped put together a program of topics including a presentation from the ATF on privately made firearms, a panel discussion on the CHP Cannabis Grant and an informative legislative update by Deputy Attorney General Mike Chamberlain.

PROMOTIONS

We would like to congratulate the following SSB staffers on their promotions. Andrew Guerrero was promoted to criminalist. Jasmine Bina, Lawrence Birch III, Stefanie Marr, Joon Song, Adrian Rendon and Joshua White were all promoted to FIS II. Congratulations to all.

SERVICE AWARDS

We would also like to recognize the following SSB employees on their recent County and

LASD Service Awards:

- Jessica Liang: 10 years Department service
- Cristina Montes: 10 years County and Department service
- Alex Pinon: 10 years County and Department service
- Ashley Bringas: 15 years County and Department service
- Joshua White: 15 years County and Department service
- Dominique Enriquez: 20 years County and Department service
- Kenneth Howard: 20 years County and Department service
- Tiffany Shew: 20 years Department service
- April Whitehead: 20 years County and Department service
- Richard Lozano: 25 years Department service
- Jackie Thompson: 25 years County service
- Sonia Villa: 25 years County service
- Tanya Stone: 30 years County and Department service
- Sarah Watson: 35 years Department service
- Sondi Jones: 40 years County service ☆



A quick group selfie at CACLD: Sr. Criminalist Julie Orloff, Sr. Criminalist Juan Apodaca, Supervising Criminalist Annette Asamoto, Supervising Criminalist Lisette Baron and Assistant Director Micah Anozie

LAS⁴D

SPOUSES SUPPORTING SPOUSES



By Jen Myers and Norma Murakami
LAS⁴D Spouses Supporting Spouses

MY LOVING HUSBAND

By Jen Myers

I created this group last August. I set out to create a community of fellow spouses amid the chaos that was happening with the civil unrest and the pandemic. As a stay-at-home mom, I felt alone raising four children while my husband was on 12-hour shifts with no RDOs. I was looking for others who could understand. As a former LASD Explorer and public safety officer for the City of La

Mirada, I had my own experiences to share. I was familiar with LASD resources, and I wanted to be able to provide that information to others who may not be as familiar with the Department. I also wanted to create a peer support group to be able to help LASD spouses and their families in need. Little did I know I would soon be the one in need.

My husband, Andrew, felt sick in early September. He eventually tested positive for COVID-19. Just six days after his symptoms began, he was admitted to the hospital with pneumonia. After 13 days, he was intubated and placed on a ventilator. There were so many ups and downs. Shortly after he was intubated, his lung collapsed, his heart rate was extremely high, his blood pressure was low and his kidney function

was at 25% to 50% of what it should be. Over the next few days, all these issues had corrected on their own except for the pneumonia. Andrew fought so hard, but on October 20, he passed away.

They say women tend to look for a mate who is like their father. I placed my parents' marriage on a pedestal and thought I would never find that kind of love. Then I met Andrew. Andrew reminded me a lot of my dad in many ways, but mostly in the way that he absolutely loved and adored his children and his wife. He gave me the world, and to him, even that wasn't good enough. He never stopped making sure I was happy, and I made sure to do the same

continued on page 16

Praise the Lord, my soul, and forget not all his benefits – who forgives all your sins and heals all your diseases, who redeems your life from the pit and crowns you with love and compassion, who satisfies your desires with good things so that your youth is renewed like the eagles. -Psalm 103:2-5

Procession

Welcome

Words of Remembrance
Lieutenant Tracy Stewart

First Reading from the Book of
Wisdom 3:1-9
Andrea Erickson

Second Reading from the Book of
John 3:14-16
Monica Kitchin

Prayers of the Faithful
Alyssa Erickson

Gifts to the Alter
AJ Myers and Jaydon Myers

Homily
Father Mario

Eulogy
Jennifer Myers

Closing Prayer

Funeral Service

November 4, 2021
11:30 a.m.

Christ Cathedral
13380 Chapman Avenue
Garden Grove, CA 92840

Interment
Holy Sepulcher Cemetery
7845 E. Santiago Canyon Road
Orange, CA 92869



FAITHFUL PROTECTOR

Deputy Sheriff Andrew L. Myers

April 1, 1970 – October 20, 2021



FEAR NOT, FOR I AM WITH YOU; BE NOT DISMAYED, FOR I AM YOUR GOD. I WILL STRENGTHEN YOU, YES I WILL HELP YOU, I WILL UPHOLD YOU WITH MY RIGHTEOUS RIGHT HAND. -ISAIAH 4:1:10

LAS⁴D Spouses Supporting Spouses *continued from page 15*

for him. We made a beautiful life together, and for that I am grateful.

October 20 has always been a day of sadness because my dad passed away on October 20, 1998. Exactly 23 years later, my Andrew passed away on October 20, 2021. I have found comfort in that because I know my dad was there to welcome him into Heaven and they finally got to meet.

Many people knew Andrew through work. You knew the guy who arrived to work early and left late, the guy who was a good partner and was always there to help where he could, the seasoned deputy who still shined his boots and his badge until he could see his reflection in them, the introverted, private man who only shared his love for his family with those he trusted most, the teacher and the mentor. As difficult as this is, I wanted to share with you the Andrew that I knew.

First off, many knew him as "Andy." What you don't know is that he did not like to be called Andy. Andrew's maternal grandfather was known as Andy, so that nickname was reserved for him as a form of respect. Even as a child, he was only known as Andrew.

After graduating from Academy Class #315, he was assigned to IRC. Six years later, he finally went to patrol at Norwalk, where he spent the next 17 years. He was on the NET and VCET teams before becoming a field training officer, where he was responsible for shaping the careers of at least 25 deputies just starting their patrol paths. His patient nature and ability to teach made him good at his job. Former trainees still reached out to him years later for advice and guidance, and it made Andrew happy to know



his opinion and knowledge were not only appreciated but still valuable to them. He was also awarded Deputy of the Year in 2012.

Andrew eventually became the PM Watch deputy. He enjoyed his job and he loved being able to continue making Norwalk his home. He respected his desk crew and treated them like family. He also made an impact on those he served at the front counter. There are two in particular that I'm aware of. A little girl named Makenzie would come in with her grandmother for child custody exchange. Her grandmother would bring her to satisfy their obligation of the custody order. Andrew would always



Jen and Lea Myers admiring the floral arrangements

talk to them, read with Makenzie, and play games with her as they would pass the time waiting for her dad, who never showed up. Makenzie took a liking to Andrew, and it was mutual. When Andrew and I would shop for Christmas gifts for our children, he would always buy one for Makenzie, and Makenzie would bring Andrew a gift as well. We even have a photo of Andrew and Makenzie together framed in our home. After the custody order ended in 2018, Makenzie and her grandmother would stop by weekly just to visit with Andrew. When they heard of Andrew's passing, Makenzie dropped off a recent school photo, along with the picture of her and Andrew from a few years ago that she wanted me to have. Makenzie's grandmother attended Andrew's funeral and handed me a letter. Within the letter, she shared, "I am grateful that she got to experience, for a short time, what having a father was like."

Last December, Andrew received a Christmas card in his work mailbox. He had me open it and read it to him as he drove. I teared up reading the card, which read: "Deputy Myers, I've wanted to say thank you for several months and realized that maybe the best way to do so was to let you know how important you are. I came to you because of some weird and very uncomfortable things going on in my neighborhood. You have no idea how important you were at that moment. God bless you, you listened! I was so rattled, and you listened! Thank you! I walked away still not knowing what to do, but also not feeling like I was alone. My gosh, how that mattered. You mattered. You didn't make me feel foolish and I was grateful. The next day, I saw black and whites driving down my street and I said a prayer thanking God for you again. Please know how important you are. Know how much of what you do matters. Thank



A fellow LASD family who couldn't attend the funeral stood by on the side of the funeral procession to show their support to our family. They also lined the school fence with signs as the boys saluted the hearse. We were overwhelmed with emotion at their gestures.

you for choosing to do it. More people than you will ever meet are grateful to you. May God bless you and keep you in His hands. Bethany S."

Andrew was so humble that he never shared this card with anyone. I contemplated sharing it with operations staff but respected his wishes and kept it put away in my computer desk. But I thought it was important for you all to know just how amazing this man was and let you see exactly why I loved him so much.

Just three and a half years ago, we said our vows to each other. We said the traditional ones that included "till death do us part." Never did I think that would come so soon. I am grateful that we spent every possible moment together. Many people have told me they could tell how much we loved each other by the way we looked at each other, the way we spoke to each other and the way we spoke about one another to our friends and family. Some people go their entire lives never experiencing that kind of love.

