



VOL. 82 NO. 12

APRIL 2022

STAR NEWS

SHERIFFS' RELIEF ASSOCIATION

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BEST DIRECTOR Steven Spielberg

WEST SIDE STORY





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LASD RAID JACKET

Sizes: XS-4X Color: OD green
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SHERIFFS' RELIEF ASSOCIATION EMPORIUM LOCATIONS:

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

PJP RANCHO, CASTAIC (661) 257-5320 – MONDAY-FRIDAY, 9 A.M.– 5 P.M.; CLOSED ON SATURDAYS UNTIL FURTHER NOTICE



STAR NEWS

THE OFFICIAL PUBLICATION OF THE SHERIFFS' RELIEF ASSOCIATION

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

OFFICERS

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Vice President Mike Abdeen
Secretary-Treasurer Conrad Meredith

TRUSTEES

Joe Badali, Chuck Becerra, Sue Burakowski, Mike Fratantoni, Joe Hartshorne, Steve Katz, Rod Kusch, Oscar Martinez and Glenn Walsh
General ManagerBill McSweeney

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Cover photo by SRA photographer Marc Saunders

Trustees Monthly Meeting

The regular meeting of the Sheriffs' Relief Association convened on Thursday, February 10, 2022, at 11515 Colima Rd., Bldg. B, Whittier. The following officers and trustees were present: President Diane Stone; Vice President Mike Abdeen; Secretary-Treasurer Conrad Meredith; Trustees Joe Badali, Chuck Becerra, Sue Burakowski, Mike Fratanoni, Joe Hartshorne, Steve Katz, Rod Kusch and Oscar Martinez; and General Manager Bill McSweeney.

The meeting was called to order at 4:35 p.m. A motion was made by Trustee Burakowski, seconded by Trustee Hartshorne and unanimously carried to approve the minutes of the January 13, 2022, meeting and the December Foundation expenditures.

COMMUNICATIONS

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

From Sally R. Harwell to SRA, "I want to thank you for the generous donation of a door prize for our annual gathering. The Norwalk-Pico Christmas Luncheon for Retirees and Friends was a success with 24 in attendance. They all enjoyed playing the white elephant game, the "heads or tails" game and, most of all, the goodies from SRA. 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 the Martinelli family to SRA, "Thank you for the amazing floral arrangement and the fruit and goodie basket we received for the passing of our beloved husband/dad, Brad Martinelli. I also want to say how much easier it was for our family to make plans for his memorial service with the kindness and courtesy you extended in our grief."

From Adella Bush to SRA, "Thank you for the lovely basket of fruits and candies I received in acknowledgement of my husband's death. Tom was a good, kind, loyal man, great husband, father and citizen. We miss him so much."

From Brandon Martinelli to SRA, "On behalf of the Martinelli family, I would like to thank you for the support we have received from the Sheriffs' Relief Association. From the initial phone call to the end of our father's memorial, we were extended every courtesy and unwavering support. From speaking to personnel over the phone to the color guard and the bagpipes played at my father's memorial, the Association exacted impeccable planning and execution to make the burden of our family that much lighter. I would like to thank specifically the following: Mr. Kevin Augarten, who assisted my brother and me on the phone when we initially called; Mr. Ron Digiovanni, who presented the flag to my mother; and Mr. Manuel Patrana for his coordination on site at our father's memorial. The time and effort of the Sheriffs' Relief Association is very much appreciated by our family, and we thank you very much."

From Debralee Richardson to David Mertens, "Thank you for your warm thoughts and the scrumptious fruit gift basket."

BENEVOLENT REPORT

MORTUARY BENEFITS PAID DURING JANUARY: \$194,000

MORTUARY BENEFITS PAID YEAR TO DATE: \$194,000

MEMBERSHIP REPORT

There were 3 new membership applications that were received during the month of January. A motion to accept these new applications was made by Trustee Badali and seconded by Trustee Kusch: Sue G. Barco, Ivan J. Gallardo-Prado and Sergio Marquez.

We had 2 deaths of active members, 15 deaths of retired members, no cancellations of active membership, 1 cancellation of retired membership, 5 new honorary associate members and 5 deaths of honorary associate members for the month of January.

There were no members who resigned, and 4 who transferred from the Sheriff's Department/Relief Association during the month of January.

ADJOURNMENT

At 5:35 p.m., a motion was made by Trustee Meredith, seconded by Trustee Kusch and unanimously carried to adjourn the meeting of the Sheriffs' Relief Association, Sheriffs' Relief Foundation and Sheriffs' Relief Services, Inc., in honor of the 413 years of combined service of those who passed this month. ☆

ARE YOU 
Returning
IN THE NEXT YEAR ?

Stay in touch with the Department and other retired members. Go to 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, April 21, 2022
11:30 a.m. Menu is \$10.95
Villa Catrina Restaurant
251 N. Santa Anita Ave.
Arcadia, CA 91006

On Wednesday, February 2, the **Desert Heat Retirees** got together at the Elks Lodge in Lake Havasu, Arizona, for their monthly luncheon at 11:30 a.m. It was a really windy and cold day in Lake Havasu. Those attending were Hank Aguilar, Doug Muchmore, Richard and Ruth Byrd, Kevin Gavaghan, Tommy Jimenez, Brian Smith, Mike and Lesah Castorina, Norman and Chickee Nelson, George Bachmeier and Jerry Gillen. Ruth brought us delicious chocolate brownies. We all enjoyed them, except Hank, who can't have all that sugar! This group meets the first Wednesday of the month. If you are in the Lake Havasu area, join us for lunch. If you have any questions, you may contact Jerry at Lnx1993@yahoo.com.

On Thursday, February 10, to Sunday, February 13, the **Sunshine Rollers RV Group** got together at Launch Pointe Recreation Destination & RV Park, 32040 Riverside Drive, Lake Elsinore. Those attending the campout this month were Norman and Chickee Nelson, Norman III, Natalia Felix, John and Pat Mascaro, Petrona and Guadalupe Felix, Kathy and Mike Ponce de Leon, Natalie and Keith Weber, Cassandra and Alex Lawson, Becky and Tony Espitia, and Sonja and Manuel Cruz. On Thursday night, Mike and Kathy brought steaks for everyone who was there, and we had a delicious dinner with corn, salad, noodles and fruit. For breakfast on Saturday, we had menudo, tamales, bacon, sausage, eggs and blueberry pancakes. On Saturday night, we had our normal potluck dinner with an excess of delicious food. As always, we had a great time laughing, talking and eating!

On Wednesday, February 16, **Inmate Reception Center Retirees** got together at *Tropical Mexico Restaurant* in Pomona. This was one of the larger gatherings we've had recently, which included two first-timers, Gladys Maddin and Joaquin Zepeda. Those also in attendance were Ignacio Mora, Max Hartwell, Richard and Velia Ojeda, Richard Brodka, Earl Otoide, Domingo Quintero, Kannah-Marie Saavedra and her son Daniel, Becky Towner, Carmen Bazyouross, Randy Bass, Frank and Renee Dominguez, and Tom Zeller. IRC retirees gather on the third Wednesday of the month. To be notified of future gatherings, email depdawg78@gmail.com.



Desert Heat Retirees. Seated: Mike Castorina, Ruth Byrd, Chickee Nelson, Lesah Castorina and Brian Smith; standing: Tommy Jimenez, Doug Muchmore, Hank Aguilar, George Bachmeier, Jerry Gillen, Norman Nelson, Kevin Gavaghan and Richard Byrd.



Sunshine Rollers RV Group at Launch Pointe in Lake Elsinore: Norman and Chickee Nelson, Norman III, Natalia Felix, John and Pat Mascaro, Petrona and Guadalupe Felix, Kathy and Mike Ponce de Leon, Natalie and Keith Weber, Cassandra and Alex Lawson, Becky and Tony Espitia, and Sonja and Manuel Cruz.

On Friday, February 25, **The Southern Was Fuzz**, formerly known as the Western Kentucky/Tennessee Retirees, had their luncheon at the *Peg Leg Porker* in downtown Nashville. We had three first-timers attend. One came all the way from Washington State. I am always impressed by the

comradeship at the gatherings. To top it off was the really great barbecue food. Those at the luncheon were Phil Strenkowski, Mike and Debbie Centofante, Steve and Betty Kleffman, Jerry LeFrois,

continued on page 6

Retired Deputies *continued from page 5*

Byron Burnham, Fred Haemker, James Rangno, Larry Anderson and Gerry Burnham. If you have any questions or want information, contact Michael Centofante at kidcento@yahoo.com.

On Friday, November 19, 2021, the **Coachella Retirees and Friends** met at *Mitch's on El Paseo* to break bread and reminisce with old friends and partners of long ago. We were pleasantly surprised to have several new attendees. Gary and Charlene Ferguson brought three of their neighbors from the Palm Desert Greens Country Club: Bob Rouse; Gail Rubly, widow of deceased Lieutenant Jerry Rubly; and Sandy Reid, widow of deceased Commander Bill Reid. Bettina Aschenbrenner brought her husband, LAPD retiree Doug Aschenbrenner.

Others gracing us with their presence for the first time were Larry and Charlotte Waldie, Harold Johnston and Norm Copping. Regulars in attendance were Dave and Loxi Hagthorp, Chickee and Norm Nelson, Marian Gallegos, Jim and Joan Willis, Gerry and Elaine Minnis, Claude and Shirley Farris, Ernie Roop, Susan Garcia, Paul and Maria Myron, Gerry and Nancy Burks, Jim and Bette



The Southern Was Fuzz. Left, front to rear: Phil Strenkowski (LASD), Debbie Centofante, Betty Kleffman (LAPD), Jerry LeFrois (LAPD) and Byron Burnham (LASD); right, front to rear: Fred Haemker (LASD), Mike Centofante (LASD), Steve Kleffman (LAPD), James Rangno (LAPD), Larry Anderson (LASD) and Gerry Burnham (USMC).



The ladies of the Coachella Retirees and Friends. From the bottom up: Charlene Ferguson, Gail Rubly, Joan Willis, Sally Mosley, Chickee Nelson, Charlotte Waldie, Bettina Aschenbrenner, Shirley Farris, Nancy Burks, Sally Harwell, Susan Garcia, Loxi Hagthorp, Elaine Minnis, Marian Gallegos, Maria Myron, Maria Burwell, Sandy Reid and Ardella Staats.



The gentlemen of the Coachella Retirees and Friends. From the bottom up: Dave Hagthorp, Art Reddy, Paul Myron, Gary Ferguson, Claude Farris, Jim Willis, Larry Waldie, Gerry Burks, Phil Staats, Ernie Roop, Bob Rouse, Gerry Minnis and Norm Nelson.

Shuler, Sally Harwell, Sally Mosley, Maria Burwell, Janet Mebust, Art Reddy, and Phil and Ardella Staats. Loxi took lots of pictures, and everybody had a great time at the last meeting of the year.

The Retired Guys and Gals Breakfast Club (RGGBC) meets every Wednesday at *Mr. D's Diner*, 126 E. Yorba Linda Blvd., Placentia, and orders at 9 a.m. Come early so you don't miss the finer points of the epic litany of discussions and many good memories! The restaurant is located about a mile east of the 57 Freeway, just east of Bradford Avenue. You'll recognize the building there, as it was the old Marie Callender's restaurant for many years. They offer a very diverse food assortment in their menu, with a large array of options for each order. Retired or not, all lawmen are always welcome, and we look forward to stimulating conversations. If you have any questions, you can contact Keith Mohagen at kamohagen@aol.com.

The 43rd annual **McArthur Reunion** will be held on Sunday, June 19, to Thursday, June 23, at the Inter-Mountain Fairgrounds, 44218 A Street, McArthur. It is located between Mt. Shasta and Mt. Lassen off California Highway 299. We will be having potluck dinners, a bocce ball tournament, a 31 tournament, a margarita party, a spaghetti dinner, a pancake breakfast and more. You will register and sign up for events when you arrive at the fairgrounds. If you have a motorhome, trailer, van or tent, we have a place for you. For those who do not have camping equipment and would like to attend, there are a couple of rustic motels in the next city over. There will be coffee and rolls available at Ingram Hall in the mornings. We will make up an event schedule, which will be given to you at the reunion. The reunion will cost \$10 per person. The cost of the RV park is \$15 per night. If you want to sign up for some of the tournaments, you will pay when you check in. If you decide you want to attend the reunion, please email one of us to let us know that you plan on attending. We are making a list. We need to know approximately how many people are attending so that we can prepare for everyone. Please let us know as soon as possible. Thank you. If you have a relative or friend that would like to attend the reunion, they are also welcome. This is a family-friendly affair. Come and join us for a relaxing, peaceful and enjoyable get-together. If you have any questions, you may contact Charlie and Linda Engelbart at (562) 889-3757 or Charlie.engelbart@gmail.com, or Norman and Chickee Nelson at (562) 760-0875 or Chickee1@outlook.com. Have a great day!

