



VOL. 84 NO. 1

MAY 2023

STAR NEWS

SHERIFFS' RELIEF ASSOCIATION



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STAR NEWS

THE OFFICIAL PUBLICATION OF THE SHERIFFS' RELIEF ASSOCIATION

Vol. 84 No. 1 May 2023

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

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Secretary-Treasurer Conrad Meredith

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Cover photo courtesy of Jaime Lopez

Trustees Monthly Meeting

The regular meeting of the Sheriffs' Relief Association convened on Thursday, March 9, at 11515 Colima Road, Bldg. B, Whittier. The following officers and trustees were present: Diane Stone, President; Mike Abdeen, Vice President; Conrad Meredith, Secretary-Treasurer; Trustees Joe Badali, Chuck Becerra, Sue Burakowski, Mike Fratantoni, Joe Hartshorne, Steve Katz, Rod Kusch, Oscar Martinez and Glenn Walsh; and Bill McSweeney, General Manager.

The meeting was called to order at 4:58 p.m. A motion was made by Trustee Abdeen, seconded by Trustee Becerra and unanimously carried to approve the minutes of the February 9 meeting and the January Foundation expenditures.

COMMUNICATIONS

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

From Angela Ramirez to the SRA Board, "Thank you so much for the birthday card. It was much appreciated. Thank you again."

From the Soash family to SRA and David Mertens, "Thank you for everything you did after I notified you of my dad's (William L. Monroe) passing. The fruit basket was beautiful, and the American flag with my dad's dates of service will be proudly displayed in our home. I was very proud of my dad's service with the L.A. County Sheriff's Department. His service to keep law and order was instilled even in his grandchildren. Our oldest son is a deputy district attorney in Pomona. He will now carry on the tradition of doing his best to keep our county safe. Thank you for all that you did for our family during this difficult time."

From Dorothy Sperry to SRA, "Thank you so

much for the lovely flowers and the Honor Guard service for Willis Sperry. Our family really appreciated everything you did. We pray for your safety as you serve and protect us."

From the Theus family to SRA, "There are not enough words to fully express our heartfelt gratitude for the sympathy, love and support you have extended to our family during this time of loss. Thank you."

From Chuck Sloman to Kevin Augarten, "Thank you so very much for your support. My father's notes said, 'Call Sheriffs' Relief and they will take care of everything.' That was very true. The flag and wreath are both beautiful and much appreciated. Again, thank you. It was my dad's greatest honor to be a member of the LASD."

From Janice Longshore to SRA, "I was very appreciative of the birthday card you sent me. Such a kindness! Also very much appreciate the great job you do for us as well. Many blessings to all of you."

From Flora Lee Wald to Bill McSweeney, "So thoughtful of you to send me the great birthday card! I really appreciate the card and all of you! Looking back, the greatest times of my life were as a U.S. Navy radioman and member of the L.A. Sheriff's Department!"

BENEVOLENT REPORT

MORTUARY BENEFITS PAID DURING FEBRUARY: \$163,000

MORTUARY BENEFITS PAID YEAR TO DATE: \$360,000

MEMBERSHIP REPORT

There were 52 new membership applications received during the month of March. A motion was made by Trustee Katz and seconded by Trustee Burakowski to accept these new applications:

Franiko A. Alincastre, Alberto E. Anguiano, Angel J. Barajas, Adrian Cantero, Eric Carranza Escamilla, Fatima Cumplido, Kiyanna R. Davis, David DeLaTorre, Joselyn U. Estrada, Angelica Figueroa Diaz, Gabriel V. Garcia, Ilse Y. Garcia, Jonathan Garcia, Fabian R. Gavela, Andrew Gonzalez Davanzo, Itzyanna Guzman, David A. Hernandez, Matthew S. Hernandez, Janet G. Hurtado, Andrew J. Leiva, Ramiro Lemus Alcaraz, Can H. Liu, Loren N. Lopez, Ryan K. Lopez, Jose E. Macias, Cherisse J. Massarotti, Enrique Medina, Alejandro Mendez-Quinto, Luis J. Mendoza, Alex Munoz, Tiffany Phan, Jimmy Quinones Contreras, Gino P. Ramos, Ricardo Renteria, Jocelyn R. Reyes, Jade A. Rissling, Dakota E. Rodino, Daniel Ruano-Martinez, Brianda V. Rubalcaba, Allen G. Rubin, Martin A. Rubio, Douglas D. Serrano, Derek A. Shay, Bobby G. Silva, Evelyn C. Sotelo, Arriel R. Soto, Litzi Y. Soto, Juan A. Tejada, Jessica E. Valencia, Eduardo A. Vazquez, Hugo Villanueva Sanchez and Wendy V. Zavaleta.