Not long ago, while I was attending mass, my priest mentioned that he had just come from a funeral and shared that the spouse, while eulogizing his wife, had nothing but great things to share about her. Father Johnny told us that we should tell our spouses how we feel while they are still with us. Andrew and I did. We always expressed to each other how much we loved and respected each other and how we were grateful for the life we shared. If I were to read the many texts Andrew sent me expressing his love and admiration for me, many would laugh and say how cheesy it was. Was it cheesy? Yeah, but it was truly how he felt, and I was grateful to have a husband who was cheesy and loving and not afraid to share that with me. Andrew always brought me flowers, whether it was my birthday, our anniversary, because I had a rough day or just because he wanted to. He even bought me roses the night he started feeling sick. He stopped at the grocery store after work for medication and grabbed a bouquet of roses for me. He often left me notes on the kitchen island, especially when he worked a lot of overtime and it seemed like we hadn't spent much time together. I have a drawer full of handwritten notes wishing me a good day or thanking me for being his wife and a wonderful mother to his children.

The quiet guy many experienced was not the Andrew I knew. I remember speaking with mutual friends in the beginning of our relationship. I'd say that Andrew and I sat and talked for hours, either in person or on the phone, and how much he made me laugh. I would get the same response from our friends: Andrew? Andrew Myers? Like they couldn't believe that he talked so much and that he was funny.

Not long ago, Andrew started making furniture. He made a barn door for our bedroom/bathroom, he made me a business card holder and, for Mother's Day a few years ago, he built me a hall tree. He shared with a few people from work, and they were



Norma and Tim Murakami

interested in what else he could make. So, he made Hilda a coffee table and two side tables for her new home, he made Francine a wine rack, he made a similar hall tree for Marta, and he made his aunts, uncles and sister encased ice chests. The last thing he built was a ramp for my gramma after I shared with him that she tripped and fell on them. He wanted to make sure she was safe, so he spent his days off, two weeks in a row, building the ramp. He never got to finish it because he wanted to add a rail to the wall. He had plans to make my best friend Monica a baby bassinet as a surprise for her baby shower, but never had the chance. Because he was making this his hobby, I bought him a branding iron after I created a logo for him. Our favorite type of wood is knotty pine, so I chose his casket to reflect his hobby and Mark Claahsen was able to use Andrew's branding iron to stamp his casket on all four sides.

Andrew was a very good man. He was one of the best. I never had a complaint to my friends about him. Our lives were so intertwined in every single way possible, so a major part of me is missing. The best part of me. He pushed me to be better but accepted me as is. He never tried to change me; he only encouraged me to push myself and was there to catch me if I fell short. I can't imagine my life without him and never expected that I would have to. He made all my dreams come true by making me a mother, first by letting me into his heart and his home and sharing his three children with his former wife (Mady, AJ and Jaydon) with me, and then by creating Lea and Elijah with our love for each other.

He will live on in our hearts, in our memories and in our children, and that is the best gift he could have ever given me.

THE SILENT PARTNER: UNRESOLVED GRIEF By Norma Murakami

As we very well know, the line of work of first responders is one of the most difficult, especially given the current negative climate sweeping our nation. There are already the existing pressures of the job, and now the anti-police sentiments, COVID-19 mandates and job insecurity add to the stresses that are brought home. We often have no idea what our spouses may have gone through during their shift. They may have had to handle a child abuse call, domestic violence, a gang murder, rape or other area of human ugliness. They may have had to grieve with a family over their child's overdose; handled a fatal traffic collision, a mentally ill person or someone trying to harm themselves; or had to remain calm while an inmate threw human feces at them. The list goes on, beyond what you or I can imagine or envision. As human beings, we were not created to deal with or handle these disturbing incidents and endless human tragedies. Our spirits weren't created to constantly deal with evil and not feel the pain of those we seek to help. Pease officers are trained to operate under control and suppress their emotions.

continued on page 18

LAS⁴D Spouses Supporting Spouses *continued from page 17*

I was trained as an infant loss grief counselor and took parents through the stages of grieving the death of their child. I learned so much about the grieving process and how humans cope. Most do not know how to deal with grief when they encounter death and personal tragedy. If we do not deal with that grief, it may manifest itself in post-traumatic stress disorder (PTSD). Many of us do not know how to process these horrific situations, and even if it involves a total stranger, it still affects us. Unfortunately, we are not taught to cope properly, so some common and unhealthy coping methods include:

- Denial — hoping it will just go away
- Non-communication — not wanting to talk about it to avoid reliving it
- Withdrawal
- Sweeping it under the carpet
- Anger
- Becoming a workaholic, taking every opportunity to work overtime to avoid the pain
- Moodiness, edginess and short-temperedness
- Increased alcohol consumption or other substance abuse

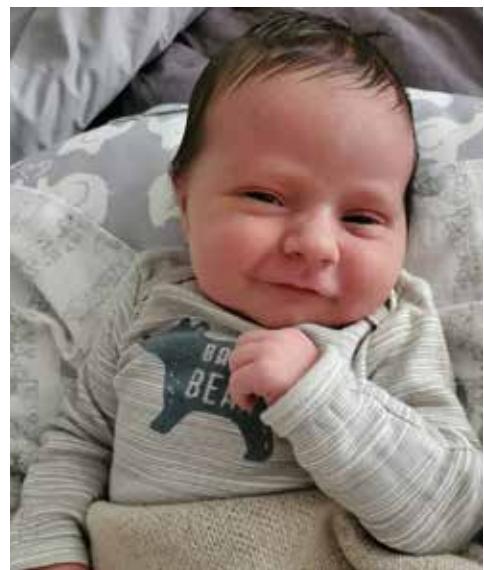
I have personally met young law enforcement wives who have expressed that they wish their husband would talk about his job and complain that he doesn't open up about what he experiences at work. My response to these spouses, after being married for 34 years with him always being in this profession, is that I can relate. The big question is, what should we do as we find ourselves getting frustrated, angry and resentful toward our spouses? I'd like to share with you what I do.

Since sometimes talking about the day can cause your partner to relive the experience or feel that they are bringing the evil home, I find guidance and comfort in the Lord, and I wait on God's timing to

allow my spouse to share. I don't expect that he will share, and I must be OK if he chooses not to.

Go to the Lord in prayer. I ask God to forgive me for my anger toward my spouse, I ask for a softened heart that has compassion and I ask for a change in attitude even if I do not know or understand. Ask God to help you love your spouse even if they are unlovable. These are the times I was so grateful that I had God to call on for spiritual help by opening my Bible. He is so faithful to hear our cries and change us even if our spouse is not receptive. The Bible says if we lack understanding and wisdom, we may ask (James 1:5). Let joy prevail. Grief visits people in unique ways and at peculiar times. One size does not fit all. Our responsibility is to pray and to choose joy over anger. Do not let another person's attitude rob us of our joy. It is a choice, so we must have a thankful heart and that alone will change our attitude.

Remember, God chose you for your spouse. God calls us to be that special partner who would lay down their lives for a brother. If any of you lacks wisdom, let him ask of God, who gives to all liberally and without reproach, and it will be given to him (James 1:5). When we change our perspective, and we realize we were made and created for this particular partner in this profession, we then realize we can run the house and make our home their safety net. By our choice, we create an atmosphere that recharges them from all that is spewed at them on a daily basis. We have our tool belt to go to the Lord in prayer, let God give us the joy we need to prevail and know that we are chosen to guard our spouses' hearts as we embrace the nuances of their careers. With God's help, we can be that resilient, strong, silent partner that they come home to, their sanctuary that only you and you alone can create for them.



Clark Westin DeMooy

OH, BABY!

Jeffrey DeMooy (EVOC) and his wife, member Christina, welcomed Clark Westin DeMooy on September 9, 2021. Clark was born at 4:14 p.m. and weighed 8 pounds, 7 ounces. Mom, dad and big brother Warren are doing well and enjoying being a family of four.

JOIN US!

If you're the spouse of an LASD sworn member, send us an email to join our private and hidden Facebook group (or our email list if you don't have Facebook) at LASDspouses@gmail.com. You can also follow us on our Instagram page @lasd_spouses. Join our community and take advantage of support, resources, education, mentorships, hikes, gift exchanges, family-friendly activities and more! ☆

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Sheriffs' Relief
members
can purchase
discount tickets
on our website.



Go to www.sheriffsrelief.org.

TEAM *TEMPLE*

By PIO Team
Temple Station

We want to share the following stories for the last *Star News* of 2021. As you open this magazine and read the articles, we hope you see photos of yourself or people you recognize and enjoy them with your family and friends. With that being said, here are some of our great moments from the past couple of months.

A GALA MORNING – STATION PHOTO DAY!

Thanks to everyone who made it to the Santa Anita Racetrack, looking great in our Class As, professional attire and big smiles to pose for our Station group photo. It was a great day where we took our Station photo and group photos with our colleagues. Thanks to Captain Mark A. Reyes for making this happen.

continued on page 20



Temple Station

continued from page 19





NEWSWORTHY ARREST

It is an understatement that Temple Station deputies (and sergeants) recover numerous stolen vehicles in a year. Some of these incidents that result in notable arrests are only highlighted on our social media platforms and not in the mainstream media, because the incidents are usually over by the time media arrives. When suspects run, deputies catch them quickly.