Mark your calendar for May 6–8 for the Retired Female Deputies Luncheon that Eileen Kelly and Judy Priemsberger will be hosting at the Rancho Mirage Spa and Casino Resort. You may contact Eileen Kelly at EK@BBS-LA.com.



Mr. D's Diner

The Retired Guys and Gals Breakfast Club (RGGBC) meets every Wednesday at Mr. D's Diner in Placentia.

Mark your calendar for June 19–23 for the McArthur Reunion at the Inter-Mountain Fairgrounds, 44218 A Street, McArthur. You may contact Charlie and Linda Engelbart at (562) 889-3757 or Charlie.engelbart@gmail.com.

Mark your calendar for July 31–August 7 for the Sunshine Rollers at Pismo Sands, 2220 Cienega Street, Oceano. You may contact Mike Ponce de Leon at michael.poncedeleon@verizon.net.

Mark your calendar for August 29–September 1 for the Compton Alumni Reunion at Sunset Station, 1301 W. Sunset Road, Henderson, Nevada 89014. You may contact Norman Nelson at Storminnorman1@outlook.com or (310) 339-4979.

Mark your calendar for November 10–13 for the Sunshine Rollers at Boulder Creek RV Park, 2550 U.S.-395, Lone Pine. You may contact Tom or Cathy Smith at csmith8668@aol.com.

Mark your calendar for September 30–October 2 for the Serra Retreat in Malibu. You may contact Patty or Chuck Norris at Patnorris@earthlink.net.

We hope you are enjoying your retirement. Please remember to email me at Chickee1@outlook.com. I will not receive your message if you send it to my old NetZero email address. NetZero is no longer any good, so please make sure that you use my Outlook email address. Thank you. Until our next adventure, take care. — Chickee Nelson ☆

JOIN US!

THE LAKEWOOD RETIRED GUYS AND GALS BREAKFAST CLUB

Every Wednesday at 9 a.m.

Mr. D's Diner

126 E. Yorba Linda Blvd.
Placentia, CA 92870

*Join us for stimulating discussions, great food
and many good memories. Retired or not,
all law enforcement are welcome!*

**For info, please contact
Keith Mohagen at kamohagen@aol.com.**

INDUSTRIAL STRENGTH

By Daniel Crittenden
Industry Station

GREAT WORK, DEPUTIES

On February 28, Deputies Aaron Abellano and Jennifer Gonzalez responded to an assault with a deadly weapon call involving a possible gunshot victim in the Los Angeles County unincorporated area of Valinda. It was later determined an assault rifle (.223 caliber) was used during the crime and there were two males and a female suspect outstanding who were driving a white lowered pickup truck. While conducting routine patrol, Deputy Dorian Ventura observed a vehicle matching the description of the suspect vehicle. Deputy Ventura subsequently conducted a traffic stop of the vehicle. Deputies Ventura, Abellano and Gonzalez conducted a thorough investigation that led to both occupants being positively identified and arrested for assault with a deadly weapon.

Operation Safe Streets Bureau (OSS) Industry Station subsequently authored a search warrant of the suspect's residence and seized the suspected assault rifle.

Based on the thorough investigation and attention to detail, a dangerous assault weapon and gang members were taken off the streets of Valinda.

This investigation is an example of police work performed by the Los Angeles County Sheriff's Department and the deputies working here at Industry Sheriff's Station.



MAKING T.O.'S PROUD!

One February morning, deputies on routine patrol attempted to initiate a traffic stop of a driver who was driving erratic and was suspected of being intoxicated. The driver had no intentions of stopping; therefore, deputies initiated a vehicle pursuit. When the suspect crashed his vehicle, he decided to take his chances to hide in the nearby residential neighborhood. Quick-thinking deputies immediately established a containment and started a systematic search for the outstanding suspect.

Deputy Gilbert Lozano Jr. shared his knowledge with his newly assigned partner on the proper searching techniques his training officers had passed on to him. "Never walk past a trash can without searching



it first" is what Lozano could be heard saying to his partner as they were about to begin searching yards. As you can tell from the above picture, the technique still works. To all the past and present T.O.'s out there, all of your teachings and wisdom are appreciated and are still being passed on today.

SHOWING APPRECIATION

Industry Station Lieutenant Petrocelli slaved over the smoker all day to serve up some pork sandwiches along with all the fixings to show his appreciation to the hardworking deputies at Industry Station.

THE HATS WE WEAR AS DEPUTIES

As deputy sheriffs, we wear many hats throughout the course of our daily patrol. From call to call, it is not out of the ordinary to act as a counselor, protector, enforcer, peacekeeper and mentor. Deputy Tim Boktor even became the principal of Northam

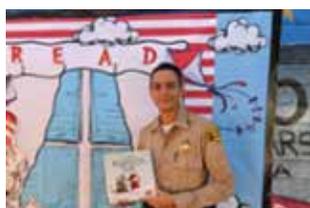


Elementary School for a day, where he read *The Most Magnificent Thing* to the fifth-grade students.

THE INS AND OUTS AT INDUSTRY STATION

The Industry Station family would like to congratulate Detective Raquel Sandoval and Acting Master T.O. Carlos Rodriguez on their promotions to sergeant. Detective Sandoval is leaving us for Altadena Station, while Rodriguez is on his way to Century Station. Also leaving us to move on to bigger and better things is Detective Sergeant Tony Pulido, who is off to Special Victims Bureau, and Deputies Richard Mendoza (Avalon Station) and Lizette Falcon (Sheriff's Information Bureau).

We would like to welcome the following members to our Industry Station family: Lieutenant George Bernal and Sergeants Joseph Mesa, Patrick Hayes and Robert Galbraith. ☆



SAVE THE DATE!



43rd Annual LASD RETIREES' REUNION

Sunday, June 19 – Thursday, June 23

Inter-Mountain Fairgrounds | McArthur, California

.....
All retired members of the LASD, including civilians, and your traveling companions are invited! Newly retired members and surviving spouses of members are especially welcome. This beautiful location lies between the peaks of Mt. Lassen and Mt. Shasta. Stay in one of the local motels in Fall River Mills, or bring your RV or tent.

ACTIVITIES INCLUDE:

**Golf tournament • Bocce ball • Potluck dinners
Margarita party • Pancake breakfast • And more!**

Registration fee:
\$10 per person,
paid upon check-in

**For more info and
to RSVP, contact:**

Charlie and Linda Engelbart
at (562) 889-3757
or Charlie.engelbart@gmail.com

Norman and Chickee Nelson
at (562) 760-0875
or Chickee1@outlook.com

TEAM *TEMPLE*

By PIO Team
Temple Station

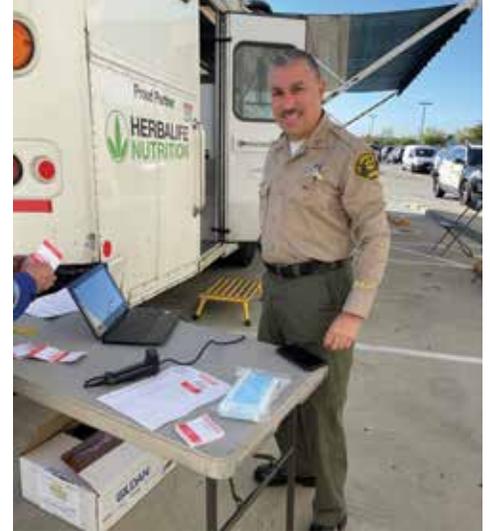
OPERATION GRATITUDE

Operation Gratitude came by to provide each first responder with a care package. The organization's mission is to give care packages to our troops overseas and to our first responders here in the states. They assembled over 200 care packages for our Station. Thank you to all who helped make this happen.



TEMPLE STATION BLOOD DRIVE

Temple Station deputies participated in donating blood to the American Red Cross. Regardless of their blood type, these hardworking men and women took the time to voluntarily donate blood. This was an opportunity to help someone they will probably never meet or talk





to, but it was, nevertheless, an opportunity to help our community in some small way.

GOLF CART CHASE

A suspect led Temple Station deputies on a fofoouur-wheeled chase in a golf cart! (Trust me, you had to be there, lol!) They detained the bad birdie and arrested him on felony grand theft and other felony charges. The suspect did not hit the hole-in-one with his subpar decisions today!



NEW EXPLORER AT TEMPLE

Viviana Torres became our newly appointed Temple Explorer after graduating from Class #105. She went through a rigorous training program and is now part of an elite class of Los Angeles County Sheriff's Department Explorers. Congratulations, Explorer Torres, this is a stepping stone toward your future career goals.

HONORARY DEPUTIES

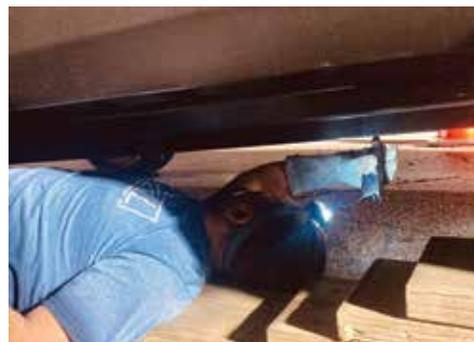
Two young citizens became honorary deputies with their Los Angeles County badge stickers! For a class project, the students were asked to take photographs of their "flat Sally" or "flat Abby" dolls in the backseat of the Temple Station patrol vehicles. The deputies were happy to help the youngsters with their class project.

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CATALYTIC CONVERTER ETCH

In collaboration between the Temple Sheriff's Station and the City of South El Monte, deputies offered to etch vehicle license plate numbers on catalytic converters. Many residents attended



and received the *free* service. Temple Sheriff's Station Captain Mark A. Reyes and South El Monte city officials stopped by to engage with and see the community benefit from the crime prevention event.

SEARCH WARRANT SEIZURE

After an anonymous tip, many illegal gambling devices were found inside a storage facility. After approval for destruction of all these devices, our deputies made sure that no device





would be used anytime soon. Let's just say they had a great workout.

NO GOOD DEED GOES UNPUNISHED

During Sergeant Ed Luna's travels, he saw a four-vehicle crash occur on the 10 Freeway. He quickly called the California Highway Patrol and the Fire Department to the scene to assist those involved. When the tow trucks arrived, Sergeant Luna helped get those vehicles out of the freeway quickly. However, as he was driving away from the scene, he couldn't avoid driving over roofing nails that had fallen off a construction truck. He brought those nails back to the station ... on all four tires! Needless to say, all in a day's work.

Until next time, always stay positive and be safe! ☆





By Shree Gulley
Emergency Operations Bureau

Now that Super Bowl LVI is over and the Los Angeles Rams hold the championship title, we can relax a little ... well, at least until the next large-scale, pre-planned event. With all of the festivities leading up to and including game day, the Bureau was busy with scheduling personnel, processing required credentials and coordinating public safety assignments. If you want to see experts in action, you need only watch the Tactical Planning Unit, Joint Regional Intelligence Center (JRIC) and Sheriff's Response Team (SRT) on a daily basis. You will observe employees who possess knowledge, experience and an advanced skill set in the management of planning large-scale events.

Allow me to share with you our visit to the "Rams House" and the activities surrounding our stay. Prior to game day, the Tactical Planning Unit coordinated the following events throughout Los Angeles County: Super Bowl Experience, NFL Honors, Taste of the NFL, Taste of Inglewood, NFL L.A. Rams Fan Rally, L.A. Rams Fan Experience, NFL Owners' Dinner, NFL Chairman's Party and NFL Commissioner's Super Bowl Party ... and those were just the pre-week events. The Tactical Planning Unit staffed more than 200 LASD personnel during these events in security and event-related positions. Countless hours were spent on scheduling personnel and coordinating logistical support. Oftentimes, I would walk into the Tactical Planning Unit and observe Deputies Christine Shaffer, Joe Medina, Roger Bertola and Dale Lovvik hard at work scheduling and rescheduling personnel.

The planning phase of an event of this magnitude is heavily involved. It's generally a 12- to 18-month process and utilizes an Incident Command System (ICS) format. LASD provided approximately 50 personnel to fill command and committee chair positions within the eight branches of the system — Tactical, Venues, Intelligence, Emergency Preparedness, Traffic/Multi-Transit, Admin/Facilities, Relations and Logistics — that could impact Department operations and personnel. At the request of the Inglewood Police Department, EOB fulfilled the role of the LASD Planning Committee by providing subject-matter experts for the event.

During the planning phase, all Department employees assigned to work the event, or who were attending the event in an official capacity, had to be issued the required credentials. Lieutenant Sandra Lucio, Joint Regional Intelligence Center,



Dep. Jaime Huerta

was responsible for coordinating and processing credentials for approximately 460 personnel.