We had 2 deaths of active members, 14 deaths of retired members, 3 cancellations of active memberships, 3 cancellations of retired memberships, 1 new honorary associate member and 3 deaths of honorary associate members for the month of March.

There was 1 member who resigned, and 5 who transferred from the Sheriff's Department during the month of March.

ADJOURNMENT

At 5:54 p.m., a motion was made by Trustee Meredith, seconded by Trustee Martinez and unanimously carried to adjourn the meeting of the Sheriffs' Relief Association, Sheriffs' Relief Foundation and Sheriffs' Relief Services, Inc., in honor of the 409 years of combined service of those who passed this month. ☆

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Retired Deputies

By Peter Mack

Email: romeopm7227@gmail.com

or marshal569pm@gmail.com

The **San Diego Retirees** met on March 8 at BJ's Restaurant and Brewhouse in Carlsbad. Good conversation, good food and a good time were had by all.

On March 8, **Inmate Reception Center Retirees** gathered for a luncheon at Peppertree Café in Glendora. Those in attendance were Max Harwell, Richard Brodka, Ignacio Mora, Randy Bass, Pete Farino, Richard Ojeda, Gladys Maddin, Bridget Saunders, Tony De Leon, Dave Bryant, Mary Leef, Todd Megerle, Becky Towner, Ed Ybarra, Tom Zeller and Mark Saunders (not in the photo).

On Thursday, March 9, to Sunday, March 12, the **Sunshine Rollers Camping Group** met up at Stagecoach KOA RV Park in Banning. Even with all



San Diego Retirees: Nick Abbinanti, Debbie Abbinanti, Bob Henley, Susan Higgs, Ron Eoff (seated), Bill Findon, Greg Simon, Ed Ward, Lou Brown and Joe Raffa



Inmate Reception Center Retirees

the bad weather, with lots of rain, snow and flooding in California the past few days, a few of us showed up! A few canceled at the last minute, but we still had a good time. Those attending were Mike and Kathy Ponce de Leon, Charlie and Linda Englebart, Lee and Annette Henderson, Norman and Chickee Nelson, Tom Smith (Cathy was in Ohio), Norman Nelson III, Lilly Nelson and Natalia Felix. We had the clubhouse on Friday and Saturday, where we had hearty hors d'oeuvres on Friday night, a potluck on Saturday night and played 31. It rained cats and dogs a few times, but Sunday was absolutely gorgeous. If you would like more information, you may contact any of the Sunshine Roller members. Until our next

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Stagecoach KOA RV Park in Banning



Sunshine Rollers playing 31



Southern Was Fuzz. Standing, from left: Dick Cesaroni (LASD), Gerry Burnham (USMC), Rose Cesaroni, Rachel Lutz, John Lutz (CHP), Valarie Garvin, Todd Garvin (RSD), Margarita De La Vega (LAPD), Mike Scholl (LASD), Phil Strenkowski (LASD), Loretta Haemker, Fred Haemker (LASD), Betty Kleffman (LAPD), Steve Kleffman (LAPD) and Bob Warden (LAPD). Kneeling, from left: Byron Burnham (LASD), Monique Pettett (U.S. Park Police) and Mike Centofante (LASD).



Retired Marshals

adventure, stay dry and safe. — Chickee

All who attended the **Southern Was Fuzz's** March luncheon at *The Lost Paddy* enjoyed the food and conversations. It was great to welcome five new retirees to our lunch group.

The **Retired Marshals** held their monthly luncheon on Wednesday, April 3, at *Black Bear Diner* in Buena Park. It was a small gathering, but everyone seemed to have a great time. The menu choices were huge; no one ordered the same thing. Attending were John Davis, Peter Mack, Al Barnett, Cristina Lokuan, Sam Buford Combes and Yolanda Lockhart. All former Marshal personnel are invited to attend. Submit your email address for future dates and locations to marshal569pm@gmail.com.