One afternoon, Deputy Aaron Contreras located

a confirmed stolen vehicle driving through the unincorporated area of South San Gabriel, then into the neighboring city of Montebello. Deputy Contreras coordinated a traffic stop and the suspects started to elude the deputies recklessly. Although traffic stops are never routine, this traffic stop turned into a vehicle pursuit where the two suspects foot-bailed from the vehicle after the stolen car crashed into two innocent bystanders' vehicles. Although the passenger was caught quickly, the driver of the stolen car escaped onto the 60 Freeway.

A local news helicopter was in the area and captured the brazen escape on video. The news helicopter saw the suspect stop traffic on the freeway and force himself into a black sedan. The driver of the black sedan was scared (and low on fuel) and took the next exit off the freeway, where he stopped in front of a local hotel in the city of Rosemead. After the suspect ran into the hotel, Temple deputies converged upon

the hotel and contained the location. This incident required extensive resources because of the geographical terrain behind the hotel, along with the two active scenes involving the abandoned stolen vehicle and the traffic collision.

As a result of a coordinated effort and the assistance of Aero Bureau, our K-9 partners and responding deputies from other stations, the suspect was arrested after being discovered hiding in the hills behind the hotel. Great job by everyone involved!

continued on page 22





STRETCHY PANTS

Jack Black has nothing on Deputy Christian Lucero! Deputy Lucero was seen rehearsing a scene from the movie *Nacho Libre*. Not sure if he was wearing his recreational pants or Class As ... either way, they were some pretty expensive-looking streeetchy pants!



SERGEANT LOERA'S NOTEBOOK

Sergeant Ruben Loera and the Temple Station Baker to Vegas Team are excited about the upcoming event. He showed us his notebook and we were truly inspired by it, so someone took a picture of it, and we had to share ... LOL! Ready or not, here we come!

DEPUTY ZHOU'S STREET SIGNS

It's never a dull moment in the city of Rosemead! Sunday morning, when everyone should be at home with family, or in their cozy beds in Rosemead, two separate motorists decided to have unexpected collisions at — you guessed it — New Avenue and Garvalia Avenue!



All joking aside, no one was seriously hurt, but Deputy Zhou found a moment to get a photo opportunity after the traffic collision. Needless to say, the "corner of" New Avenue and Garvalia Avenue was in the back of his patrol vehicle for the remainder of his shift, as you can see from the photo.

OFFICIAL TASTE-TESTER

During our Nacho Fundraiser, Deputy Oscar Cantu became our unofficial taste-tester, while Teresa Tostado and Jessica Cooke poured the right amount of ingredients for him. We believe he has a bachelor's degree in food science or maybe a related field of some sort ... luckily, it turned out to be delicious!

Until next time, have a great holiday with your loved ones. ☆



SHERIFF CHAPLAINS... WE'RE HERE FOR YOU!!

Personal, Practical and Spiritual Care

Supporting deputies, civilian personnel and their families of all faiths and none.

Operational Support

A resource where faith and operational issues intersect.

Response to Major and Critical Incidents

Supporting emergency services personnel and assisting in community recovery.



*Los Angeles County
Sheriff's Department*



EDITORIAL: FAMILY IN LAW ENFORCEMENT

BY ED LUNA

In many news headlines, we read about the incidents experienced by fellow law enforcement colleagues. Among our closest co-workers, we often discuss the many calls for service and the various people we encounter. We also share our experiences, good and bad, and appreciate the LEO camaraderie. However, we may overlook the influence we have on those closest to us.

I joined LASD in 1995. To say the Academy was easy would make me a liar. I was practically a new husband and the father of a 4-month-old son. As an "off-the-streeter" with zero experience in law enforcement, the Academy was incredibly challenging. Despite all the obstacles, I proudly graduated with LASD Class #290. Throughout my journey, I didn't realize how much my career and experience was influencing those around me.

My youngest brother-in-law was a teenager (13) at the time, bright and full of life. I didn't realize then how much my experiences influenced his life and his later decision to join the Department. I'm also happy he took my advice to earn a bachelor's degree before joining the Department, and he is now a lieutenant.

It also wasn't apparent to me how much of a positive influence we both had on our nephew. In our eyes, he was just a kid. We didn't realize how much he looked up to us and our profession. He proudly graduated with LASD Class #412.

As my son was becoming a young man, he seemed disinterested in following my footsteps. But in early 2019, he started his journey with LASD. It's an understatement to say I was extremely proud and elated. I am convinced that my journey and professional experiences had everything to do with my son's decision.

I have been honored and privileged to see all three graduate from LASD academies, and each continue to successfully grow professionally and personally. I am confident that my positive experience in law enforcement influenced their career path. I pray they continue to demonstrate tenacity and character in this career.

We don't always realize that when we share our professional experiences and personal life adventures, we are unconsciously influencing those close to us. Helping people and showing empathy during distress, police car chases and altercations in custody/jails/courtrooms are just a few examples of

experiences that captivate young minds and influence career choices.

And so, as you recall the many challenging and life-changing moments throughout your law enforcement career, I encourage you to ponder how this Department provides many career opportunities that can influence the next generation. As pathfinders, we have the power to influence future minds in our family — a son or daughter, a niece or nephew, a sister or brother. They can learn from your experiences and will want to make a difference.

Putting everything in perspective, I am personally thankful for the incredible opportunities and professional growth available to me from this Department. And it brings me satisfaction to know I have touched and made a difference in the career choices of family members. I hope they, too, look to motivate others by sharing their professional journeys with LASD. A sliver of credit is enough for me to feel happy that I made a difference in their lives.

Who will you influence? A daughter, son, niece, nephew, brother or sister? Let your pride in the Department influence the next generation in law enforcement with LASD. ☆



By Brittany Fraser
Parks Bureau

MORE THAN JUST SQUIRRELS

In the late evening of October 6, Deputy Travis "Splinter" Randall was conducting fishing license checks at the Castaic Lake dock. A patron flagged him down and alerted him to a "giant turtle" in the lake. Lo and behold, there he was! Rafael had been sitting in the sewer, covered in ooze!



It didn't take long for Deputy "Splinter" to teach Donatello everything he knew! Unfortunately it was not enough to keep Michelangelo away from the grasp of Animal Control Officer Shredder, who captured him. This large snapping turtle was in trouble! Leonardo was lured into the box by pizza and soda! As this guy was obviously dumped here, he was looking for a new home. Lucky for him, he was adopted by April O'Neil! Cowabunga!

GIRLS EMPOWERMENT

Members of Parks Bureau were invited to be guest speakers at the seventh annual Girls Empowerment Conference on October 9. This year's conference was



held at Earvin "Magic" Johnson Park in the newly built Community Center. The day was filled with workshops and attended by many young girls in the community. We were honored to have the opportunity to be positive role models for today's youth!

HOW MANY DEPUTIES DOES IT TAKE?

What to do, what to do? When you're Hawthorne P.D. and your battery dies on your very expensive drone, just as it happens to be flying over the lake at SoFi Stadium?

Call the Sheriffs, of course! They have rescue divers!




DEPUTY CAROL MALVEAUX
LA COUNTY SHERIFF PARKS BUREAU


DEPUTY BRITTANY FRASER
LA COUNTY SHERIFF PARKS BUREAU

Deputy Carol Malveaux has been with the Los Angeles County Sheriff's Department for 31 years. Her foremost motivation for working in law enforcement is to help make a safe and secure environment for children to grow. She has been a great asset to LA County Parks by being an advocate for merging law enforcement and the parks community; she has partnered with several parks to give youth and teens the opportunities to go to live concerts, ball games, San Diego and amusement parks. Deputy Malveaux has created a great relationship with park staff and community interventionist to help promote Parks After Dark, Safe Passage and BEAR programs. Her favorite off duty activities are spending time with family and friends, relaxing spa days and studying politics.

Deputy Brittany Fraser was born in Southern California and have lived here her entire life. She has one younger sister who she shares a birthday with. They are two years apart exactly and are very close. Her father passed away when she was 19 years old, but she lives 10 minutes away from my mother and visit her often. Deputy Fraser always had a love of animals and at one point wanted to become a veterinarian. Although she did not become a vet, she realized she had a passion for standing up for people; so she became a LA County Deputy Sheriff at the age of 21. While working Patrol, she met her husband, who is also a deputy. Together they have one adopted teenage daughter and five year old identical twin boys. Together they later started their own animal rescue. They love to travel. Her favorite color is yellow and she loves arts and crafts. She loves participating in the police and fire fighter olympics in track and field as well as football.



Nine deputies went in on October 13. Conditions were beyond murky water, silt inches deep, divers couldn't see a thing! The bright orange color of the drone offered no assistance. Searching by feel only! Many non-drone items to remain nameless were discovered. After approximately 30 minutes, it was our very own Parks Bureau Deputy Tim Cherry with the recovery! Great job, Tim!

NORTH ZONE: THREE EVENTS, ONE DAY!