The Tactical Planning Unit, Logistics Section, was busy providing logistical support during pre-week events and up to and including game day. Managed by Sergeant Klaus Girmes, the Logistics Section was responsible for the transport and positioning of many vehicles, including one 53-foot Mobile Command Post, two logistics trucks, one truck with a fuel transfer tank, five UTVs on flat trailers, 27 black/white vehicles and four 15-passenger vans. Deputies Miguel Aguilar, Jaime Huerta and Hector Rosas worked diligently to ensure all vehicles were in a state of readiness.



Dep. Lovvik and LAFD personnel

The Super Bowl is the epitome of a large-scale event, and because of its magnitude, several public safety and investigative agencies were participants. Involved agencies included the following police departments: Inglewood, Hawthorne, Manhattan Beach, Santa Monica and Los Angeles. Additional agencies included El Camino College Police Department, California Highway Patrol and Los Angeles County Fire Department.

Fast forward to game day! On February 13, more than 70,000 football fans attended Super Bowl LVI, held at the state-of-art SoFi Stadium in the city of Inglewood. The Los Angeles Rams vs. the Cincinnati Bengals brought about a level of excitement and enthusiasm unlike any other. Although I'm not a sports fan, I have to admit, even I got caught up in the excitement. Lieutenant Carl Ekstrom is an "enthusiastic" Rams fan and elected



SoFi Stadium



Super Bowl LVI LASD badge



Check-in staff



Lt. Carl Ekstrom and guests

to adorn Rams apparel instead of his uniform that day. Lieutenant Bob Wiard, on the other hand, adorned his uniform for the day. I always knew Lieutenant Wiard moved quickly, but you would have thought he was an NFL running back the way he moved from one location to the other.

For those of us assigned to work personnel check-in, we arrived at staging (Morningside High School) at 0430 hours. We received our instructions and proceeded to our posts. The following staff was tasked with checking in approximately 550 LASD employees, as well as employees from other agencies: Claudia Guerrero, Vidal Garcia, Kee Woullard, Melissa Hurtado, Sandra Gomez, Adam Viola and Brenda Gomez. After completing the check-in process, employees received their credentials issued by Lilliana Rodriguez, Saro Shirinian, Sylvia Newkirk-Ma and Shree Gulley. Manning the troubleshooting desk was Deputy Christine Shaffer, along with Inglewood P.D. Officer Jay Park. (Deputy Shaffer excels at working the troubleshooting desk.)



Credentials desk



Inglewood P.D. Officer Jay Park and Dep. Christine Shaffer

The Sheriff's Response Team (SRT) deployed four squads on game day. Positioned to provide security in and around the stadium, maintain order, crowd control and respond to any civil unrest incidents that may have occurred following an outpouring of victory celebrations, SRT remained in a state of readiness.

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Sgt. Bryan Sirkel



Cmrds. Bobby Wyche and Joe Williams



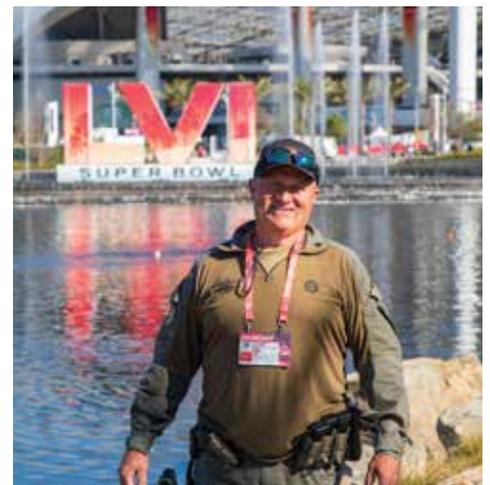
Sgts. John Hanson and Klaus Girmes



Reserve Dep. Stanley Ferer and Chief Jack Ewell



Dep. Christine Shaffer and Sgt. Adam Wright



Sgt. Eric Fox

Also present on game day was Chief Jack Ewell. Prior to Chief Ewell's arrival, Reserve Deputy Stanley Ferer spent time with the staff assigned to the credentials desk. Reserve Deputy Ferer has 50 years of service with LASD and apparently has a very long work history with Chief Ewell. Commanders Bobby Wyche and Joe Williams more than met their "steps" quota as they walked the stadium the entire day. Captain Charles Norris, who is well-versed in events of this magnitude, managed to cover all points of interest on game day.

After a victorious win by the Los Angeles Rams and the football field celebrations were concluded, EOB proceeded with demobilization and the personnel check-out process. Managed by Sergeant Adam Wright and Deputy Shaffer, personnel check-out went as smooth as, if not smoother than, personnel check-in. (I don't know how Deputy Shaffer does it ... she looks just as good at check-out as she does at check-in.)

At the conclusion of yet another successful large-scale event, I am reminded of what an honor it is to



Dep. Dale Lovvik



PEER SUPPORT PROGRAM

By Rachel De Hoyos

TRUST FALL

Trust fall ... have you done it before? You know, when someone is behind you and they are supposed to catch you as you fall backward. It is an exercise in which you relinquish control, let go and trust another person to catch you when you fall.

I remember in elementary school having to do this exercise in a physical education class. It was the first time I can recall having to trust someone other than my family. I remember hesitating for the first couple of tries and turning around to make sure my partner was still there. I remember my teacher walking over to me and saying, "Don't be afraid, someone will catch you." Those words were all I needed; I trusted my teacher and believed there would be someone there to catch me. Before I knew it, I let go of my concerning thoughts and fell backward, landing in my partner's arms.

In life, especially through our experiences, we may find it hard to relinquish that control, to let go. But we have to remember there are many decisions and situations in life we have no control over.

When we acknowledge we have no control, we may find it easier to let go. The following are tips from an article on *verywellmind.com* entitled "Why Letting Go of Control Can Help You Enjoy Life" by Ariane Resnick, CNC, to help guide us into ways of letting go.

- **Discern what you can and can't control.** There's no way to give up control until you know where in life it's needed. Take stock of what you have going on. Think through the areas of life that are in your control and those that aren't.
- **Practice mindfulness.** Mindfulness is all about being present. Being in the moment and appreciating everything good as it happens can help you accomplish the feeling of surrender. It enables you to regulate your emotions, which is especially helpful if you struggle with feeling the need for control. It also reduces stress, which increases with the need for control.
- **Journal.** Writing down your feelings can be a big relief for your stress levels. When you

journal, you may be able to think through things in a deeper way than if you just think about them. For people who feel the need to be in control, journaling can help you work through potential outcomes and give you an outlet for those feelings without enabling them to amplify and grow.

- **Get support from loved ones.** Lastly, there is no need to go through this process alone! Chances are you have at least one loved one who also tries to control everything about life. You can reach out to them and let them know you're on a mission to surrender and give up control. Ask them to join you, then meet or talk with them regularly about how the process is going.

As a reminder, if you need a little extra support, Psychological Services Bureau (PSB) is here to help. We are a *free* and *confidential* service provided to LASD sworn, civilian and professional staff. We have a great team consisting of psychologists, peer support members and chaplains, so please do not hesitate to call: (213) 738-3500. ☆

Emergency Operations Bureau *continued from page 16*



Capt. Charles Norris and Cmdr. Bobby Wyche



Deps. Joe Medina and Dale Lovvik

work with the staff of EOB: Captain Charles Norris; Lieutenants Carl Ekstrom, Bob Wiard and Sandra Lucio; Sergeants Joe Fortelny, Ingrid Jefferys, Fred Nunes Jr., Charles Simmons III, Jason van Genderen, Adam Wright, Klaus Girmes, Bryan Sirkel, Eddie Eftychiou, Mitchell Jones and Kelley Washington; and Deputies Roger Bertola, Dale Lovvik, Joe Medina, Christine Shaffer, Miguel Aguilar, Jaime Huerta, Hector Rosas and Randy Barber. And I would be remiss

if I didn't acknowledge the contributions of retirees, Lieutenant George Zagurski and Sergeant Jim Sully.

I'd like to thank Sergeant Eric Fox, Special Enforcement Bureau, HazMat, for providing me with some of the photos and congratulate him on his retirement. This may be the last time we see Sergeant Fox in his HazMat uniform, but I doubt it will be the last time we see him at large-scale events. And many thanks to Deputy Dale Lovvik who, in

the midst of his regular duties, found time to take photos at my request.

Thank you to all the dedicated, hardworking sworn personnel, reserve personnel, professional staff and volunteers who committed to working not only Super Bowl LVI, but all the SoFi Stadium events. EOB's success is largely due to your efforts, and there are no words to express our gratitude. Until next time. ☆



By Patrick Morey
Pico Rivera Station

PICO RIVERA STATION PARTICIPATES IN THE LASD ANNUAL SOFTBALL TOURNAMENT!

On February 4, Pico Rivera Station participated in a softball tournament hosted by the Los Angeles Police Department. Congrats to team Pico Rivera for being the runner-up and taking second place in the tournament.



PICO RIVERA STATION DEDICATES MEMORIAL WALL IN MEMORY OF DEPUTY THOMAS J. ALBANESE

On February 25, 2021, at just before 9 a.m., Deputy Thomas J. Albanese was tragically killed in the line of duty as the result of a traffic collision. It's so surreal that a year has passed since his untimely departure from the world we live in. In honor and remembrance of Deputy Albanese, Pico Rivera



and Lakewood Station personnel participated in an honor guard detail at the site of the traffic collision, standing watch for approximately 24 hours as a sign of respect for their fallen brother.

On February 25, 2022, the one-year anniversary of Deputy Albanese's end of watch, Pico Rivera Station unveiled and dedicated a memorial wall in honor and memory of Deputy Albanese. The creation and development of the memorial wall came from within the ranks of Pico Rivera Station. The actual construction of the memorial wall was completed by personnel from the Los Angeles County Sheriff's Department — Facilities Management Bureau. The memorial wall is in the southwest portion of the station briefing room.

The unit commander of Pico Rivera Station, Captain Jodi Hutak, memorialized the event with a heartwarming speech in remembrance of



Deputy Albanese. Los Angeles County Sheriff Alex Villanueva, Chief Myron Johnson and Commander Jason Skeen were in attendance and part of the memorial wall dedication, along with current station personnel and personnel from the Los Angeles County Fire Department.

Deputy Albanese was given praise for his professionalism and dedication to the Los Angeles County Sheriff's Department and the citizens of the city of Pico Rivera. Erica Albanese, Landon Albanese and Nolan Albanese attended

the memorial wall dedication ceremony, which honored Deputy Albanese and his commitment to his profession and family.

In the month of May, Deputy Albanese's name will permanently be inscribed on the wall of the National Law Enforcement Officers Memorial in Washington, D.C., as well as the California Peace Officers' Memorial wall in Sacramento in remembrance of his legacy and the sacrifice he made for his country and the community he served.

Until next time! ☆



LASD Mounted Enforcement Detail



By Jenna Underwood
Mounted Enforcement Detail

WHAT'S NEW IN L.A.

We have been busy here at LASD. It has been an exciting time with the NFC championships and the Super Bowl. Working the large venues is something so unique; you can quickly see where you have nailed your training and where you need to improve. Sensory training is key. With fireworks, live bands, flags, lights, vendors, bikes, thousands of people, long hours and unexpected obstacles, you have to trust your horse and your training.

After the NFC championship game, we all saw what we needed to work on to set ourselves up for success for the Super Bowl. It was interesting when it came to working the Super Bowl because it was the little things that you didn't expect that made things even more challenging, so adapting is key. It was a

great honor for all of us to have the opportunity to work such a high-profile event, and I'm so glad we put all those extra sensory hours in beforehand.

TRAINING YOUR HORSE

Consistency is one of the major keys to making sure you and your horse will be ready when it's your time to step up to the plate. Working on the basics sounds easy enough, but few go back to the fundamentals, and bringing it back to the basics is one of the most valuable training tools in the tool belt. Everyone wants to go out on the trail and have a good time with a beer in one hand and reins in the other (including me), but if you don't put in the hours to work on the basics, it will show in your horsemanship. Riding is imperative, but groundwork is equally important. We will touch on that one later.

GROUNDWORK WITH YOUR HORSE

Groundwork is your horse's opportunity to

get to know you better, and your opportunity to strengthen the bond you have with your horse. Groundwork allows you to learn and control your horse's movement. The more you work at it, the better you will be at learning your horse's behavior and personality. Respect is everything — you know when you have it and when you don't — and that starts on the ground.

COMMITMENT TO HORSEMANSHIP

Commitment is easy to utter from our mouths, but it is harder to do than it seems. Commitment means exercising your horse after you've had a long, hard shift and all you want to do is sleep. Commitment is training your stubborn horse rather than letting it get away with bad habits even when you are frustrated. Commitment is choosing to work your horse rather than going out to dinner or out with friends. The difference between a horseman and a horse owner is that anyone can own a horse. Anyone can pay someone to feed it, clean up after it and even walk it. A horseman, however, is someone who has adopted the lifestyle, who wakes up in the morning thinking about how they can improve and goes to bed thinking about what the next day's training will be.