The **Lakewood Station ROMEOS** held their monthly luncheon at *Katella Bakery, Deli and Restaurant* in Los Alamitos. We had a great turnout, and all Lakewood Station personnel are invited to attend our monthly luncheons. Pictured at left are Randy Algra, George Boswell, Peter Mack, Jerry Berry, Sheri Mallon, Carmen Mendoza, Andy Guthrie, Dennis Flinn, Joe Juarez, Gary Alley and Jane Alley, Bob Ruegger, Ben Hilliard, Les Fatone, Alan Pettit, and Ron and Betsy Morgon. ☆



Lakewood Station ROMEOS

ARE YOU   
Retiring
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.
.....



By The Crime Lab Team Scientific Services Bureau

COMMENDATIONS

You've seen them at graduations, promotions and other special events. They are members of the Scientific Services Bureau Photography Unit, and they are often called upon to support Sheriff's Information Bureau with memorializing special events. These men and women bring with them a special set of skills both in photography and video production. Of note, Supervisor Art Balena and Photographers Otis Sanders and Andrew Linga again stepped forward to assist with the creation of a video that featured our Crime Lab. Specifically, the video demonstrated our capabilities in handling and processing firearms and ballistics analysis, with the added highlighting of our NIBIN team. For their outstanding work in producing this quality video, which will be featured in future training events, Art, Otis and Andrew each received a commendation. Great job!

SUPPORTING OUR TROOPS

Recently, the Los Angeles Sheriff's Star Post 309 of the American Legion partnered with several community groups for a donation drive to support



the junior enlisted families stationed at 29 Palms Marine Corps Base. When our folks at the Crime Lab heard about this service opportunity, several of our members immediately jumped on board to support the cause. A special shout-out goes to the members at the Hertzberg-Davis Forensic Science Center (the Crime Lab's main facility), the Downey Lab and the Polygraph Unit for collecting donations toward this drive. In all, we were told that close to 5 tons of donated goods were collected and transported to the Marine Corps base. Great job to Sam, Krystin, Raul and Daniel (not pictured) for transporting the donations to the collection site.

CRIME LAB ACCREDITATION

During the month of March, assessors from the ANSI National Accreditation Board (ANAB) concluded their external assessment of our crime laboratory. For those not familiar, think of it as a command inspection on steroids. Assessors evaluate the competence of our lab and its personnel and review our conformance with applicable accreditation

requirements. Why is this important? As the crime laboratory for the Sheriff's Department and other police agencies within Los Angeles County, except for the LAPD, it is essential for our laboratory to not only be recognized as an accredited lab, but to demonstrate our commitment to quality as a forensic science provider. Given the size of our lab and the scope of our work from biology/DNA, forensic alcohol, firearms and toolmarks, controlled substances, toxicology, crime scene investigation, latent prints, trace evidence and questioned documents, there were many areas for the assessors to review. We are happy to say we came out of the assessment generally unscathed. We expect to receive the official word from ANAB about our reaccreditation very soon.

This is a testament to not only the quality of work we produce, but of the women and men in our Bureau who work hard every day. Despite personnel shortages, aging equipment and technology, and a high caseload of work, our members at the Crime Lab roll up their sleeves and get the job done while never compromising their quality of work. ☆



TEAM *TEMPLE*

By PIO Team
Temple Station

COMMUNITY

It was another busy and productive month for Temple Station! We continuously work with our community, so they have become our extensive partners. A local bakery invited our station's Baker to Vegas running team to make some fun doughnuts and offered their generous support.



On March 29, Temple Station hosted a Tip-A-Cop fundraising event to support Special Olympics athletes. Special Olympics Southern California Los Angeles Region Manager Edgar Gonzalez, East Patrol Division Chief Jorge Valdez and Temple Station Captain Mark Reyes recognized some generous sponsors from our community. Deputy Justin Zhou and Lieutenant



Michael Moen received many fans while serving dim sum, and the crowd clapped and cheered every time they brought a plate to their table.





STATION NEWS

We want to congratulate Deputies Davila and Favela for completing their patrol training! The pin symbolizes so much to so many. You've earned it, working through six months of grueling days and nights, and finally having the "TR" next to your names on the In-Service disappear. You did it! You are patrol deputies of Team Temple! Special thanks to Training Officer Deputies Erika Carlos and Raymond Kimmell II.



On March 8, Chief Valdez and Commander Morejon visited Temple Station and recognized Detective Osterman and Sergeant Marin for their 25 years of service to the county.