On October 16, Castaic Lake Recreation Center hosted the "Mud Girl" event. This event is a fundraiser for breast cancer and was attended by over 5,000 women. Providing safety and security for this many ladies was no easy feat! Some of the ladies not only showed their support for breast cancer survivors but also showed appreciation of our Parks Bureau deputies.

continued on page 26





Meanwhile, at Vasquez Rocks, Parks Bureau provided security for the Spacerock 5K/10K event!

Also, at the same time, the Sheriffs' Relief Association hosted their annual Fall Picnic at our William S. Hart Park. What a spectacular event for the whole family! Jumpers and pumpkins galore, music, food and prizes, a great time had by all.





HONORING DEPUTY THOMAS ALBANESE

Classic cars, motorcycles and vendors came together at the Industry Hills Expo Center on October 23. The memorial motorcycle ride commenced in Huntington Beach. Despite the rain, it was a full house. The Albanese family was celebrated and felt honored by the event.



TRUNK OR TREAT

In partnership with Parks and Recreation, Parks Bureau hosted our very first annual Trunk or Treat at both Belvedere and Earvin "Magic" Johnson Parks on October 30.

continued on page 28





PEER SUPPORT PROGRAM

By Rachel De Hoyos

BEING HONEST WITH OURSELVES AND THE PEOPLE AROUND US

Well, we have not had an article like this before, but we just wanted everyone to know that the Peer Support Program (PSP) had a great yearly one-day training on Addiction in Law Enforcement in October. This class was different than past trainings, as the members themselves were the presenters. The members told their stories about their struggles with addiction. It was very humbling to see Peer Support members being completely honest and allowing others to know that no one is perfect, and that just because we work in the law enforcement field we are not shielded from life's struggles.

Our members talked about struggles with alcohol and gambling addiction and told us how they came to realize they had a problem. They talked

about having the support to help them toward their recovery. They also mentioned that every day can be a temptation if they allow it to be, and how easy it would be to return to addiction. They have found ways to keep away from the addictions that put a cloud over their lives. They have found programs and people who continually keep them in check and are there for them whenever needed, day or night. Another important part of their continued recovery is getting spiritual guidance and implementing that in their daily lives.

So, why is it important to be honest with ourselves and with the people who surround our lives? It is important to be honest in order to get help. It is important for you to know that we get hurt, we encounter struggles and, most of all, we are human beings who are not perfect or better than others. Our struggles and addictions do not

control us; rather, they take hold of us when we are yearning for or missing something in our lives.

The Peer Support Program is here for you (LASD sworn, civilian and professional staff) when you need someone to talk to who has been there and understands what you may be going through. Our trained peers are here to hear you out, to give you some advice (if wanted) and to provide you with additional resources (if needed). Please do not feel like you cannot turn to anybody. If you ask for help through the Peer Support Program or Psychological Services Bureau, it is *confidential* and *free*. Call our office at (213) 738-3500 during business hours and ask to speak to the Peer Support Program coordinator, Deputy Rachel De Hoyos, or the Substance Abuse Resource Program coordinator, Deputy Willis Braggs. ☆

Parks Bureau *continued from page 27*

Special guests included SEB, who brought their BearCat, and Detective McGruff the Crime Dog, who arrived on a ATV. Over 300 children enjoyed candy and the festivities! ☆



Bon Appetit

By Christina Schilinga
Food Services Unit

Hello again from the men and women at Food Services. Just as with all other areas of the Department, a lot happens here on a daily basis — from our trucks making deliveries to our stations and city jails across the county to the preparation of food utilizing the cook and chill program at CRDF. Below is a photograph depicting one of the many meals prepared at the CRDF kitchen utilizing the cook and chill method.



In August and September, several members of the Food Services Unit at our TTCF, CTC, Ranch and NCCF kitchens were recognized for their commitment to their duties and presented with a Division Commander's Commendation. These hardworking professionals ensure the men and women housed in our custody facilities are provided with nutritious meals every day. They prepare over 14,000 meals three times a day, 365 days a year, rain or shine.

This dedicated group of men and women were commended for their work ethic and dedication to their duties and their peers during an unprecedented time. The COVID-19 pandemic brought challenges in all aspects of life never before tried or tested, and our team of professionals at the Food Services Unit worked diligently to ensure the Department complied with all mandates, health codes and requirements. Congratulations to all on a job excellently done!

Pictured on the top right of this page are our TTCF and CTC kitchen staff. Top row: assistant cook Magdy Fahmy, head cook Jose Lugardo, senior cook Miguel Hernandez, assistant cook Yasser El Mallah, head cook Fernando Anaya, head food service worker Du Nang Fou, head cook Emilio Mendez, senior cook Paul Abrigo, intermediate food service worker Juneil Mendoza and senior cook Neri Garcia. Middle row: intermediate food service worker Teodoro Atienza, senior cook Mei Cheung,



intermediate food service worker Cristina Javana Saldivar, senior cook Cindy Leung, senior cook Jittima Lopez, senior cook Lorna Agpalza, intermediate food service worker Estelita Morada, senior cook Criselda Metiam, intermediate food service worker Kenia Jauregui and senior cook Melquidades Vega. Bottom row: dietetics advisor Lilian Saldana, intermediate food service worker Maria Colin, intermediate food service worker Martha Chavez, intermediate food service worker Juliana Sandoval, head cook Iris Palencia, assistant cook Martha Hernandez, senior cook Ana Marin and assistant manager Victor Soto.

Pictured below from our Ranch kitchen are

(top row) head cook Mohamed Aly, senior cook Raul Abramovicz, head cook Norman Johnson (who was also presented with his 25 years of County service award), senior cook Rosario Arias-Alvarez and chief cook Victor Krajci. Bottom row: senior cooks Nancy Jiang and Maria Reyna and food services manager Gregory Hawkins.

The Food Services Unit NCCF kitchen staff pictured on the next page with their Division Commander's Commendations are (top row) head cook Archie Banas, senior food services manager Gregory Hawkins, assistant cook Angelos Ghobrial,

continued on page 30





intermediate typist clerk LA Vonne Price, Commander Josie Woom, head cook Jose Herrera, senior cook Henrik Akoopie, senior cook Gerardo Ramos and head cook Dagoberto Ayau-Mazariegos. Bottom row: senior cook Dina Umana, intermediate food services worker Chau Nguyen, senior cook Davetta Bryant, senior cook Aracely Ortega and senior cook Reina Hernandez.

In October, the Food Services Unit celebrated the promotion of several individuals. Pictured on the right are chief cook Jorge Cuadra, food services manager Graciela Perez (who kindly posed with our newly promoted staff), head cook Dagoberto Ayau-Mazariegos and head cook Malcom Agee.

Congratulations to our unit's newest chief cook, Jorge Cuadra. Mr. Cuadra began with the Sheriff's Department on November 19, 2007. Cuadra worked as a senior cook at the NCCF and TTDF kitchens until 2016, when he was promoted to head cook and assigned to the MCJ kitchen. In July 2021, he was promoted to chief cook and confidently assumed his assignment at the CRDF kitchen. Cuadra has vast knowledge of the Department's operations and is one of the Food Services Unit's key members of the cook and chill team at

CRDF. The Food Services Unit is excited and honored to have Cuadra in such an important role.

Congratulations are also in order for our unit's newest head cook, Dagoberto Ayau-Mazariegos. Ayau-Mazariegos started with the Sheriff's Department on May 6, 2019, as a senior cook, where he was assigned to Sherman Block Building (SBB) Café. Ayau-Mazariegos worked in the private culinary industry for many years, developing his gastronomic talents. He is an excellent cook who

created many of the wonderful specials you've enjoyed at the SBB Café. Ayau-Mazariegos brought his expertise in different cooking styles, such as Latino, Italian and American cuisine, to the SBB Café. He is always ready and excited to share his vast cooking knowledge. Ayau-Mazariegos promoted to head cook in July 2021 and enthusiastically embraced his new role at the NCCF kitchen. The Food Services Unit is looking forward to more exceptional cuisine from Ayau-Mazariegos.

Congratulations to newly promoted head cook Malcom Agee. Agee began his career with the Sheriff's Department on November 14, 2011, as a senior cook. Mr. Agee has worked at the NCCF, MCJ and TTDF kitchens, as well as the SBB and HOJ Cafés. Agee helped open HOJ Café in 2018 and is one of the few employees who has held assignments at both of the Department's cafés. In July 2021, Agee was promoted to head cook and began working at the CRDF kitchen. Agee has earned his Associate of Science degree in Culinary Arts from the Art Institute of California – Los Angeles. The Food Services Unit is very proud to have Agee as part of its team.

Keeping you full ... until next time! ☆



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YOUR
prices**

SRA Emporium 12 DAYS OF CHRISTMAS GIVEAWAY

Come celebrate the season at SRA Emporium with **12 days of prize drawings** for tactical gear, LASD branded merchandise and other great gifts!