CHECKING YOUR EQUIPMENT

Would you leave the house with a dirty duty weapon and half a bag of ammo? Obviously not, so why would it be any different with your tack? Before deployment, you need to inspect all of your tack, not only to make sure you have everything you need, but to make sure you don't have dry, cracking leather or any missing pieces. I can't tell you how many times I have headed out on a deployment, and before we leave, we all go around to make sure we have our needed equipment. We conduct a proper inspection to ensure we are setting each other up for success.





SPENDING TIME TEACHING OTHERS

A few months back, I had the opportunity to mentor a partner of mine as she started her journey to becoming a mounted officer. She was completely green, and the only rides she had were coordinated trail rides and a few times in the arena. I have never taught anyone how to ride, and I knew I wanted to start her off right, so we began by seeking guidance from my horseman heroes at LASD MED. Two months later, she was able to pass her certification. After she was done, I was so proud of her. How was she able to be so successful in just a short time, you ask? The answer is simple, she was surrounded by people who wanted her to succeed and who were willing and patient teachers, and she was humble and listened to the reasons why she was doing what she was doing. We started with groundwork to build her and the horse's confidence to be a successful team. Then she learned the horse and the confidence needed to not only try, but succeed!

Witnessing and watching it from the foundation was all about learning the right way, listening to people who know more, putting pride aside and being a student. Watching this transformation was a true blessing to witness and made me a better horseman as well. They guided her step by step, first telling her



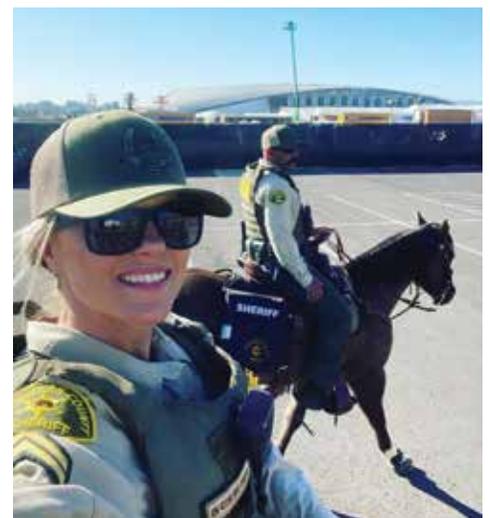
how to do it, then showing her how to do it, then having her apply it, but most importantly, telling her why she needed to do each movement/skill a certain way and how each movement communicated by her directly affected the horse's response. If I can pass on any words of wisdom from this experience, it is to be sure you seek the knowledge from your experienced partners. If you have questions, ask. If you don't understand, ask more questions. Take the time to train with people who know more than you, but most importantly, know that the more time you spend in the saddle and training with your horse, the better your results will be.

Learning bad habits is easy to do; breaking bad habits is hard to do. Train the right way every time. Don't cut corners or let unacceptable behaviors continue because what starts out small will only get worse, and before you know it, safety will be compromised. Be able to learn how to accept constructive criticism no matter how much saddle time you have. It never hurts to hear from others who may have even more experience or different experience than you. Humbleness in horsemanship will go a long way.

I know this segment is mostly about learning, but if you are those trusted mentors, those holders

of knowledge, remember, you are the leaders of your group, sharing your knowledge and experience is a valuable tool. Be a patient teacher, and I challenge you to take your time to help those with less experience — it will be rewarding to you both.

From all of us at LASD MED, we hope this article finds you happy and healthy and that you have a great Easter holiday! ☆



L.A. SHERIFFS' MUSEUM

By Chris Miller

Los Angeles Sheriffs' Museum

HISTORY OF LASD DRIVER TRAINING, PART 3: SPECIALIZED TRAINING PROGRAMS

This story is continued from the March issue of *Star News*.

DRIVER TRAINING INSTRUCTOR PROGRAM

In the mid-1980s, the Los Angeles County Sheriff's Department designed and created the Driver Training Instructor Program, where deputies transferring into the Driver Training Unit learned to become instructors. New instructors from other law enforcement agencies who were transferring into their own driver training unit, or establishing their own driver training program, were also trained.

Most police agencies do not have a full-time driver training program. Some may have one or two full-time positions, but those who assist them also have collateral duties. Large agencies like the California Highway Patrol, Los Angeles Police Department and the Los Angeles County Sheriff's Department train so many recruits and have so many officers in the field who must attend in-service training that a full-time staff is mandatory. LAPD currently has 15 full-time instructors, while the L.A. Sheriff's Department has 16, with six vacancies waiting to be filled. The San Bernardino County Sheriff's Department has five to six full-time instructors and five to six part-time instructors, all of whom are retired law enforcement officers rehired by the Sheriff's Department. Sergeant Grein understood the importance of sharing information and training, so instructors from other driver training facilities were allowed to monitor and participate in the Sheriff's Department's driver training.

During the Driver Training Instructor Program, participants spend three days on the slow-speed track. They then go on to the two-week instructor course where they are taught how to conduct one-on-one instruction with a student driver in a training car. The instructor being trained will drive the course, and the instructor conducting the training will evaluate their driving.

Next, the training instructor will pose as a student driver. He will intentionally make common mistakes, and at the end of each lap, the instructor-in-training will have to critique them. If they miss something, the instructor will tell



Driver training staff

them something like, "Remember on this turn how I went over the line? That's because I took the turn too fast. I should've been braking 25 feet prior to the turn."

The instructors-in-training also have to conduct a lecture that is videotaped.

The trainer will go over the entire lecture and assess each part of their presentation. The Driver Training Instructor Program is usually held twice a year. It is so highly respected that it is attended by officers from around the country and throughout the world.



Driver training instructors discuss training

TRAINING LASD INSTRUCTORS

When deputies transfer to the Emergency Vehicle Operations Center (EVOC) to become instructors, they are put through intensive training from four to six months before becoming completely proficient. They are required to read and understand the driver training manual. Instructors have to know all of the information, including every lecture taught in the classroom, along with each driving course for the 40-hour recruit driver training required by the Commission on Peace Officer Standards and Training (POST).

The new instructors are required to master all the driving techniques taught in the course and be prepared for the mistakes usually made and how to correct them. In addition to recruit driver training, new instructors must learn the lectures and driving courses used to train in-service patrol deputies, as well as other specialized classes and courses, such as the Executive Protection Class, Driver Awareness Training and the Driver Training Instructor Program.

As they go through the different courses, the new instructors are told what the recruits should be doing at various points, including speed, road position and when to brake. The instructor-in-training rides in the back seat and notes the actions of the training officer in the front seat as he observes and instructs the student.

Once the new instructor has learned what to look for and how to instruct and critique the recruit, they will swap seats with the training officer. The new instructor now has the opportunity to observe the recruit from the front passenger seat. When the course is completed and the student is out of the car, the training instructor will point out what was missed or what needed to be asked or explained differently, as well as what was done correctly. The instructor will once again become the driver with



Driver training staff, 1978



Driver training staff, 1980s



Driver training staff, 1991



Driver training staff, 1988



Driver training staff, 2000



Driver training staff, 1974



Driver training staff, 1990s

the instructor-in-training in the passenger seat as they go through the course. Common mistakes will be made and corrective action taken. An overall critique will be given at the end.

In addition to all the driving courses, the new instructors will be required to learn how to teach each of the training classes, including dynamics of the vehicle and the laws involved in driving Code 3. Time management is important since the courses are graded and everything in the lesson plans has to be covered. The students must participate in and pass each written test

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An EVOC instructor explains the driving course to recruits.

and driving course. The training is so consistent and precise that an instructor can stop in the middle of a lecture or driving course and another instructor can pick up exactly where the other left off. This way, the training is completed in the required time frame and everyone knows how long each lecture or training course will take.

THE EVOC INSTRUCTOR TRAINING COURSE MANUAL

Sergeant Grein, along with driver training experts from police agencies throughout California, was asked to join the EVOC Instructor Training Advisory Council. The purpose of the council was to research and gather information in order to develop an EVOC Instructor Manual for POST. It took several years, but in 1989, the POST EVOC Instructor Manual was published.

DRIVING INSTRUCTOR RESPONSIBILITIES

Driver training instructors have a demanding job. They must be alert every second to prevent accidents and injuries. Since the instructors are deputies, they are aware of the challenges of driving in patrol. They understand the feel of an adrenaline rush and the unexpected and disconcerting effects of tunnel vision. They can also explain the obstacles and distractions encountered in a patrol environment, as well as the need to slow down and take precautions to avoid a collision.

Working in a patrol car has many distractions, including activating emergency lights and siren, sending and receiving messages and calls on the mobile digital computer, and communicating over the radio to coordinate responses and keep the dispatcher and other deputies informed during an emergency.

If the patrol car has an automatic license plate reader and the device alerts to a stolen or otherwise wanted vehicle, the deputy must look down at the screen. The screen will display a picture of the vehicle, an arrow pointing to the location of the vehicle and the reason for the activation. While all this is going on, the driver of the patrol car must remain aware of the surrounding traffic and continue to maneuver safely through it. Ensuring the deputy being trained masters these skills is the goal of the driver training instructor.

EXECUTIVE PROTECTION CLASS

Prior to the 1984 Olympics, there was concern about the safety of elected officials and other visiting dignitaries while traveling in their cars. In preparation for this possible threat, EVOC instructors attended Executive Protection Training at Norton Air Force Base in San Bernardino County with members of the United States Air Force Office of Special Investigations, a federal law enforcement and counterintelligence agency.

The EVOC instructors learned how to handle the cars under extreme circumstances, such as someone trying to run them off the road. They were taught how to counter-steer and conduct a 180-degree turn, as well as high-speed backing to escape a dangerous situation. After finishing the course, the drivers were counter-terrorist qualified to teach an Executive Protection Class that was developed by Sergeant George Grein.

Drivers for the Sheriff, District Attorney, Board of Supervisors and other elected officials attended the Executive Protection Class. To better ensure their safety, members of the L.A. County Board of Supervisors and their spouses also completed the executive protection training.



Driver training staff observe training

DRIVER AWARENESS PROGRAM

The Department was expanding in the early 1990s, which meant more deputies were being hired. With the influx of recruits being trained,



LASD driver training staff with military personnel



Pursuit training

providing in-service driver training became more difficult. With thousands of deputies and only a handful of instructors, Sergeant Osterhues directed Deputies Hartl and Grein to develop the Driver Awareness Program. In the program, training officers were shown basic driving techniques that could be demonstrated and shared with in-service personnel. Some of the topics covered were defensive driving, state laws, vehicle code and legal issues associated with emergency driving. Half of the training was in the classroom. The rest was conducted in the parking lot where participants rotated through five different exercises, including maneuvering in tight places and being aware of the amount of clearance around the front and back of the car. The LASD Driver Awareness Program was adopted by POST for statewide use by law enforcement agencies throughout California.

DRIVING SIMULATORS

POST was searching for a safer and more cost-effective way to provide driver training to law enforcement officers. The answer? A driving simulator. A simulator provided an environment in which such things as traffic patterns, weather, lighting and signal light timing were controlled. Almost any driving scenario could be repeated, allowing participants to be tested equally since they all navigated through the same obstacles and encountered the same situations.

Rather than driving ability, decision-making skills were the primary focus. If a person used



Recruits train with the driving simulator.

bad judgment, such as not slowing down at an intersection or tunneling-in and not seeing a vehicle approaching from a side street, they may be involved in a traffic collision. The consequences of their actions are immediately recognized, but in a safe environment.

DRIVER TRAINING SIMULATOR COMMITTEE

POST wanted a driving simulator designed specifically for the needs of law enforcement, so they contacted Sergeant Grein and asked him to join the Driver Training Simulator Committee. It took years of research and trials to create a sufficiently realistic simulator. When working on this project, the salaries of the committee members were paid by POST.

The committee worked with video game company Atari, whose software engineers had to be educated on the needs of law enforcement. It was emphasized that the scenarios had to be believable and survivable. It was important the recruits survive at the end, especially if they were doing everything correctly. Also, they did not want the trainee operating the simulator to be involved in a crash every time a mistake was made. Grein wanted the student to realize what they were being taught really worked. If they followed their training and took it seriously, they could safeguard their lives and go home to their family at the end of each shift.

Builders were given guidelines on what a program for law enforcement should and should not entail. Once a simulator was built, they requested it be certified by POST so that sales to law enforcement agencies could begin. After testing simulators from various manufacturers, Sergeant Grein and other committee members were disappointed to find most had been developed as entertainment, rather than a teaching tool. For this reason, many of the prototypes failed the initial certification. To better understand their role, some companies hired retired police officers to advise them on how to create a driving simulator appropriate for law enforcement. However, since they were being paid by the company, the officers were hesitant to tell the company



A recruit's driving skills are tested with a driving simulator.