Station secretaries are an inseparable part of law enforcement work. They carry a significant degree of responsibility to assist deputies

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and other agencies in researching information, records of reports and Department records. They also collect statistical data and review case files for compliance and accuracy with state and federal guidelines with Uniform Crime Reporting/ National Incident-Based Reporting. On Wednesday, March 1, Captain showed appreciation to our station secretaries and thanked them for their hard work.

Lastly, congratulations to our Baker to Vegas team for placing seventh in their division! To be successful in a mission, one must bring out all physical power and inner strength. Thank you to all the runners and supporting team members for proudly representing Temple Station's camaraderie, strength, discipline and commitment. See you next year, B2V! ☆



Save the Date!

Law Enforcement Serra Retreat

SEPTEMBER 22–24, 2023

The weekend of September 22–24, 2023, marks the 77th anniversary of the Sheriff's Department law enforcement retreat at the Serra Retreat house in Malibu.

The retreat house is open for retreats and is still following the state and CDC guidelines regarding home-cooked meals, cleaning protocols, social distancing and optional mask wearing.

The retreat house is a 38-acre Franciscan facility located on a hilltop in Malibu. Outside patios are surrounded by immaculately maintained gardens, pathways and trails throughout the property, with breathtaking views overlooking the hills and the beautiful Pacific Ocean.

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

Those of you who are attending the retreat will begin your experience by checking in anytime after 1500 hours on Friday, September 22. Try to avoid traffic by leaving early. Friday's dinner will be served from 1700 to 1900 hours to accommodate late arrivals. Checkout time will be approximately 1200 hours on Sunday, September 24.

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

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

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

Patty Norris
(818) 381-7698

Chuck Norris
(818) 381-7649

Michelle Emeneger
(714) 293-3891

Jay Sevoian
(661) 992-4369

Andy Thompson
(714) 293-5898

Chickee and Norm Nelson
(562) 760-0875

John Valencia
(951) 316-3633

Leo Bauer
(661) 388-9650

Ingrid Jefferys
(909) 234-8151

Tony and Shiela Martins
(562) 753-1963



2023

RETIREE ROUNDUP

BY RALPH WILLIAMS

The 23rd Retiree Roundup was held from April 2–5, 2023, in Laughlin, Nevada, at the Riverside Resort and Casino. A total of 850 people attended.

A great deal of thanks goes to the Sheriffs' Relief Association, ALADS, PPOA and the POPA Federal Credit Union for their generous monetary donations.

Thank you to Sheriff Robert Luna for providing the range staff, and thanks to the financial support of ALADS, the HR 218 qualification was conducted by LASD range staff and volunteers. The two-day event is coordinated by Walt Bouman. As usual, this is a well-coordinated event with an emphasis on

safety. This year, the staff had to endure some tough, windy conditions as 384 retirees qualified.

Normally, we are front and center at the Roundup, but this year, in spite of good planning, last-minute family issues prevented us from attending. This got us to thinking about what we were missing. Each year, it seems that someone who planned to attend can't make it because events in life altered their plans. For example, John Witt once told me that he would attend every year that he possibly can because he enjoys it so much. John didn't make the Roundup this year, as he was welcoming the birth of his first grandchild. There was rumor that the actual reason for his absence was that he had hired the

USC marching band to play outside the delivery room and didn't want to miss the entertainment during the blessed event. It is unknown if that marching band rumor was true or not.

The attendance numbers were fewer than normal this year. We know that many of the old regulars are aging and not getting out as much; we know we lost growth momentum following the COVID-related cancellations; and we know that this year's Roundup was held right on top of Easter, leaving grandparents with the dilemma of going to Laughlin or spending time with grandkids and family. I'm betting that most of them will be back in 2024. Regardless of the total count, everyone continues to have a great time at the Roundup.





Jim Brady, Dave Stunson,
Bill McSweeney



In thinking about the things I missed, what stands out most is seeing the happiness in the faces of those who do attend. We all get comfortable with our own circle of friends, and seeing some old and familiar faces, not regularly seen, just kind of energizes the event. Another thing I found missing was the gathering of what I believe are some very high-quality individuals. Consider that while the entire world knows best how to be a law enforcement officer, a very tiny amount of those who apply for the job actually get the job. So, to me, that makes these folks high-caliber and high-quality people, not to mention that they worked for what was considered one of the very best law enforcement agencies in the world. I missed being in the presence of those folks. We missed the last night of the Roundup, Wednesday night, when everyone has the opportunity to gather one last time for the year, enjoy appetizers and hope for a chance to win the raffle prizes. It's a special time



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because it is the last time for a year. Several years ago, a retired sergeant of the British Transport Police was on a trip to Laughlin, where he and his wife travel to yearly. His name is John Bolt, and I will tell you that if you've never met him, you are missing out. On one of those trips years ago, John wandered upon the Roundup and encountered Moon Mullen. They talked, Moon explained what was going on and John became a regular attendee of the following Roundups. On this last Wednesday night during the raffle, Moon decided to introduce John Bolt to the congregation and briefly explained the history.