Every weekday from December 8 to December 23, visit either Emporium store to enter for a chance to win the stated prize for that day. You must be a paying customer on the day of the drawing to be eligible to play. Names will only be collected for the day you visit the Emporium; you cannot leave your name for another date to be drawn at a later time. The drawing will occur at the end of the day, and the winner will be called the following day to collect their prize. One entry per person per day. Good luck and happy holidays to you all!

Dec. 8

Your choice
of a tapestry
blanket

(Blue Line;
Vintage or
Department)



Dec. 9

Wooden Sheriff flag



Dec. 10

Your choice of
movie tickets

(1 theater;
10 tickets
total)



Dec. 13

Your
choice of
G-Shock
watch



Dec. 14

Your choice of
Department earrings
(gold or silver, friction or lever back)



Dec. 15

Your choice of Spyderco,
Smith & Wesson or
Kershaw knife



Dec. 16

Your
choice of
Department
necklace

(gold or silver)



Dec. 17

PowerTac M5
1300-lumen flashlight
with magnetic charger



Dec. 20

Your choice of
Oakley sunglasses



Dec. 21

Firebase
hoodie



(black or
tanger green;
size M-2X)

Dec. 22

Your choice
of Bulova
watch

(men's or
women's)



Dec. 23

Hall of Justice/A Tradition of
Service 2 oz. Silver coin .999



For more info, visit SheriffsRelief.org/store

SHERIFFS' RELIEF ASSOCIATION EMPORIUM LOCATIONS:

STARS Center, Whittier (562) 946-7271 PJP Rancho, Castaic (661) 257-5320
Monday-Friday, 9 a.m. to 4:30 p.m. Monday-Friday, 9 a.m. to 5 p.m.

Closed on Saturdays Until Further Notice



Holiday Shopping Made Easy!

LASD Pride That Sparkles



Gold Badge Stud Earrings
Also available in silver (\$79)
\$249.99 Item #: 1514

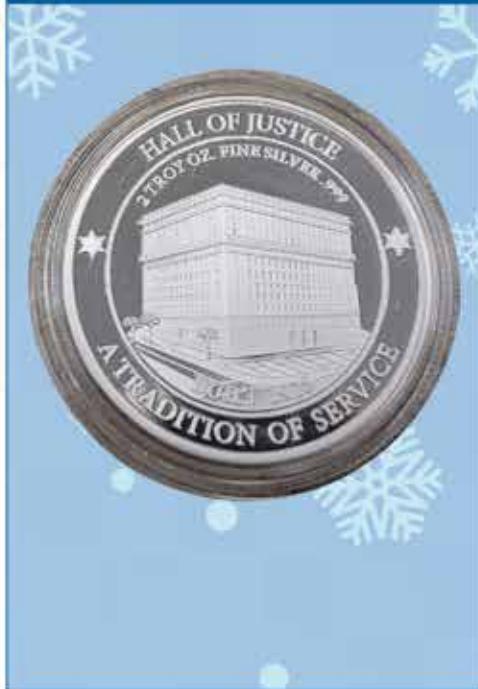


Gold Badge Necklace
Also available in sterling silver (\$80.25)
\$199 Item #: 1523



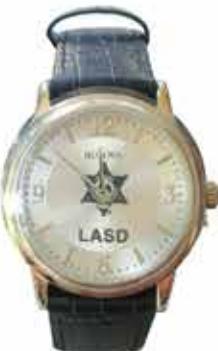
A circular silver coin featuring the Los Angeles County Sheriff's Department seal in the center, surrounded by a starburst pattern. The background is blue with white snowflakes. A red circular badge in the bottom right corner reads "LIMITED EDITION!"

Hall of Justice/A Tradition of Service
2 oz. Silver Coin .999
Presentation box included
\$105 Item #: 1567



A circular silver coin featuring the Hall of Justice building in the center, surrounded by a starburst pattern. The background is blue with white snowflakes.

HALL OF JUSTICE
2 TROY OZ. FINE SILVER
A TRADITION OF SERVICE



Men's LASD Badge
Bulova Watch
\$114 Item #: 1542



Ladies' LASD Badge
Bulova Watch
\$114 Item #: 1543



G-Shock 200m
Water-Resistant Watch
Item #: 1546

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store,
YOUR
prices**

Gifts for Everyone on Your List



LASD Heart Blue Line Eco Performance V-Neck
Colors: heather black, dark heather
Sizes: S–XL
\$18.99 Item #: 2047



LASD Old-Fashioned Glass, 15 oz.
\$8.99 Item #: 0622



Vertx Urban Discipline Jacket
XL: **\$75**; 2X: **\$82** Item #: 1404



K-9 Hero Plush
Breeds: Dutch shepherd, black Lab, chocolate Lab, bloodhound, golden retriever
\$13.99 Item #: 1504



Firebase Hoodie
Colors: black, ranger green
M–XL: **\$69.99**; 2X: **\$76.50**
Item #: 1403



LASD Christmas Ornament
Colors: red, green
\$5.99 Item #: 1932



Wooden Sheriff Flag
\$150 Item #: 2002



Merry Christmas to Our LASD Family Badge Ornament
\$5.99 Item #: 1926

For more info, visit SheriffsRelief.org/store

SHERIFFS' RELIEF ASSOCIATION EMPORIUM LOCATIONS:

STARS Center, Whittier (562) 946-7271 **PJP Rancho, Castaic (661) 257-5320**
MONDAY–FRIDAY, 9 A.M. TO 4:30 P.M. MONDAY–FRIDAY, 9 A.M. TO 5 P.M.

CLOSED ON SATURDAYS UNTIL FURTHER NOTICE



SRA EMPORIUM

Earpieces

Tactical Communication

Fox Clear Acoustic Speaker Kit

Allows officers to hear communications clearly and prevents suspects from hearing what could turn a situation against them in a hurry. Formed with high-grade surgical tubing, which is attached to high-grade speaker that connects to shirt collar.

Item #: 0762



Micro Sound Tubeless Listen-Only Earpiece

Tubeless microspeaker technology delivers clear audio with no obstruction or sound loss. Easy-swivel speaker rotates 180 degrees for left- or right-side use.

Item #: 0763



Hawk Micro Sound Speaker Lapel Microphone With Easy-Connect Guide

Lightweight, concealable and discreet. Features on-target visual alignment that improves the ease of connection to the radio, reducing wear and tear.

Item #: 0760



To see all other options, please refer to the Emporium website at SheriffsRelief.org/store.

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store,
YOUR
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**EASY-CONNECT
with Guide Arrows**



**LOWEST PRICES
GUARANTEED!**

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

LAW ENFORCEMENT GEAR

Accessories

Everyday Essentials

Unity Tactical CLUTCH Belt

Designed to make mission-critical gear disappear under civilian clothes, this modular, multipurpose belt platform hugs the body with a two-way stretch material for a custom fit. Individual cells are lined with Velcro pile to secure any number of pockets, holsters, carriers, etc. Available in sizes S, M, L.

Item #: 1113



Unity Tactical Runner's CLUTCH Belt

This modular, multi-purpose belt has Hypalon side panels for a closer fit, perfect for use with shorts, sweats or other athletic gear. The Runner's CLUTCH can be worn underneath the waistband, making it ideal for conditions where concealment is difficult. Allowing for carriage of a full-size pistol, multiple reloads, radio, IFAK, etc., this is a force multiplier for plainclothes law enforcement or CCW.

Item #: 1114

Civilian Taser Pulse+

Lightweight with ideal 15-foot shooting range, the Taser Pulse+ is revolutionizing the self-defense market. Includes Noonlight integration, a safety platform that wirelessly connects your device to your phone.

Item #: 0276

Holster available but sold separately (Item #: 0283).



Safariland Quick-Locking System Kit

Constructed with injection-molded nylon, the receiver plate can be attached at different angles according to user preference. Quick-locking system allows for swift transfer of gear between attachment points.

Item #: 1864



Rigid Gen. 7 C-A-T TQ Case

Blade-Tech TekLok belt attachment fits up to 2.25-inch belt. Can be mounted vertically or horizontally or attached to a Safariland drop-leg shroud. Easily mounts to duty, patrol and pistol belts. Available in black.

Item #: 0838



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



By Erin Stibal
Facilities Services Bureau

Despite the daily demands of our jobs, it is important to recognize those who go above and beyond, whether it's a single heroic act or a combination of their daily activities. This quarter, we recognized some FSB team members who help make the Bureau better each and every day, said farewell to several retirees and mourned the loss of one of our own.

EMPLOYEES OF THE QUARTER

In October, FSB Director John Carillo presented two FSB employees with "Employee of the Quarter" recognition.



FSB Director John Carillo with Employees of the Quarter Darren Flietstra and Edgar Villalobos

FSB Elevator Mechanic Edgar Villalobos services LASD elevator equipment throughout the county. In the past few months, he has taken on additional responsibilities while his supervisor was off work, to ensure the work was done and the shop continued to run smoothly. Edgar addressed issues with state inspections and was able to get fines reversed. He arranged repairs with outside vendors and assisted on the quarterly callout list, all while also handling his daily workload. For his willingness to go above and beyond, Mr. Villalobos was selected as the 2021 FSB Line Staff Employee of the Third Quarter!