A recruit activates the emergency lights on the driving simulator.

when its product did not meet the standard. Once certification was finally obtained, POST funded the manufacture of the first simulators. Unfortunately, products from different companies operated differently and had different scenarios. There was no consistency. As software improved, simulators from the 1990s became outdated.

TRAINING REIMBURSEMENT

When the driving simulator program first started, POST would pay a reimbursement for officers to attend the training. However, due to the thousands of officers involved, this proved very costly when it came to agencies such as LAPD and the L.A. County Sheriff's Department. Eventually, POST only reimbursed smaller agencies. Since training for the Sheriff's Department was prohibitively expensive, the simulators did not get much use. Also, the Sheriff's Department did not have a maintenance contract, so when the simulators broke down, there was not a lot of effort to get them repaired.

CONSISTENT TRAINING

In 2007, POST appointed Paul Cappitelli as its new commissioner. Cappitelli had been in charge of the Emergency Vehicle Operations Center for the San Bernardino County Sheriff's Department, so driver training and driving simulators were near and dear to his heart. He allocated \$15 million to purchase identical driving simulators for every law enforcement training site in California. Now everyone had the same equipment that worked the same way with the same scenarios. This afforded complete consistency.

MOTION SICKNESS

One of the drawbacks of the driving simulator was the movement visible on the screen was not felt by the body or inner ear as it would in real life. This inconsistency could cause motion sickness. Many of the recruits grew up playing video games, which operated the same as the driving

continued on page 26



A recruit trains with a driving simulator with a 180-degree view.

simulator, so they did not have a problem. But some, especially younger women and older men, were not as lucky. To help combat the problem, they were given a wristband that applies compression to a pressure point and prevents motion sickness, just as would be used on a boat to prevent seasickness. The wristband worked on most recruits, but not all. As research continued on the driving simulator, the committee developed software to help reduce this problem.

SIMULATORS ELIMINATED

Over the years, driving simulators have broken down, and since many police agencies were not willing to spend the money to repair them, they have been set aside and not used. In April 2021, POST eliminated the requirement for academy recruits to complete driving simulator training.

STATION TRAINING

In 2012, small driver training courses for slow-speed driving were set up in parking lots, such as those at Cerritos College, Legg Lake and Bonelli Park. All the master FTOs on the Sheriff's Department were trained in slow-speed driving so that they could go back and train the patrol deputies at their stations. Slow-speed driving courses using traffic cones were situated in a nearby parking lot. They would train half the deputies from a shift during the first four hours and the other half during the second four hours. They were put through seven exercises, including parallel parking, T-driveway and reverse driving techniques.

CIVILIAN TRAINING

Concerned about liability involving non-sworn personnel, the Department began to administer driver training to civilians who drove Department vehicles. Sergeant Grein also found reserve deputies working patrol were only receiving an abbreviated version of the standard driver training program. To correct this deficiency, reserve deputies had to pass the exact same EVOC training course required of regular deputies.

TRAILER SAFETY COURSE

EVOC Deputy Hilbrand "Hil" Goedhart was an avid horseman, and when he saw members of the posse or Mounted Enforcement Detail having difficulty manipulating their horse trailers,

he decided to develop a trailer safety course. The course was designed for volunteers, reserves and regular deputies who were members of the posse or the Mounted Enforcement Detail. Personnel from other police agencies were also invited to participate. The two-hour classroom lecture focused on skills needed to tow and maneuver a trailer. On the driving course, they would practice steering and collision avoidance as well as parallel parking.

Occasionally, posse members respond to mountainous areas for a search and find the road blocked or in a spot where they can't turn around. This means their horse trailer has to be backed down the road — not an idea most people relish. To develop this skill, one part of the trailer safety course involved backing down a roadway.

The mounted units were also used at the Rose Parade each year, so the horse trailers had to be towed down heavily crowded streets, turned without running over curbs or hitting street signs, and maneuvered with extreme caution around the many spectators. They were taught how to use the mirrors properly when backing and to make sure there was enough room to safely make lane changes.

Deputy Goedhart also explained what the horses in the trailer were going through when the truck made a sharp turn or stopped abruptly. To keep the horses from falling or being injured, Goedhart emphasized pre-planning. Slow down gradually prior to the turn and do the same when stopping. Plan ahead and take it slow. Your horse is depending on you!

This story will be continued in the next issue of *Star News*.

Edited by Jan Jenkins (ret. LASD).

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Driver training staff at the EVOC First Aid building



The Chaplain's Notebook

By Chaplain Betsy Lindsay
Century Regional Detention Facility

WE ARE HERE FOR YOU

In March, we marked two unprecedented years that have changed our lives, our workplace and so many other aspects of the world in which we live. The one thing we all know is that the LASD and other first responders never stopped for a moment when the pandemic hit. In the midst of your personal grief and loss, you also witnessed the impact in many of the communities you serve. You were there when many others could not be.

We want you to know that during that challenging time, we were there for you, and we continue to be here for you now. Who are we? We are a group of 38 LASD chaplains, who include ordained clergy from various faith traditions, retired LASD personnel and lay professionals who are all trained to answer a call to serve and support you during difficult times in your professional and personal lives.



At our recent quarterly chaplains meeting, we experienced a powerful opportunity to extend our faith in a new way to a Department member and his wife as she continues to battle cancer. We were inspired by their strength and deep commitment to each other. We gathered to pray with them and for

the doctors and all who are caring for her. We also held in our hearts and prayers their family and friends who continue to surround them with abiding faith, hope and love.

That day, the LASD chaplains recommitted to being here for you, too. We want to know how we can be present in your life and support you no matter what your challenges may be. You can reach out to us in a confidential email to Executive Chaplain Eric Morgenstern at emorgens@lasd.org. He, in turn, will contact us with your prayer request so that 38 chaplains can pray for you, your family, friends and colleagues during difficult

chapters in their lives. In addition, please seek out the chaplain assigned to your station or facility for ongoing support.

A final thought to share: We cannot promise that we have all the answers to your problems, but we can promise that you will not face them all alone. ☆

☆ IN MEMORIAM ☆

HENRY R. ALDANA
MARIAN E. CARTER
DAVID DEMERJIAN
RICHARD H. DIDION
CLYDE E. FRENCH
LAWRENCE P. GRIFFIN
GARY H. HERBECK
GARY E. JONES
JAMES G. JORDAN
ROBERT LOWE
ALFRED J. MEISEL
DENNIS R. PRUETT
FRANK K. REZAC JR.
DAVID "DAVE" D. SCHRIEFER
GERARDO SOTO-VASQUEZ
JOHN C. THURMAN
GLENN R. WILTZ SR., SPOUSE OF RETIRED MEMBER CALLIE G. WILTZ, DECEASED 02-08-22
ANN GENTZVEIN, SPOUSE OF DECEASED MEMBER GEORGE GENTZVEIN, DECEASED 01-10-22
EILEEN M. PRICE, SPOUSE OF DECEASED MEMBER JERRY PRICE, DECEASED 02-17-22
TEOFILO L. SOLAMO, SPOUSE OF RETIRED MEMBER MARCELINA F. SOLAMO, DECEASED 02-03-22

RETIRED 07-16-02, DECEASED 02-08-22
RETIRED 03-20-01, DECEASED 02-25-22
RETIRED 03-17-86, DECEASED 01-05-22
RETIRED 03-31-00, DECEASED 02-01-22
RETIRED 06-01-97, DECEASED 01-30-22
RETIRED 03-31-83, DECEASED 12-12-21
RETIRED 10-01-77, DECEASED 01-01-22
RETIRED 12-30-99, DECEASED 01-19-22
RETIRED 01-19-81, DECEASED 01-28-22
RETIRED 03-30-94, DECEASED 02-05-22
RETIRED 03-02-99, DECEASED 12-27-21
RETIRED 03-31-89, DECEASED 02-07-22
RETIRED 10-24-06, DECEASED 02-16-22
RETIRED 03-22-65, DECEASED 02-01-22
ACTIVE, DECEASED 02-07-22
RETIRED 03-18-92, DECEASED 02-08-22

SERGEANT/CRDF
LIEUTENANT/DATA SYSTEMS BUREAU
SERGEANT/NARCO
LIEUTENANT/COURT SERVICES
LIEUTENANT/LENNOX
LIEUTENANT/RANCH FACILITIES
DEPUTY III/LENNOX
DEPUTY/COURT SERVICES ADMIN
MARSHAL/COURT SERVICES
MANAGER OF FOOD SERVICE/MCJ
DEPUTY/INDUSTRY
DEPUTY/COURT SERVICES EAST
DEPUTY/CARSON
DEPUTY/SEB
SECURITY ASSISTANT/IRC
CAPTAIN/PITCHESS HONOR RANCH-EAST



By Erin Stibal
Facilities Services Bureau

FSB CELEBRATES 246TH MARINE CORPS BIRTHDAY

One of the most famous Marine Corps customs is the observance of the Marine Corps birthday. Since 1921, the birthday of the Marine Corps has been officially celebrated each year on November 10. On this date in 1775, the Continental Congress resolved, "That two Battalions of Marines be raised." The celebration involves a birthday message from the commandant, the cutting of a birthday cake by the commanding officer and the presentation of the first and second pieces of cake to the oldest and youngest Marines present.

When Sergeant Carl Lumpkin arrived at FSB, he formed a Marine Corps Birthday Celebration Committee along with fellow service members Jonathan Tam and Adolfo Naranjo, both of whom work in the FSB Procurement Unit. As Marines, they made a decision to keep the tradition and invited other Marines working in





Sheet Metal Supervisor Russ Ermey



Senior General Maintenance Worker Jaime Bermudez

SBB as well as Marines from the local recruitment office in Monterey Park to attend. Adolfo volunteered to be the master of ceremonies for the 2021 celebration, which included the oldest marine (Frank Galindo, who recently retired from FSB) and the youngest Marine from the recruitment office taking part in the traditional cake ceremony. Several other Marines attended, including a retired sergeant major, and shared their stories. It was a great event. Thank you all for your service!

Sergeant Lumpkin has since been promoted to lieutenant and has left FSB. Thank you to Lieutenant Lumpkin for bringing this fine tradition to FSB, and know it will continue for years to come.

EMPLOYEES OF THE QUARTER

FSB Assistant Director Clint Yates presented two FSB employees with Employee of the Quarter recognition. These two individuals were nominated by their supervisor and management team for going “above and beyond” for FSB.

Sheet Metal Supervisor Russ Ermey handles the maintenance of the FSB sheet metal shop for Custody as well as the station routes. Russ does so much to help out that oftentimes it goes unnoticed. He is always one of the first to arrive and the last to leave, and he goes out of his way to assist others when needed. He simply does what needs to be done, from ensuring that staff time entries are approved in the absence of a supervisor to handling a job walk at the last minute when the supervisor was not able to attend. Russ exemplifies dedication and hard work, and he

does what it takes to make the unit successful. For his willingness to always step up and help, Russ Ermey was named the 2021 FSB Support Staff Employee of the Fourth Quarter!

Jaime Bermudez is a senior general maintenance worker at Twin Towers. Jaime promptly takes care of every task assigned to him; when he is given special tasks and projects throughout the month, he handles them with confidence as well as his routine assignments. Jaime helps his complex manager by organizing filter changes with the general maintenance workers throughout the jail, and he helps with installing and removing old filters. He helps with the calls coming in from Logistics and will troubleshoot the problem to see if he can handle it or if it needs to be assigned elsewhere. He is very mindful of the overall maintenance needs and informs his supervisor of any issues within the building that need attention. For his hard work and dedication, Jaime Bermudez was selected as the 2021 FSB Line Staff Employee of the Fourth Quarter!

RECENT RETIREES

Congratulations and best wishes to the FSB fourth quarter retirees:

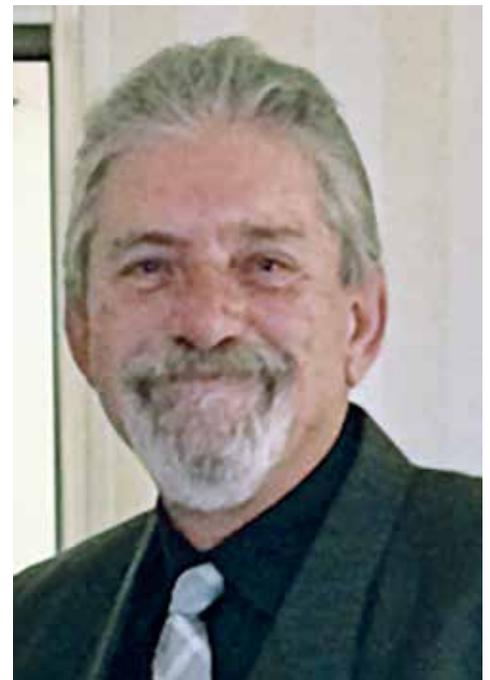
- Gorrocino Salvador Sr., general maintenance worker — 31 years
- Danny Overton, refrigeration mechanic — 22 years
- Gene Boone, steam fitter — 24 years

IN MEMORY

Retired Building Complex Manager II Normand Martin passed away on December 11, 2021.