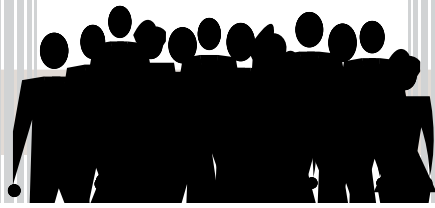


The room responded with a standing ovation for John. I'm sure John was touched by the affection.

A "small world" type of thing happened during the Roundup that could only have occurred at the Roundup. One of the hotel maintenance workers came in and asked Moon if he knew a man named Easie Williams. Turns out that "Coach Easie" was this employee's Pop Warner football coach back in the day. Moon was able to connect the two to talk about old times. A small world and the blessing of the Roundup worked together to bring others together.

As long as there is a Roundup, I believe people will keep returning to relive the old days, and enjoy the emotions of engaging with old friends. Next year's Roundup dates for the Riverside Hotel and Casino in Laughlin are April 7-10, 2024. We have it in our calendar and plan to be there. I do recommend that you, too, make a plan to go and enjoy. I think the planning is necessary because I have never come across anyone who goes to Laughlin by accident. You have to actually try to get there. Once you get there, the rewards will be many. ☆





PEER SUPPORT PROGRAM

By Nick De La Torre

PARTNERS WHO SLEEP SEPARATELY

Obtaining a good night's sleep, real REM sleep, where we feel rested, refreshed and revived is essential for our mental and physical health. Sadly, this is usually the exception more than the rule. The subsequent article is adapted from a recent conversation heard on Larry Mantle's "AirTalk" radio program analyzing interesting sleep solutions. The segment addressed the growing acceptance of partners and spouses sleeping separately in different beds and/or bedrooms in the effort to get adequate sleep. A *New York Times* story on the same subject indicated that one in five couples sleep in separate rooms for a variety of reasons, including snoring, insomnia, light sleeper, body temperature, room temperature and, of course, overnight shift work. So does sleeping in separate beds signal divorce, or risk a disconnection from our spouse or significant other?

For many people, the decision to sleep separately has had a positive impact on their relationship, and in some cases, even makes them feel closer to their significant other. While some marriage experts worry about the real motivations behind sleeping separately, many have found this arrangement as a viable way to keep the relationship healthy and intact. However, before you decide to ditch your partner's bed for another bed in the house, it's important to identify potential problems that can arise by sleeping

separately before sleeping elsewhere cold turkey.

First, determine if the partner who is a poor sleeper or snorer suffers from a condition like sleep apnea. Typically, loud snoring can be rehabilitated or fixed, so first seek medical help and guidance from your doctor to determine if the sleeping issue can be treated, thereby allowing your partner to sleep in the same bed.

Dr. Cheryl Fraser, a clinical psychologist and sex therapist, questions the viability of sleeping apart long term. Research has found real benefits for couples who sleep together and not just for reasons around sex. Those who do sleep together in the same bed, for the most part, often have sustained and lasting connections compared to those who do not. That being said, there can be short-term benefits to sleeping apart, especially for those who have overnight shift work, like many of us in law enforcement. So what are some tips for those whose sleep schedules and patterns might negatively affect their partner's sleep cycle?

Dr. Fraser states that if couples do decide to sleep apart, they should plan sleepovers. Meaning set aside time during the week to sleep together. Sleeping apart shouldn't be done in perpetuity, and rules should be established prior to doing so if lasting connections are to be maintained. She also suggests that couples establish a ritual or bedtime routine during the work week in order to foster better sleeping habits, especially when sleeping apart. For example, if

your partner goes to bed early, and you normally stay awake for several more hours, set aside the time to cuddle or lay down with them for several minutes as they fall asleep. Ritualize statements about how grateful you are to your partner prior to falling asleep and set aside time to be intimate. It goes without saying, scheduled sex can seem anything but intimate, however, planned sexuality is better than no sexuality!