Audio, Video and Security Systems Technician (AVSST) Supervisor Darren Flietstra has been proactively involved with everything going on in his work region as well as throughout all of FSB. With many years of experience and expertise, Darren has been invaluable in many projects, such as the NCCF Fire Alarm Project and how to tie the buildings' HVAC systems into the fire alarm system. Not only has he proven himself to be someone who can always get the job done, Darren also consistently helps other employees, supervisors and managers when needed.



Melissa Contreras, FSB Director John Carillo and Wendy Mullen

For his commendable dedication and commitment to the Bureau, Mr. Flietstra was selected as the 2021 Support Staff Employee of the Third Quarter!

DISTINGUISHED SERVICE AWARDS

Two FSB employees were recently recognized with the Sheriff's Department's Distinguished Service Award. OAIII Melissa Contreras, who has since been promoted to ASM III and left FSB, and OAII Wendy Mullen were presented this prestigious award by FSB Director John Carillo in recognition of their strong leadership during the COVID-19 pandemic. These two dedicated employees worked around the clock to monitor COVID cases, follow up with employees, submit the necessary reports and, above all, demonstrate concern and compassion to the entire FSB team. Their empathy, resourcefulness and professionalism provided to the 444 employees and their families was greatly admired and appreciated, especially during these challenging times. The service they provided was truly above and beyond the requirements of their duties, and their commitment to excellence truly exemplify "A Tradition of Service," our Core Values and Department Creed.

RECENT RETIREES

Congratulations and best wishes to the FSB retirees for the third quarter:

- Law Enforcement Technician Frank Galindo — 42 years
- Word Processor II Leticia Garcia — 36 years
- Procurement Assistant I Celia Provost — 30 years
- Operations Assistant I Jian "Albert" Cheng — 30 years
- Tile Setter William J. Matteo — 19 years

IN MEMORY: FRED MACCHIO

FSB lost one of our own, as Steam Fitter Fred Macchio passed away on October 2, 2021. Per FSB Director John Carillo: "I had the privilege of super-



Fred Macchio

vising Fred for several years. He was one that never said no or it can't be done, and he made FSB a better unit. Through the years Fred had become known not just for his work ethics, but his knowledge of the facilities, the systems that he maintained and his sense of humor. Fred had a kind word and a new joke whenever I saw him. FSB lost a great person, man and co-worker that helped to build us into the Bureau we are today, and he will never be forgotten."



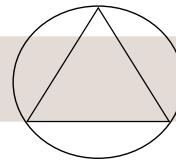
This was one of Fred's popular sketches: "cereal killers."

Steam Fitter and Refrigeration Supervisor Joe O'Connell said that he was fortunate to work with Fred for close to 30 years. "Fred was a great craftsman who had a world of knowledge of the ins and outs of MCJ. He was loved and respected by all and was best known for his off-the-wall sense of humor. Fred always had a new joke to share or funny hand-drawn picture in his pocket notebook. I was saddened when I heard the news about Fred, but I also felt some joy that Fred is where he really wanted to be and that's with his wife. He will be missed by all, and I will always smile when I think of Fred Macchio."

Facilities Services Bureau extends our deepest sympathy and heartfelt condolences to Fred's family. ☆

Peace Officer's Fellowship

By Willis Braggs



ROCK BOTTOM

Many of the recovering alcoholics I know thank their lucky stars daily that they gained their sobriety when they did. Even still, most of them wish they had sobered up sooner. They also almost unanimously subscribe to the belief that everyone quits drinking only when they are ready. Thankfully, not every alcoholic has to hit rock bottom before they can successfully quit drinking. Some people can see the bottom rushing up at them, and make a change before they experience the harsh reality of what making impact feels like.

Each person struggling with alcoholism has their low point, their own bottom. For some, it looks like getting arrested for driving under the influence. The experience of getting booked, being relieved of duty and enduring the humiliation that inevitably follows such an experience makes the person bottom out. For others, however, a single arrest for DUI is explained away as bad luck. For some, the low point is their relationship or marriage ending and no longer living with their kids full-time. For others, however, failed relationships are blamed on the significant other. There are definitely circumstances when alcohol, unfortunately, is always the last factor to be considered as the problem.

For the untreated alcoholic or the alcoholic who thinks they're "functional" enough to keep drinking, the bottom may have to be a very harsh place. Perhaps it may be realized after losing their job, their home, a lot of money and their family. Some alcoholics, including cops, find their rock bottom inside a prison cell due to drunken traffic collisions or domestic violence issues.

Again, most of the alcoholics I know wish sobriety would have come earlier in their lives. They look back with astonishment at how they could have ignored the destruction alcohol clearly brought to their homes, careers and families. They were getting stopped (and sometimes arrested) for DUI. They were getting to work late (and hungover) or using sick time to stay home altogether. Their personal lives were unraveling due to financial problems and relationship issues. Even though alcohol was the common denominator, it was often overlooked as one of the causes of their problems. Many of the recovering alcoholics I speak to saw alcohol as their only relief from the stress in their lives. In the end, however, there was often a realization that alcohol was making their

lives unmanageable. While some had to hit rock bottom to see it, others came close enough to get a good look at it before they decided to get sober.

Eric Castano
(562) 673-3374

Joe Collins
H: (320) 684-4008
C: (909) 240-0509

Bob Ghan
(714) 916-3299

John Heckman
(805) 559-4993

Chris Loomis
H: (626) 447-9011
C: (626) 230-3137

Dave Philippon
(909) 296-0203

Ray Terhorst
(818) 383-5539

John Valencia
H: (909) 599-1160
C: (951) 316-3633

Marty Weirich
(360) 570-1216

Daryl Williams*
(951) 764-3723

*Active LASD

lives unmanageable. While some had to hit rock bottom to see it, others came close enough to get a good look at it before they decided to get sober.

If you are sworn and want to stop the descent or have hit rock bottom, and you are ready to stop drinking, there is a place you can go for help. The Peace Officer's Fellowship (POF) is a group of law enforcement officers who have had a drinking problem. Membership is open to any law enforcement officer who wants to do something about their drinking habits. The POF operates under the principles of Alcoholics Anonymous, which means that members share their experiences with each other, and confidentiality and anonymity are absolutes. POF also offers person-to-person service or "sponsorship" to new members. The Peace Officer's Fellowship offers a way to develop

a satisfying life without alcohol. If you are interested in finding out more information about the POF, feel free to call one of the members listed here. Your phone call can be anonymous and will always be confidential.

Whether you are sworn or civilian, you are always welcome to reach out to Psychological Services Bureau (PSB) and the Substance Abuse Resource Program (SARP) at (213) 738-3500. You can ask to speak with me, the SARP coordinator, if you'd like peer support or are interested in talking about other resources. You can also ask to set up an appointment with a licensed clinical psychologist to talk about whatever is going on and develop a plan to move forward. Both options are free and confidential. There is no better time than now! ☆

L.A. County Retired Marshals Lunches for 2021

SCHEDULED FOR 12 NOON

December 1

Villa Tepayac

2200 E. Garvey Ave. S.,
West Covina



Desert Dirt

By Scott Sorrow
Lancaster Station

SERGEANT OWEN EOW FIFTH ANNIVERSARY

October 5, 2021, marked the fifth anniversary of the day we lost our sergeant, friend and mentor to evil. Deputies stood vigil in

shifts to honor our fallen partner at West Avenue J-8, near the Antelope Valley College. Many thanks to the Los Angeles County Fire Department, which provided ladder trucks at the scene that an American flag was draped from. LASD Aero Unit did a

flyover as well. The highlight of the day was the beautiful voices from the Master's College Choir, who sang the national anthem, "Amazing Grace" and other songs. Thanks to the Lancaster Station LANCAP team that put it all together.





LANCASTER LEGACY

Lancaster Station Custody Assistant Veronica Young celebrates 25 years at Lancaster Station in 2021. Her father was the late Captain Tony Welch, who was the last captain to command the old Antelope Valley Station. Captain Welch unfortunately passed away from cancer in January 1996. Lancaster Station hosted the Captain Tony Welch Memorial Golf Tournament for eight years after his death. At the time of this article, C/A Young has 33 years total on the Department and continues working hard every day in our station jail, booking and processing the continual flow of prisoners who come through it. Thank you, Veronica, for your service and your father's service at our station.

POSITIVE IDENTIFICATION

Which school resource deputy tracked down a 17-year-old arson subject with awesome follow-up?

Which station detective can hold a catalytic converter in his hands with his eyes closed and tell you what model it is?

Which deputy is currently shopping for a tin-foil Stetson hat?