As a longtime FSB employee, “Stormin’ Norm” worked his way from a general maintenance worker to the position of Building Complex Manager II. During his time with FSB, he worked many different assignments, including the Fuel Force group, now known as the Compliance Group. He retired in December 2020.

William “Bill” Sudduth passed away on January 7, 2022, at the age of 88. Bill retired from FSB in 1996 after 29 years of service as a steam-refrigeration supervisor. ☆



Retired Building Complex Manager II Normand Martin



By Team Dena
Altadena Station

CATALYTIC CONVERTER EVENT

Everyone is surely aware of the nationwide increase of catalytic converter thefts. Altadena Station was excited to have a catalytic converter etching event. Residents of Altadena and neighboring communities brought their vehicles to the local L.A. County Public Works yard and had the catalytic converters of their vehicles professionally etched with identifying numbers. We hope this will aid in the prosecution of perpetrators who are caught with stolen converters. We also hope this will help deter individuals from committing these thefts and deter scrapyards from accepting the converters.



The Monode mobile marker



Etching in action

We were also excited to use an innovative etching tool. A company, Monode, loaned us a mobile marker. Using a mobile device, we were able to scan a barcode on the vehicle to obtain the vehicle identification number. The Monode mobile marker, paired with the mobile device, then neatly etched the number onto the catalytic converter. Usually, a handheld engraving tool is used, which requires the vehicle be turned off so the converter can cool before the etching begins. With this instrument, there was no need to wait. The converter was able



Det. Lohmann at work



Det. Quintana ready to scan

to be etched neatly, immediately and quickly. A vehicle could potentially be completed in less than one minute. We hope to obtain funds to purchase one for future use. The potential and possibilities of this instrument are vast.

VIRTUAL MEETINGS

Our reserves and Mountain Rescue Team meet every month to discuss different issues and plan needed training. We have been conducting hybrid meetings amid the pandemic. With modern technology, members wanting to attend the meetings can easily join virtually. Members can provide insight while sitting miles away. New members or those interested in joining the Mountain Rescue are required to attend a minimum number of meetings before they can officially join the crew.

FAREWELL AND WELCOME

We are always extremely happy for our personnel who move on to other assignments. Sergeant Amy Wong has transferred to East Patrol Division Headquarters to be an aide. She had her hands in so much at the Station and will be missed. Also, Sergeant Hugo Acevedo transferred to Civil Management Bureau, Court Service Division. Before he departed, he definitely celebrated the L.A. Rams Super Bowl victory. He sported his Rams hat proudly.

We want to congratulate the newly promoted sergeants assigned to our Station. Welcome, Sergeants Raquel Sandoval and Shanese Winfrey. We are so glad to have you aboard. ☆



Mountain Rescue Team meeting

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

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

Mark A. Almonte
Access to Care Bureau

Fernando Anaya
East Los Angeles Station

Robert J. Anderson
Transportation Bureau

Barbara A. Barnes
Data Systems Bureau

John J. Bonner
Men's Central Jail

Tami A. Bouse
Lomita Station

Agostino Brancato
Major Crimes Bureau

Carolyn D. Cale
Records and Identification Bureau

Rebeka G. Carr
Palmdale Station

Thomas W. Carter
Narcotics Bureau

Jackeline P. Castro
Custody Food Services

Reynaldo P. Contreras
County Services Bureau

William T. Eldridge
Population Management Bureau

Sylvia Gaytan
Transportation Bureau

Bernard K. Green
Twin Towers Facility

Kevin B. Greer
Training Bureau

Steven E. Gross
Specialized Programs Administration
Headquarters

David H. Huelsen
Malibu/Lost Hills Station

Sheila A. Finley
Pitchess Detention Center, North
Facility

Malcolm D. Harcrow
Court Services East Bureau

Roy W. Henstrand
North County Correctional Facility

Brian L. Hickey
Major Crimes Bureau

Gregory W. Jackson
Court Services West Bureau

Marilou M. Jacob
Medical Services Bureau

Casey E. Johnson
Community Partnerships Bureau

Michelle K. Johnson
Civil Management Bureau

Rachel Johnson
Office of the Sheriff

Rochelle L. Kidd
Communications and Fleet
Management Bureau

Ngaimui Leung-Li
Inmate Reception Center

Rick D. Manes
Palmdale Station

Holland D. Mattison
Lancaster Station

John D. Meehan
Civil Management Bureau

Hector M. Meza
Custody Compliance and
Sustainability Bureau

Jeffrey L. Moore
Emergency Operations Bureau

Sally A. Moore
Temple Station

Beverly J. Nash
Personnel Administration Bureau

Luis Nunez
Men's Central Jail

Shelly A. Pierce
Cerritos Station

Steve R. Renteria
Scientific Services Bureau

Rebecca Rodriguez
Court Services East Bureau

Elsa Sanchez
Fraud and Cyber Crimes Bureau

Todd W. Shaffer
Palmdale Station

Tracy M. Smith-Wilson
Parks Bureau

Young W. Suh
Court Services West Bureau

Andres R. Washington
Transportation Bureau

Michael J. White
San Dimas Station

Martha Williams
Industry Station

Marlo C. Willis
Communications and Fleet
Management Bureau

Shelia D. Wright
Century Regional Detention Facility



**LIEUTENANT PROMOTIONS
AT CRDF (ARRIVED
JANUARY 23, 2022)**

CRDF would like to welcome our newly promoted lieutenants, K. Hicks and J. Rodriguez.

Lieutenant Hicks has recently returned to CRDF with a new promotion. She previously had worked at CRDF as a sergeant before returning. Lieutenant Hicks loves being back at CRDF and is excited to have her hands in many new improvements for the amazing people she works with. She states, "The best is yet to come."

Lieutenant Rodriguez also formally worked as a sergeant at CRDF and recently returned when she promoted to lieutenant. She is looking forward to implementing the many programs being offered to the female inmates at CRDF in hopes of changing their lives forever, for the better.

**CRDF WELCOMES NEW
DEPUTY CLASS #456
(ARRIVED DECEMBER 20, 2021)**

Congratulations to Deputy Class #456, who are the new kids in town at CRDF. They have finally earned their badges and are hoping for patience and guidance as they adjust to their new, busy schedules. They will be attempting these tasks, including completing their training packets, in a timely manner.

- Deputy Evelia Garcia
- Deputy Jordyn Haynes
- Deputy Luisi Ibarra Garcia
- Deputy Emily Lopez Silva
- Deputy Susana Ruiz
- Deputy Emily Sorensen
- Deputy Jessica Vargas Maldonado
- Deputy Liliana Cutler (promoted from security officer)

**CRDF WELCOMES NEWLY
PROMOTED NEW DEPUTIES CLASS
#457 (ARRIVED JANUARY 31, 2022)**

Congratulations to Deputy Class #457, who has graced CRDF with their presence as they take on a whole new responsibility of owning a badge. This is a new beginning for them as their first promotion, which will propel them as they work their way up the chains of command in their careers.

- Deputy Amanda Contreras (promoted from custody assistant)
- Deputy Jennifer Holly Baker (promoted from custody assistant)
- Deputy Ridyma Walker (promoted from custody assistant)
- Deputy Aricel Sanchez (promoted from property clerk)
- Deputy Mia Romero

**CRDF WELCOMES
NEW CUSTODY
ASSISTANT CLASS
#104 (ARRIVED
DECEMBER 24, 2021)**

Congratulations to Custody Assistant Class #104, who has enriched CRDF with their arrival, and everyone wishes them great success. We all support them through their training process while they learn the ropes of their new career and adjust to loads of overtime, all while trying to learn the County's difficult computer systems.

- Custody Assistant Hector Batres Barraqueta
- Custody Assistant Esta Flores

**NEW LITTLE BUNDLES OF JOY
FOR THE PERSONNEL OF CRDF**

The stork has made his rounds again at CRDF and has blessed several new deputies, custody assistants and seniors with their new little arrivals. Congratulations to the following CRDF personnel who had babies in 2021 and are now back to work.

Check out these adorable photos with our partners' mini-me's.

- Deputy A. Rojas and his second child, a son, born in July 2021
- Deputy E. Galindo and his third child, his first baby girl, born in March 2021
- Deputy J. Amador and his sixth child, a son, born in August 2021
- Senior A. Luther and first his child, a son, born in April 2021



Dep. A. Rojas' son



Dep. E. Galindo and his daughter



Dep. J. Amador and his son



Sr. A. Luther's son

- Deputy B. Ortiz
- Deputy C. Gutierrez
- Deputy F. Ruiz
- Deputy J. Canchola
- Deputy O. Carlin
- Deputy W. Mollinedo
- Custody Assistant A. Sanford
- Deputy S. Campbell
- Deputy A. Hernandez
- Custody Assistant M. Lira Rodriguez
- Deputy E. Estrada

**2022 VALENTINE'S DAY
CANDY GRAMS AT CRDF**

Valentine's Day candy grams reappeared this year at CRDF to offer some sweet treats to unsuspecting recipients. They were ready for delivery as they were distributed as a surprise from fellow classmates, work friends or just about anyone wanting to participate in the Valentine's Day festivities. It was a pleasure seeing all of the smiles on everyone's faces. ☆

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**Tradition of Service/Patch
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**LASD Aero Bureau
Challenge Coin**
\$11.99 Item #: 1554



**LASD Subdued Flag/Blue
Line/Patch Challenge Coin**
\$11.99 Item #: 1552



**LASD Motors
Challenge Coin**
\$11.99 Item #: 1553



**LASD Badge/Patch Coin
Bottle Opener**
\$11.99 Item #: 0569



**LASD St. Michael
Challenge Coin**
\$11.99 Item #: 1549



**LASD Homicide
Challenge Coin**
\$11.99 Item #: 1565



**L.A. County Peace Officers' Memorial/
Heroes Live Forever Challenge Coin**
\$11.99 Item #: 1572



**LASD Roundup
Challenge Coin**
\$11.99 Item #: 1569



**LASD SUV/Patch/Flag
Challenge Coin**
\$11.99 Item #: 1547



**LASD NCCF
Challenge Coin**
\$11.99 Item #: 1563



**Hall of Justice/A Tradition of Service
Challenge Coin**
2 oz. silver .999; presentation box included
\$105 Item #: 1567

For more info, visit SheriffsRelief.org/store

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PJP Rancho, Castaic (661) 257-5320
MONDAY-FRIDAY, 9 A.M. TO 5 P.M.

CLOSED ON SATURDAYS UNTIL FURTHER NOTICE



SRA EMPORIUM

APPROVED OUTER TACTICAL CARRIER



The Los Angeles County Sheriff's Department has authorized for personal purchase the Point Blank "LASD Approved Outer Carrier (LAOC)" to be worn by personnel during tactical operations (excluding approved specialized units). This carrier is designed to be utilized with the new Galls/Point Blank threat level IIIA concealable body armor (Models GAX and AXB) currently being deployed to personnel. For standardization purposes and to ensure personnel are immediately identifiable as Sheriff's Department personnel, this is the *only* authorized outer carrier for wear during tactical operations. This carrier is not authorized for wear during daily line and patrol operations (MPP 3-03/350.00 - Protective Vests).

Some standard sizes in stock (limited quantity).

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Threat Level IV Rifle Plate

- Size: 10" x 12" Shooters Cut
- Weighs 5.4 lbs.
- Thickness - .90"
- Made with Polyethylene/Ceramic composite
- Integral ceramic covering 100% of the plate, creating superior bulletproof performance

Item #: 0814



Threat Level III Rifle Plate

NIJ-certified, Level III, lightweight
Item #: 0819



Guardian Gear Bulletproof Soft Panels

These lightweight bulletproof soft panels are ideal for use in plate carriers and various personal items, such as backpacks, school bags, computer cases and sports bags, for everyday personal protection and peace of mind.

Available sizes:

- 10" x 12" Shooters cut
- 11" x 14" Shooters cut

Item #: 0816

Item #: 0815



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Oakley Factory Lite 2.0 Glove

Provides performance, comfort and grip for any user in a tactical setting, with perforated suede palm for abrasion resistance and touchscreen-compatible material on the fingers. Super lightweight and minimalist, perfect for weapon handling, driving or day-to-day patrol. Sizes: S-2X.