I worked PM shift for many years, working from 4 p.m. till midnight. I often disturbed my partner's sleep cycle since I found myself decompressing for an hour or two before heading to bed around 3 a.m. Therefore, I'd sleep on the couch or in the spare bedroom, which didn't always provide the best sleep pattern. Fortunately, my spouse is much more understanding than I am and made the effort to bring me to bed despite my late arrival home. In the end, if you've decided to sleep apart, try to have a sleepover at least once or twice per week in order to stay connected.

Lack of sleep can be debilitating. Many of our peer supporters, as well as our licensed clinical psychologists, can provide support and options for better sleeping habits. A list of peer supporters can be found on the PSB intranet page (under Peer Support Program roster), or you can contact a peer supporter directly using the new PSB Lighthouse Wellness App (scan QR code below). Additionally, you are always welcome to Psychological Services Bureau at (213) 738-3500 for additional information or to speak with a licensed psychologist. ☆

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FROM THE DOCS

REMEMBERING RIGHTLY

By Dr. Matthew Schumacher

In 1915, Lieutenant Colonel John McCrae, a Canadian physician, wrote the poem, "In Flanders Fields." The opening lines refer to fields of poppies growing among soldiers' graves:

In Flanders fields the poppies blow
Between the crosses, row on row,
That mark our place; and in the sky
The larks, still bravely singing, fly
Scarce heard amid the guns below.

Poppies have thus become the symbol of what is known overseas as Remembrance Day, which is observed each year on November 11 to commemorate the war's end at the 11th hour of the 11th day of the 11th month. It is one of many ways we memorialize the tremendous price of service. In the United States, Memorial Day is an intentional day of reflection on U.S. military personnel who gave their lives in service. This national tradition goes back, at least, to President Lincoln and our nation's remembrance of the devastation of the Civil War. Following Lincoln's assassination, Memorial Day became a day for remembrance of the "honored dead of war," and the Lincoln Memorial was dedicated on Memorial Day 1922.

But why do we memorialize at all? Remembering rightly is incredibly important to our health and well-being, both nationally and individually. Mourning and remembrance help us make meaning of loss. On one hand, we keep alive memories of the loved and lost, cherishing their lives and telling their stories. On the other hand, we purposively remember the sacrifices made to learn how to prevent future wars and to ensure we never forget their immeasurable price. This also amounts to the cost

of freedom. Indeed, we are all benefactors of this inheritance, and working in law enforcement is, in my opinion, the logical extension of this necessary protection and service to peace and democracy. Your service is a daily way to honor the cost of war and those who have paid it. You sacrifice greatly, and some sacrifice all.

Mourning and remembering are universal and essential. It is the internal work of protecting and serving our personal peace. We take time to organize our thoughts and memories to ensure we learn the requisite lessons from challenging and dangerous experiences, and we seek the help and support we need to continue our important work. For those who sacrifice everything, my argument is that we must remember them rightly. Rightly because our initial impressions and memories of tragic events are often neither as complete nor as accurate as we might believe. Misremembering or even avoiding our memories can cause us a great deal of pain and even dysfunction. And if we struggle with our remembrances, people and events past may not be remembered at all. If we take too long to remember, or take too much onboard, we can end up mired in difficult feelings like grief, guilt, anger and even despair. We can feel there is no clear way out.

So just as we set time aside as a society to remember servicemen and women and critical world events, let's consider setting aside time to observe and care for ourselves after difficult, life-altering experiences. Like after-action reports and debriefs, taking this time fosters a healthy respect for the kinds of challenges you face; it creates a time for

right remembrance, and it offers others the opportunity to care for you, if needed. You may just appreciate some help "rightly" remembering the worst events that are part of your life.

For some, the wounds and losses of war are still very present. If you look around our Department, you will notice many who wear bracelets with the names of comrades lost in war. As recently as August 26, 2021, we lost 13 servicemembers in Kabul. We can all do our part in remembering them rightly and keeping them alive in our memories. Many will honor and mourn those lost by visiting cemeteries or memorials, or spending time with friends and family who have personally experienced the loss of a servicemember. We will not typically say "Thank you for your service" on Memorial Day, customarily a day of remembrance, but will instead invite others to tell their stories of friends and family lost. I offer you the suggestion to do the same. I also strongly encourage we all take time to thoughtfully remember those who sacrificed themselves in the name of us all. Remembering rightly and together is our way forward.