LANCASTER HISTORY

ITEM OF THE MONTH

If you're a visitor to Lancaster Sheriff's Station, you may miss an amphibian object that hovers over your car as you pass through the exit gate onto Sierra Highway. Perched on top is a bullfrog that watches over every black-and-white that rolls out its gate. Sergeant Steve Owen was nicknamed "Bullfrog." To honor Steve and to keep his spirit alive in Lancaster Station, his LANCAP team put the bullfrog on top of the pillar of the Sierra Highway gate in order to remind deputies to be safe and to take the bad guys to jail. ☆



MARK YOUR CALENDARS NOW!

2022

LASD RETIREE ROUNDUP

April 3–6

Don Laughlin's Riverside Resort ~ Laughlin, Nevada

The biggest and best Roundup yet! Stay tuned for more information.



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
- Detective Christopher Gonzalez for 30 years of County service
- Sergeant Steve Moreno for 25 years of County service
- Detective Mark Christiansen for 25 years of Department service
- Deputy David Vivona for 25 years of Department service
- Custody Assistant Adrienne Winn for 25 years of Department service
- LET Lily Taase for 20 years of County and Department service
- Detective Randolph Meyers for 15 years of County and Department service
- Deputy Israel Becerra for 15 years of County service
- Deputy Alejandro Verduzco for 15 years of County service
- Deputy Andres Navarro for 15 years of County service



DETECTIVE BRUCE GOLDOWSKI

Detective Bruce Goldowski retired from the Department in October. Bruce spent his entire patrol career at Norwalk Station. Off training, he worked in the city of Norwalk. After a few years, he began to work in unincorporated Whittier, and in short time he was selected to be on the Whittier COPS team. Bruce then became a field training officer and for the last several years was a detective, most recently being a dedicated city of La Mirada detective. Bruce was an active participant in our station softball team and for several years served as the team captain. Bruce had an outstanding career and was a great member of the Norwalk family. Good luck in retirement, Bruce — you will be missed.





lived at the home alone and her house was in dire need of cleaning. Deputy Acosta went right to work and organized a group of family and Department members for a cleanup of the elderly woman's home. They dedicated their Sunday morning and afternoon to cleaning up the house. They made a big impact on this woman's life. Deputy Acosta also contacted Adult Protective Services, and they were able to provide several services to assist the elderly woman. Thank you, Anayancy, for going above and beyond and helping out one of our community members in our area.

SOFTBALL TOURNAMENT

Our Station softball team recently won the latest Department softball tournament. The team won the tournament by winning seven games and did not lose any. Detective Bruce Goldowski was named the tournament MVP. He played a great tournament, and it was said he left the best for last, as this was his last tournament before retiring. Congratulations to the softball team, which continues to be one of the top teams at each tournament.



HELPING A COMMUNITY MEMBER

Deputy Anayancy Acosta responded to a residence in La Mirada for a suspected elder abuse report call. She contacted the elderly resident. She conducted her investigation and determined no crime had occurred. However, the elderly resident

ARREST OF THE MONTH

(OCTOBER 2021)

The October arrest of the month went to Deputy Christopher Abeyta for his arrest of a gang member in possession of methamphetamine while armed with a loaded firearm. Deputy Abeyta conducted a traffic stop and contacted the suspect, who admitted to being on probation. Recovered from the center console of the suspect's vehicle were two plastic baggies containing methamphetamine. Recovered from underneath the driver's seat was a loaded firearm. The suspect admitted the firearm and the methamphetamine belonged to him. The suspect also admitted to being an active gang member.

DETECTIVE CASE OF THE MONTH (OCTOBER 2021)

The detective case of the month for October went to Detective Grant Oberle. Detective Oberle was assigned to investigate an assault case. The suspect assaulted the victim numerous times with a knife before fleeing. The victim provided a name and approximate age for the suspect. Using departmental resources, Detective Oberle identified a possible suspect. Detective Oberle presented the victim with a photographic lineup, during which the victim positively identified the suspect. Detective Oberle obtained a Ramey warrant for the suspect, who was located and taken into custody. Under Miranda, the suspect made incriminating statements related to the assault. ☆





By Ramon Montenegro
Transit Services Bureau

TSB K-9S REPRESENT AT “FIX’N FIDOS” EVENT

K TLA 5 news anchor Kacey Montoya and her Fix'n Fidos organization hosted a golf tournament at the Industry Hills Golf Club on October 17. LASD and Sheriff Alex Villanueva have been supporters of her organization for some time now. TSB K-9s were on hand, along with other K-9s from within the Department, to support the organization. Fix'n Fidos is a nonprofit organization committed to getting pets spayed or neutered for those who may not be able to afford the procedures.

Longtime TSB K-9 Deputy Walter Zipusch and his partner Argo were interviewed by KTLA Morning News reporter Christina Pascucci. Zipusch told the viewers what our explosives detection K-9s do to keep L.A. transit patrons safe.

Keeping in touch with our communities is just one way TSB continues to make strides toward reimagining public safety on the Metro transit systems. Progress, not perfection, should be the goal of all public safety agencies. It's definitely ours!

HOOK OF THE MONTH: MAJANO ON THE SPOT!

While conducting a patrol check at the Norwalk Metro C Line station, Special Assignment



Unit Deputy Natasha Majano heard a commotion near her location. She saw a female attempting to wrestle away control of a 5-year-old boy from another female. As Natasha made her way toward the trouble, she saw the aggressor strike the other woman.

Deputy Majano called for backup and detained the female aggressor. Deputy Majano determined the woman who had been struck was the child's mother and the female aggressor was trying to kidnap her son. Her investigation revealed that the aggressor had no relationship with the child and gave no warning to the boy's mother.

Thankfully, neither the boy nor his mother required medical treatment. Majano arrested the suspect for kidnapping and several other appropriate charges. Needless to say, had Majano not been doing her requisite bus checks, the outcome may have been different.

Well done, Deputy Majano!

FAREWELL, “NOTORIOUS DLG”

Longtime TSB Deputy and 30-plus-year LASD veteran Robert “Bobby DLG” De La Garza was called home to patrol the streets of Heaven in October. The Notorious DLG, as he





was known to so many, valiantly battled a brief bout with cancer, but unfortunately, he eventually succumbed to the dreaded disease.

DLG was known to many of his co-workers and Metro riders alike, having patrolled the Metro bus and rail lines for many years. He

ultimately retired in 2017 and, in typical DLG fashion, continued to work to stay busy, never being one to stay still for long. He was a fixture at TSB, having worked most of his career here.

He is survived by his wife and children who he adored so much.

NEW PARTNERS ARRIVE

Deputies Christian Campos, Antonio Caballero, David Smith, Troy Word and Edward Zubo successfully completed their field patrol training and began their assignments at TSB. We thank the training staffs at Norwalk, San Dimas, Temple, Walnut and Lakewood stations, respectively, for training our personnel and producing patrol-competent deputies to keep Metro patrons safe and secure. Welcome home, deputies!

Until next month! ☆

☆ IN MEMORIAM ☆

JOSEPH P. BERRY

RETIRED 03-31-77, DECEASED 10-01-21

BERNARD "SCOTT" BUDGE JR.

RETIRED 03-17-86, DECEASED 10-23-21

PATTY H. CHOE

ACTIVE, DECEASED 10-23-21

GREGORY SCOTT CLARK

RETIRED 07-16-97, DECEASED 10-02-21

ROBERT S. DE LA GARZA

RETIRED 03-04-17, DECEASED 10-12-21

DONALD D. DI MARZO

RETIRED 03-20-89, DECEASED 10-01-21

YASUKO GUTIERREZ

RETIRED 02-23-04, DECEASED 09-15-21

ARLAN E. LYNCH

RETIRED 03-04-81, DECEASED 09-27-21

RONALD G. MEE

RETIRED 07-29-76, DECEASED 10-01-21

ANDREW L. MYERS

ACTIVE, DECEASED 10-20-21

ANTHONY D. SERENA

RETIRED 09-10-15, DECEASED 10-20-21

MIRIAM E. TRAVIS

RETIRED 06-18-90, DECEASED UNKNOWN

WAYSIDE/SERGEANT

MIRA LOMA/DEPUTY

TRAINING BUREAU/OPS ASST I

LONG BEACH/DEPUTY

TSB/DEPUTY

COURT SERVICES WEST/SERGEANT

ADMIN/CR SC II

AERO BUREAU/DEPUTY

TEMPLE STATION/DEPUTY

NORWALK/DEPUTY

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JOSE FLORES, SPOUSE OF ACTIVE MEMBER JUDY L. FLORES, DECEASED 10-04-21

ELAINE SANTANA, SPOUSE OF ACTIVE MEMBER WALTER SANTANA JR., DECEASED 10-09-21

FROM THE DOCS

GOOD GRIEF...