Item #: 0470



Oakley SI Lightweight 2.0 Glove

Designed for operations that require low weight with proven performance. Breathable nylon for maximum comfort, with suede palm to maintain dexterity, high-friction pattern on the fingers for a sure grip and removable reinforced trigger finger. Sizes: S-2X.

Item #: 0471



Tat Jacket Unisex Tattoo Cover-up Sleeves — Full Arm

Protect your arms from the sun or keep them warm on cold days. Comfortable, lightweight, full-coverage sleeves provide temporary tattoo cover-up as well as UPF 50 protection to prevent sunburn and tattoo fading. Two sleeves per pack. Sizes: S-L. Colors: black, white.

Item #: 0122

EYEWEAR

Safeguard Your Sight



SI Holbrook Flag Matte Black With Gray

Features superior optical clarity and razor-sharp vision at every angle. Icon accent color available in tonal flag or U.S. flag.

Item #: 0187



SI Holbrook Uncle Sam

Durable, lightweight matte olive frame with Prizm tungsten lenses that provide 100% UV filtering. Features patriotic red, white and blue design. Three-point fit ensures comfort and performance.

Item #: 0192



SI Jupiter Squared Matte Black USA Flag

Showcase your American pride. The handles of switchblade knives inspired the earstems and their metal bands and rivets. Prizm black. Icon accent color available in tonal flag or U.S. flag.

Item #: 0189



SI Gascan Matte Black With Gray

Showcase your American patriotism with these high-quality shades, perfect for any lifestyle. U.S. flag icon accent on the side.

Item #: 0184



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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 Jen Myers

LAS⁴D Spouses Supporting Spouses



MISSION ACCOMPLISHED!

When this group was founded in August of 2020, our mission statement read: A community of spouses of sworn Department members building strong connections through peer support, mentorship and sharing resources with those who relate to living the unique lifestyle of a law enforcement family. It wasn't until we stumbled upon the need to collect donations for our LASD families in need that we realized we needed to expand upon that mission.

It started with collecting clothing and toys, and we started a meal train for the Lomeli family. We then answered the call when we learned that of one of our members, Lara Damole, needed a stair lift chair, so we collected enough donations to provide that for her. Shortly after, we learned of the passing of Sergeant Jamie Arakawa. We collected monetary donations to create a care package for his wife, Sandra. A week later, we heard of the passing of Pete Romo, and two days after that, the passing of Sergeant Armando Meneses. We continued our efforts and were able to collect donations for care packages to deliver to their wives, Natalie and Noritza.

We soon realized that peer support meant more than supporting one another through the ups and downs of living this lifestyle. Support also meant being there for the ones who so often feel left behind when their spouses pass away, collecting donations for Department members who could use some extra help with medical expenses or simply taking someone to lunch who is going through tough times personally or professionally.

The friends I reached out to when this group was just a thought in my head got together and realized that we needed to do more but didn't like that we had to keep reaching out to our members to send donations. So we decided to contact an attorney to apply to become a non-profit organization.

I am proud to announce that this thought-turned-passion has been approved as a 501(c)(3) nonprofit organization!

A special thank-you to our board members: Treasurer Shauna Walton; Secretary Teresa

We are excited to announce...

THAT WE ARE A



NON-PROFIT ORGANIZATION

Ryan; Sergeant at Arms Mark Claahsen; Board member Sherise Libertone; and Directors Crystal Vartanian and Gina Moreno; and to our attorney, Laura Helquist of Straussner & Sherman. The sky is the limit!

TO THE RESCUE

Never in a million years did I imagine I would be on the receiving end of support from the group I founded. As you may have read in previous articles in *Star News* written by myself and Norwalk Station, as well as in a spread in *Star & Shield*, my husband, Andrew Myers, passed away in October. He was the father of five amazing children who ranged from the ages of 20 months old to 22 years old at the time of his passing, and I am a stay-at-home mom with two toddlers (now 2 and 3 years old). Gina Moreno and Crystal



Rescue Brewing Co. canned beverage in honor of Andrew Myers



Jen Myers and Sheriff Alex Villanueva



Gina Moreno, Crystal Vartanian, Randi House and April Rodriguez of LAS⁴D Spouses Supporting Spouses with Sheriff Alex Villanueva and Kristen Sweaza of Blue Wives Matter



Retired LAPD Detective Moses Castillo, Jen Myers and Kristen Sweaza of Blue Wives Matter

Vartanian convinced me to accept support and they reached out to Kristen Sweaza of Blue Wives Matter, a nonprofit organization that provides various types of support for surviving spouses regardless of cause of death. Kristen reached out to Rescue Brewing Co. in Upland, who agreed to host a fundraiser for me and my family.

On January 20, several hundred people answered the call and came out to enjoy a meal and cold beverage. There was a silent auction, 50/50 raffle and Rescue Brewing Co. donated profits earned that night. Since they sold out of the beverage can that had Andrew's photo on it within 40 minutes (a new record), they decided to allow online pre-orders for additional cans (a first for the company). Within 12 hours, they also sold out, and they continued to share the profits. Through Blue Wives Matter, over \$11,000 was raised, which is the largest amount they've collected during a single fundraiser.



Kristen of Blue Wives Matter and Alex of Rescue Brewing Co. presented Jen Myers and Lea Myers (middle) with a check for donations raised.



Sgt. David Moreno, Gina Moreno, Gil Carrillo, Pearl Carrillo and Jen Myers

continued on page 38

I would like to personally thank each person who had a hand in putting this event together, including Kristen and Rob Sweeza, Crystal Vartanian, Gina Moreno, April Rodriguez, Randi Houser, each of the small business that donated to the silent auction, Rescue Brewing Co., Sheriff Alex Villanueva and all the friends, family and Andrew's co-workers past and present who attended the event. It truly was amazing to feel so much love and support from people who knew and loved my husband.

ALADS AWARDS

Board member Gina Moreno, her husband, David (CPT), and I attended the ALADS Awards Banquet at the Pacific Palms Resort in Industry. We enjoyed a nice dinner after hosting a table during check-in. We were able to meet members Michelle Acosta and Marina White, who were in attendance to support their husbands as they received several awards. We were also privileged to meet the legend himself, retired detective Gil Carrillo and his lovely and supportive wife, Pearl. We gushed over Pearl and thanked her for being part of the documentary *Night Stalker*. Without realizing, she is a role model for how to be supportive even through the most scary, lonely, frustrating yet rewarding careers anyone could have. We were also able to speak with Sheriff Alex Villanueva and his wife, Vivian, as well as Undersheriff Tim Murakami and his wife, Norma, after the ceremony ended.

If you are a spouse of a sworn member of LASD and would like to join our group or mailing list, or if you would like more information on how to donate to our nonprofit general fund, send us an email at LASDspouses@gmail.com. ☆



Michelle Perry, Marina White, Jen Myers and Gina Moreno of LAS⁴D Spouses Supporting Spouses



Gina Moreno, Sheriff Alex Villanueva, Jen Myers and Undersheriff Tim Murakami

FROM THE DOCS

COPING WITH CHRONIC PAIN

By Medina Baumgart, Psy.D., ABPP

The psychological and emotional impact of chronic pain can have serious consequences. To the extreme, dealing with chronic pain can become so overwhelming that a person might suffer from severe depression or anxiety, abuse substances as a means to cope or even consider suicide as a means to end their pain and suffering. Research has consistently demonstrated the brain-body connection associated with chronic pain. The silver lining (yes, there is one) — you can train your body and brain to respond more effectively to chronic pain and regain some control over your pain experience. The following non-medication-based techniques have been shown to be effective in helping people better manage their chronic pain when used in conjunction with medical interventions.

Change how you think about your pain. Your thoughts impact your mood and can alter your perception of physical pain. Think about the thoughts connected with your pain. How does the pain make you feel? How does pain impact your sense of purpose? Some common thoughts are: “I can’t take this anymore,” “It will never go away,” “I’m miserable,” “I can’t even be a good spouse/friend/partner” and “I can’t do anything I used to.” Although these thoughts can *feel* accurate, they may not necessarily reflect what is factually true. For example, let’s take a look at the thought, “It will never go away.” This definitive statement suggests that nothing can be done to help the pain. Although the nature of an injury or illness can medically cause prolonged physical pain, people

with chronic pain will often report fluctuations in their pain level throughout the day in response to movement, external stressors, etc. As much as the brain may want to focus on the negative, it is equally important to focus on when the pain may not feel quite as bad as it does at other times in the day. Modifying the thought to, “It will never go away entirely, but I know I feel a little better at the start of my day,” helps the brain also pay attention to how the body feels during moments when the pain is less intense.

Improve your body’s relaxation response. Chronic pain physically stresses the body — in addition to the injury itself — which can tense muscles and increase inflammation. Training your body to shift to a more relaxed state can provide some relief. Breathing techniques (e.g., box breathing or diaphragmatic breathing) are an effective way to physically relax the body. Focus on slowing down breathing to a steady pace and imagine the sensation of relaxation with each exhale. There are several guided breathing exercises available online to help you train this skill — I like the free phone apps Calm, Headspace and Blue Life Coach. Another relaxation technique is the pain-comfort pendulation exercise, which involves intentionally shifting focus between parts of the body where pain exists and where there is an absence of pain. Begin by getting into a comfortable position and taking a few deep breaths. With eyes closed, focus on a part of the body where the pain is (e.g., back) and pay attention to what it feels like — hot or cold, sharp or dull, pressure or tightness, hard or soft, etc.

Mentally put this pain aside and shift focus to a part of the body where there is an absence of pain or discomfort (e.g., earlobe or tip of your nose). Pay attention to what the absence of pain feels like — hot or cold, soft or smooth, heavy or light. Mentally put this comfort aside and shift back to the pain. Again, spend time focusing on what the pain feels like. After a few moments, shift back to the comfort and so on. Repeat this a few times and end this exercise with the comfort sensation and a few deep breaths. I’ve found this exercise to be particularly effective with people who experience chronic pain as it shows how powerful the brain can be when it comes to how one perceives physical pain.

Educate yourself. Take the time to learn about pain and seek professional help when needed. Information is a powerful tool and often a readily available resource. Learning about the human pain response provides knowledge to help you understand the chronic pain experience and regain a sense of control over how you choose to cope with chronic pain. I recommend the book *Change Your Brain, Change Your Pain* by Mark Grant. Counseling with a licensed mental health professional who has experience in treating chronic pain can also be helpful. You can speak confidentially with a licensed psychologist, trained peer supporter or chaplain by calling Psychological Services Bureau at (213) 738-3500. You can also contact a peer supporter or chaplain via our free and anonymous Lighthouse PSB Wellness mobile app. Call us if you’d like more information. ☆

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LIGHTHOUSE
HEALTH & WELLNESS



By Ramon Montenegro
Transit Services Bureau

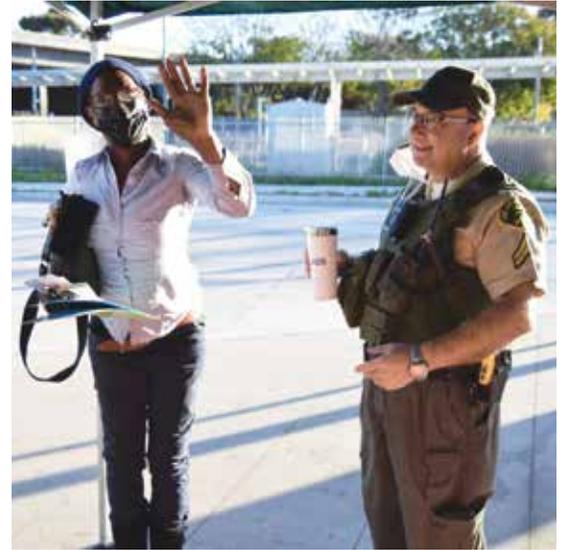
TOUCHDOWN TSB!

Along with many other LASD units, stations and bureaus, TSB Special Assignment Unit (SAU), K-9s and line deputies were tasked with helping to keep fans safe at Super Bowl LVI — *go Rams!* Throughout the preceding two weeks, fans attending the NFL Fan Experience in downtown L.A. and other events leading to the big game utilized public transit to get to and from and to avoid ridiculous parking rates. Metro deployed additional trains, buses and special routes to get fans to the door of SoFi Stadium, and TSB personnel were there to ensure they arrived safe and ready to get their game on! As you can see, some of our personnel took the Sheriff's offer to wear Rams hats on duty to heart. SAU Deputy Rafa Feliciano's wife got him a good one!

Captain Shawn Kehoe was out on game day to ensure that all ran smoothly and any problems were quickly rectified.

A great big thank-you to all our partner units, such as EOB and SEB, for their diligence and hard work.





VALENTINE'S DAY IS FOR GIVING

TSB Deputies Alex Gardea and Daniel Gonzalez and Team Leader Rob Giris joined Sheriff Villanueva and his lovely wife, Vivian, at the Whittier Hills Healthcare Center to pass out valentines and stuffed animals to the residents. The event, hosted by the LASD Community Advisory Council, was a great way to give back to older citizens who are often forgotten during these social holidays.

Check out our YouTube channel, *LASD Transit Services Bureau*, for a heartwarming video of this event.

IT'S NEVER "TWO" SOON TO STAND AGAINST HATE!

TSB Team Leader Deputy Vinny Gevorgiz hosted yet another "Stand Against Hate" pop-up at the Rosa Parks Metro Station in Willowbrook on February 22 (2/22/22). The event focused on open dialogue with the communities we serve. Deputies engaged with the public on topics surrounding hate and discussed how to combat it.



continued on page 42



The date garnered attention on social media as “Twosday” and was rumored to bring good luck.

ONWARD!

Longtime TSB Deputy Al Tineo got the “bump” to sergeant and took his considerable talents to Pico Rivera Station. Al, who was a Metro Transit police officer before coming to LASD, obviously has a wealth of transit experience. That experience made him an effective team leader.

We’re certain of two things. Pico Rivera Station certainly got a great supervisor, and rest assured he’ll be back!

FOLLOW TSB

Please remember to follow us on social media and subscribe to our new YouTube channel: *LASD Transit Services Bureau*.

- Facebook: *LASD Transit Services Bureau*
- Instagram: *@lasdtransit*
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Until next month, be safe! ☆





By Team SSB
Scientific Services Bureau

Hello again from Scientific Services Bureau.

WELCOME

A warm welcome to Deputy Krystin Alfaro, who comes to us from Custody Services Division. Deputy Alfaro joined the staff in the Polygraph Unit at the Beverly Lab in late February.

RECOGNITION

Congratulations to the following Scientific Services personnel for reaching these milestones in their respective careers. Your achievements exemplify your dedication and commitment to the Department and its tradition of service to the County of Los Angeles.

- Gregory Page, Photo Lab, 10 years of County and Department service
- Natalie Popovich, Latent Prints, 10 years of County and Department service
- Robert Lio, Latent Prints, 15 years of County and Department service
- Kanani Raspberry, Latent Prints, 25 years of County and Department service

CAC SEMINAR 2022 IS COMING SOON!

This year's California Association of Criminalists (CAC) Seminar will be hosted by our very own LASD Scientific Services Bureau. The conference, entitled "Mind, Body, Forensics: A Holistic Approach on Criminalistics," will be held April 11-15 at the Hotel Maya in Long Beach.

The workshops will be on Monday and Tuesday, and the general session from Wednesday



OA III Thais Herrington

through Friday morning. The full-day workshops include a DNA workshop, a decedent excavation workshop and a toxicology and blood alcohol testimony workshop. The half-day workshops include a post-conviction workshop and a careers in forensics workshop. During the general session, CAC will be highlighting two big LASD cases: Gabriel Fernandez (presented by DDA Hatami) and serial killer Michael Gargiulo (presented by DDA Akemon and DDA Dameron). The "Ethics in Forensics" talk will be presented by California Deputy Attorney General Michael Chamberlain. SSB's own Stephanie Sandoval will host a collaborative talk on DNA and fingerprinting. This is an opportunity to exchange ideas with analysts from different counties who

may face different challenges than our own.

You can get information about registration and the workshops by checking the CAC website at tinyurl.com/fzudt4pf.

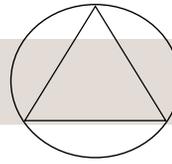
NEW FACE IN TOWN

The new face in Operations at HDFSC's fourth floor Forensic Biology Section is that of OA III Thais Herrington (pronounced "Tie-ees"), who comes to us by way of Custody Services Bureau. Thais is the mother of two grown sons, each with a son of his own. Thais enjoys scrapbooking and card making along with other crafts, as well as traveling to Europe and tending her very large vegetable garden. We'd like to welcome Thais to Scientific Services Bureau! ☆

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You can also go to www.sheriffsrelief.org to contact us.

Peace Officer's Fellowship



By Willis Braggs

BOUNCING BACK

I wonder if you can relate to the story of, let's say, Pat. Pat was drinking a lot, and it was starting to have a negative impact on Pat's relationship and even began to affect his work. Pat was a bit more irritable than usual, did not have much energy and was finding that the only time that was "good" was when there was alcohol involved. After some time, and people in Pat's life expressing their concern, Pat decided to stop drinking. Though hard, Pat was able to stop and stay stopped for almost a year. One night, after a hard day, everyone from work invited Pat out for a drink. Pat's inner voice chimed in, "It can't hurt. It's just one." (No one ever thinks, "Perhaps I can down a bottle of my favorite tequila and get away with it.") That was the last thing Pat remembered before waking up on the floor of the house, fully clothed and with an awful hangover. Additionally, Pat noticed feelings of guilt due to not being able to maintain sobriety and was thinking, "I failed."

This is a relapse (or lapse, or slip or setback), and it can be one of the most frustrating and/or humiliating experiences when it comes to changing habits (whether drinking or any other problem habit). Many people have fantastic success in changing their behavior, for months or even years, and then they start drinking again. This can lead to panic because what was previously thought of as a magic bullet turned out to be nothing more than another failed attempt. The notion that "just one drink won't hurt" is the biggest lie you can tell yourself, because it is highly unlikely that it will be a single drink. In reality, you only get to choose the first drink as every decision after that point is one made under the influence.

Relapsing is very common, and quite logical when you think about it. Most people spend years, often decades, training their brain to use alcohol as a cure-all for life's ups and downs. When life is hard, we use alcohol to help us cope; when times are good, we use it to celebrate. This powerful drug has been tightly

These people have agreed to give up their anonymity so that others who are in need of help can find the POF. Don't worry about bothering us; helping those with drinking issues is one of the ways we stay sober.

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(951) 764-3723

*Active LASD

woven into the fabric of our lives. Is it any wonder that occasionally we revert to it?

So what should you do when you fall off the wagon? Here are some tips:

Brace yourself. The feelings of guilt, shame and humiliation are often intense. Prepare yourself for these feelings. Commit to use them as motivation to get back on track.

Think of relapse as a stepping stone. Instead of viewing this setback as a step backward, think of it as a progression on your road to recovery. Many people relapse. In fact, the National Institute on Drug Abuse reported that the relapse rate for people overcoming addiction to drugs or alcohol is 40-60%. Take the opportunity to identify what triggers played a role in the relapse, adjust your relapse prevention plan and rebuild. This is an opportunity to learn and get better, to learn what went wrong and fix it. Remember, success is not about how hard you can hit it; it's about how hard you can get hit and keep moving forward.

Get support. Whether you reach out to a support group, loved ones, a peer supporter, a therapist or a treatment program, it is important that you let others know you are struggling so you do not have to go it alone. Admitting you slipped will be difficult, so prepare yourself for the conversation (whether in person, on the phone or via text/email).

Many in law enforcement are reluctant to obtain professional help in fear of administrative consequences and termination. In reality, however, it is more likely you would face disciplinary issues if you have a problem with alcohol and it is not addressed. If you are interested in support, there are options. Psychological Services Bureau offers confidential and free services and can be contacted at (213) 738-3500. If you are sworn, Peace Officer's Fellowship (POF) is available. You can contact one of the members listed here, and they will be more than happy to assist a fellow deputy. If you are non-sworn, feel free to contact me for AA meeting resources. ☆

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Thank you to the units highlighted below, who contributed articles for this issue:

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Peer Support Program

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North Facility

Pitchess Detention Center,
South Facility

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REVISED 3/14/22

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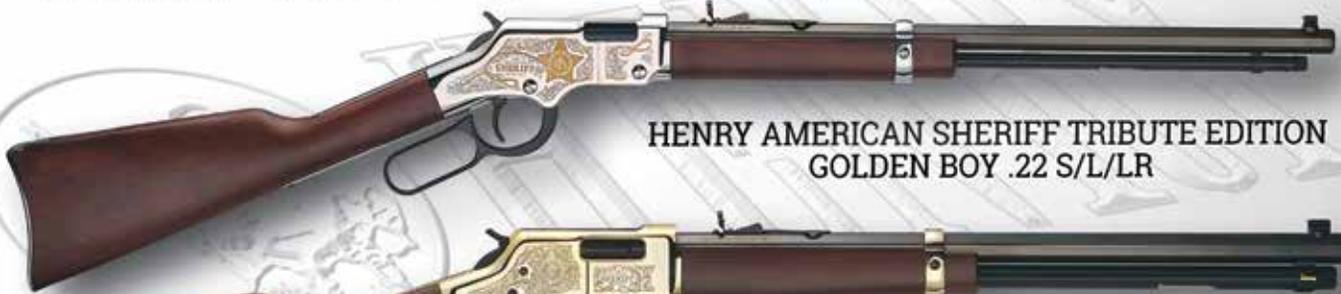
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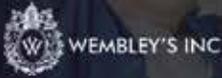
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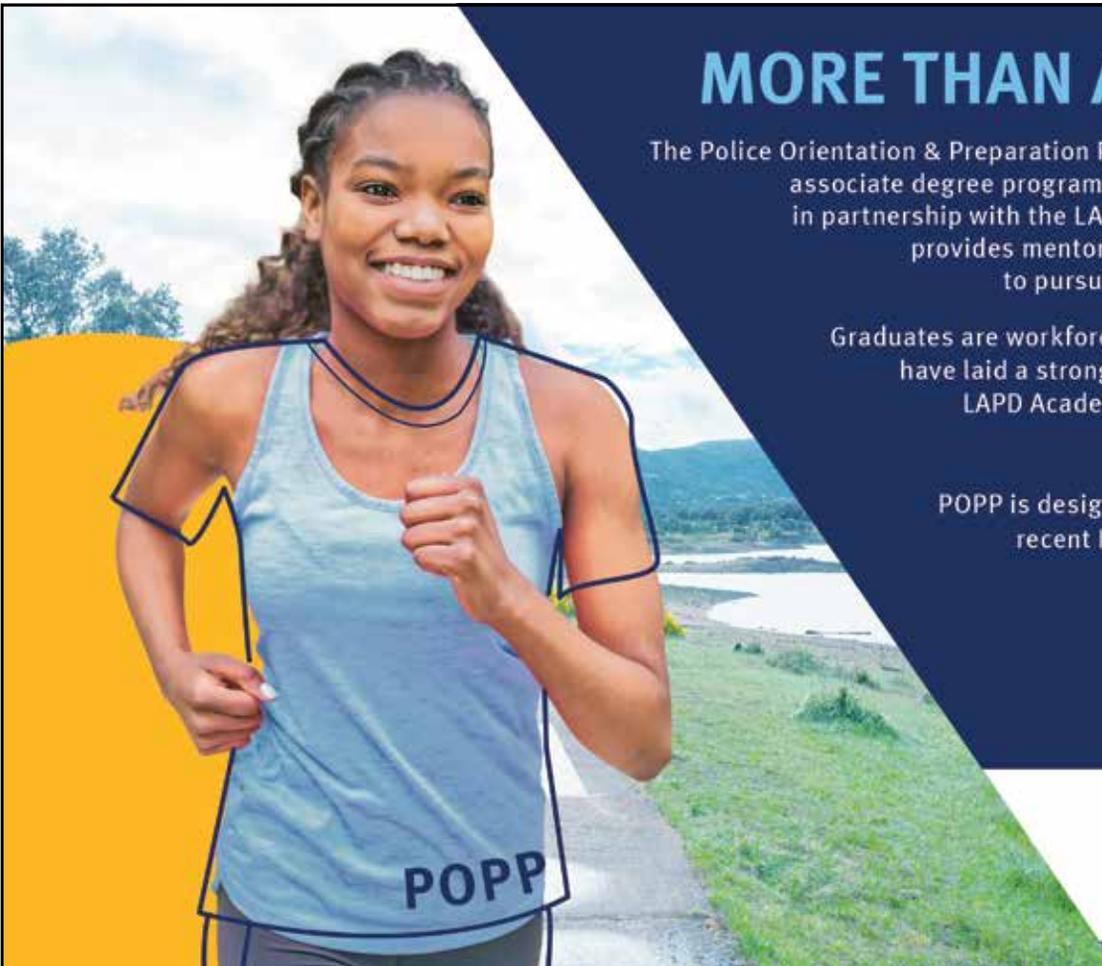
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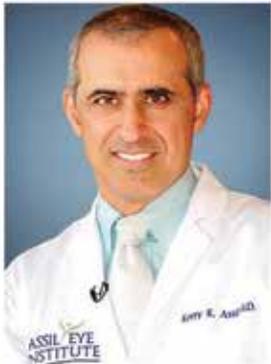




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