"Every time we make the decision to love someone, we open ourselves to great suffering, because those we most love cause us not only great joy but also great pain. The greatest pain comes from leaving ... the pain of the leaving can tear us apart ... Still, if we want to avoid the suffering of leaving, we will never experience the joy of loving. And love is stronger than fear, life stronger than death, hope stronger than despair. We have to trust that the risk of loving is always worth taking" — Henri Nouwen

The above quote clearly shows that love and grief do not, and cannot, exist independently of each other. There's no love without loss, and one cannot make sense of loss without the experience of grief. Because most people cherish their relationships and have an intense capacity for love, when love is transformed into grief, it has a significant impact that is sometimes hard to fathom. This article aims to help you better understand the grieving process, as it is something many of us are currently experiencing.

Anytime we grieve, a host of reactions can be triggered. One might notice feeling physically drained, a change in your appetite or sleep, experiencing anger and/or sadness, feeling nothing at all, having a hard time concentrating, not wanting to do anything, and so much more. To complicate things further, there can be a cumulative effect to grief. This means that whenever we experience a personal loss, the scars from our previous losses can be reopened. Whether from one or multiple losses, intense reactions to loss often demand our attention, and though the intensity may gradually decrease, our reactions may continue to interfere with managing everyday tasks.

While the intensity of grief diminishes over time, grief reactions can be reawakened by places, events, people, sounds, smells or images that remind us of our loss. It's possible that the world may seem like a constant reminder of the absence. Should this happen, it may feel like going back to the days when the loss was new and completely overwhelming. Triggers hurt because they highlight the loneliness or void we feel. Despite the pain that accompanies them, however, triggers can also be viewed as reminders that we're meant to be with others. Grief reminds us of the almost inherent necessity of relationships and how important they are to our lives.

Because of this importance to all of us, relationships can often be the best fuel for giving you the endurance to cope with grief. As such, it's crucial to surround ourselves with supportive, understanding people while going through these experiences. With good friends and family, it's more likely that we will not run from or dwell in the pain, but rather trust that we are able to travel through it to put the pieces of our life back together in a way that reflects our goals and values. The key to doing this successfully is to turn nothing away; welcome any and all of the grief reactions coming up. Through this type of acceptance, we learn that our attitude toward the world can change, as well as how we approach our distress. This type of acceptance teaches us that the best way to overcome a perceived threat is not to look for ways to ward it off, but to change our relationship to it.

The simple act of sitting down, focusing on our breath, paying attention to our thoughts and emotions (both pleasant and unpleasant) and paying particular attention to our distractions sows the seeds of "radical acceptance." Guess what? Despite

having disturbing thoughts and feelings, as uncomfortable as they may be, you are still breathing. You are OK. Full awareness of our patterns of thoughts, feelings and behaviors, especially in grief, can take us from living with misery, fear and dissatisfaction to living with openness and engagement.

If we can come to understand grief as an extension of love, we will see there is nothing wrong with grieving. Rather than pointing out weakness, grief serves to highlight the depth of our capacity to love and to be loved. Ultimately, grief teaches everyone the same lesson: Value our relationships, experiences and the time we have in this present moment. This lesson is also the core of mindfulness. By practicing mindfulness, we can experience grief as a purposeful, meaningful journey. To honor our grief is not self-destructive or harmful; it is life-sustaining and life-giving. It ultimately leads you back to love again. In this way, love is both the cause and the cure.

Even though we may not be able to avoid triggers of grief, the radical acceptance we can learn through the practice of mindfulness can dispel some of the suffering that accompanies it. By changing our attitude toward suffering from one of confrontation or avoidance to one of acceptance, we can soften the sharp edge of the pain.

The experience of grief impacts people in so many ways. If it is impacting you and you would like support in learning how to manage your experience differently, please contact the Psychological Services Bureau at (213) 738-3500 to schedule an appointment. Appointments and all consultations are free and confidential. To obtain additional information, visit our intranet site at https://lasd.sharepoint.com/sites/lasd_intranet/SitePages/psb.aspx. ☆

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The Chaplain's Notebook

By Chaplain Dwayne Pine

LEADERS LEARN TO LISTEN

The quote “Leaders are born, not made” is a disastrous statement. Leaders are developed over time with life experience and training in their field of choice. When we make mistakes, and we all do, we learn from them and pass that knowledge on to others. This is the growing stage, and leaders all learn and grow from experience. Perhaps the best way to grow as a leader is to be part of a team. Teamwork is essential for any profession. Whether we go to college or enter the workforce directly out of high school, everyone should be taught the value of working together. Henry Ford once said, “If everyone is moving forward together, then success takes care of itself.” Admittedly, there are those who choose to be alone in their ventures. Yes, there are times when we must work alone. However, we absolutely need a team, and every team needs a leader.

Team dynamics do not happen by themselves. A team needs the proper leadership, and that leader will need to model the way others should

follow. What you say and what you do is a genuine expression of who you are. The most complimentary thing someone can do is imitate someone who leads the way. But since everyone is different, it is more important to discover who you are. As you develop the leader within you, you can inspire others to do the same. Leaders develop traits that others can benefit from.

If you believe you are a leader, then setting the example for others should be a priority. James Kouzes and Barry Posner have written several best-selling books on leadership. Their goal is to pull the inner self out and develop leaders. Once method of drawing out the inner leader is their challenge to be a good listener. In *The Leadership Challenge: How to Make Extraordinary Things Happen in Organizations* (2017), Kouzes and Posner tell us, “The best leaders are great listeners. They listen carefully to what other people have to say and how they feel.”

Are you that one person who can listen to a co-worker or partner and allow them to express how they feel? Through listening, a leader can assess

how someone feels. In this day and age, listening can prove to be very vital. At any moment, someone could come to you with a problem that you have previously navigated through. This may be your opportunity to lead. Would you be willing to listen? Proverbs 18:13 says, “If one gives an answer before he hears, it is his folly and shame.” Folly means it is foolishness to not listen. A real leader lends an ear to his or her friend, listens carefully and builds trust.

As we continue to endure the struggles of COVID and all that comes with it, we all need to become good listeners. When a co-worker or partner comes to you with a problem, lend an ear. The best leaders will help people overcome the struggles of life. Roy T. Bennett asserts, “Listen with curiosity. Speak with honesty. Act with integrity. The greatest problem with communication is we don’t listen to understand. We listen to reply. When we listen with curiosity, we don’t listen with the intent to reply. We listen for what’s behind the words.” A leader listens; others just hear. Today, listen to someone. ☆

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Advertising Index

- Auto 61-62, 64
- General 49-51, 53, 56-61, 63
- Legal 48-50
- Medical 60
- Mortgage & Real Estate 52, 54-56

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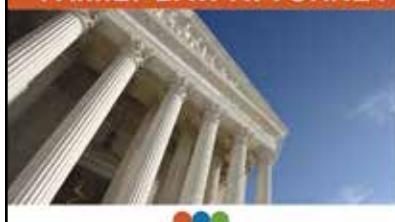
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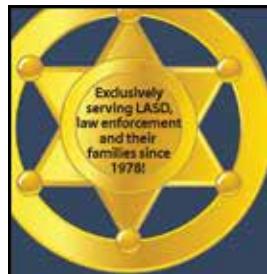
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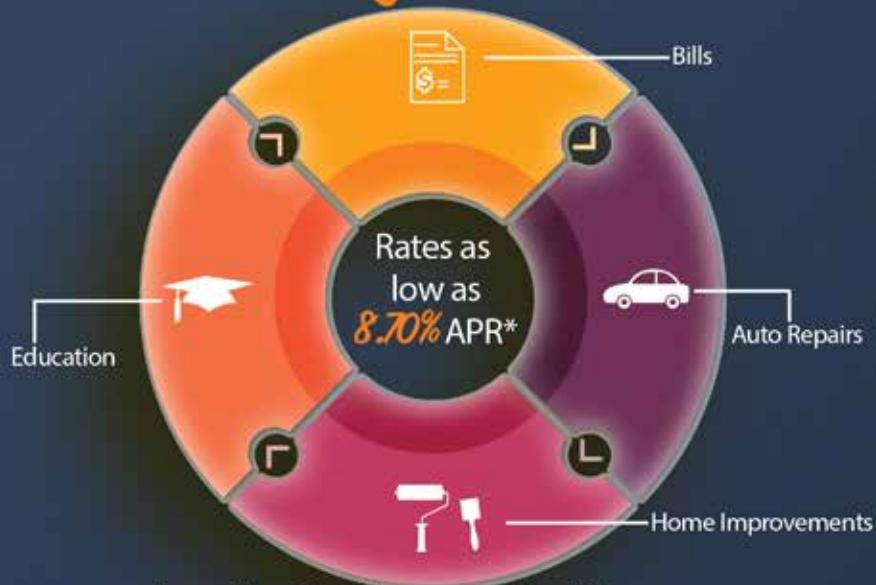
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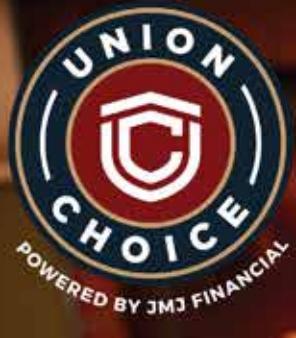
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