If you'd like to speak more about this, feel free to reach out to the Psychological Services Bureau (PSB), which is here to provide support to all members of the Sheriff's Department. If you would like a confidential appointment or consultation with a PSB psychologist to discuss ways to improve your ability to remember rightly, please call our office at (213) 738-3500. To obtain additional information, you may also visit our intranet site (https://lasd.sharepoint.com/sites/lasd_intranet/SitePages/psb.aspx). ☆

BE A PART OF THE LANCASTER LEGACY WALL!

Lancaster Sheriff's Station is looking for past and present personnel to be part of our *Lancaster Legacy Wall*. If you or someone you know was assigned to Lancaster Sheriff's Station, please contact Community Relations to order your brick.

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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.*

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Sandra A. Andrade
Facilities Services Bureau

Connie Arenas-Monterroso
Temple Station

Lisa E. Batchelor
Medical Services Bureau

Ryan M. Bodily
Palmdale Station

Olivia T. Cheng
Bureau of Labor Relations
and Compliance

Brian F. Christy
Twin Towers Facility

Sara Cleveland
Twin Towers Facility

Richard G. Crowther Jr.
Access to Care Bureau

Jeffrey Danh
Court Services Bureau — West

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Michael B. Lang
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Andrew J. Leos
Cerritos Station

Steven D. Long
Narcotics Bureau

Lorraine T. Martinez
Inmate Reception Center

Debra Miller
Marina del Rey Station

Carlos D. Moran
Court Services Bureau — East

Rosa M. Moreno
Personnel Administration Bureau

**Maria de Lourdes
Olivares de Mendez**
Access to Care Bureau

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Narcotics Bureau

Bonnie J. Phippen
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Clifford S. Privetera
Men's Central Jail

Maria C. Reiley
Scientific Services Bureau

Erika Robinson
Malibu/Lost Hills Station

Lilian N. Romero
Personnel Administration Bureau

Sheldon D. Sherman
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Robert A. Shortridge
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Parks Bureau

Rick A. Thurlo
Industry Station

Fayon D. Tillman
Industry Station

Alexander Toyos
Custody Training Bureau

Elliott M. Uribe
Special Victims Bureau

Sean C. Walters
Twin Towers Facility

Lance A. Wulterin
Emergency Operations Bureau

Ji Y. Yu
Court Services Bureau — West

Laurence E. Zimmerman
Narcotics Bureau



By Star Post 309
American Legion Star Post 309

SUPPORT OUR TROOPS

The primary mission of the Los Angeles Sheriff Star Post 309 is to support our veterans, active servicemembers and their families. This is the sole reason we exist. As a registered L.A. County employee support organization and nonprofit veteran service organization, Star Post 309 takes this mission very seriously. Not only do we advocate for our LASD and County military veterans, but we also support our veteran community. Service is at the core of our being — we have served our nation as members of the armed forces; we now serve our communities as members of the Sheriff's Department and County family.

We kicked off 2023 with another big service campaign. Star Post 309 partnered with several community organizations, including the San Dimas Rotary Foundation, on a donation drive to support the junior enlisted military families stationed at the 29 Palms Marine Corps Base. When you think about challenges facing military families, food insecurity may not come to mind; however, it is very real. Military families, particularly those of enlisted personnel, struggle between pay periods. Over 22,000 active-duty families, 213,000 National Guard/Reservist families and 1.2 million veterans suffer food insecurity.

To ensure our military families at 29 Palms Marine Corps Base never go hungry, the Armed Services YMCA operates the Pelican Pantry where active-duty families are welcome to donate pantry staples and hygiene products.



That's where we came in. Star Post 309 put the call to service out to our LASD family, and in an ongoing tradition of service that dates back to 1850, the LASD responded overwhelmingly in support of the drive. The following units were recorded as having donated (forgive us if anyone was left out). In alphabetical order:

- Audit and Accountability Bureau
- Communications and Fleet Management Bureau
- Contract Law Enforcement Bureau
- Countywide Services Division HQ
- Court Services East
- Court Services Transportation Bureau





- Court Services Central
- Custody Compliance and Sustainability Bureau
- Detective Division HQ
- Emergency Operations Bureau
- Fire Camp at PDC
- Fraud and Cyber Crimes Bureau
- LASD Motorsports
- Major Crimes Bureau
- Men's Central Jail

- North Academy at College of the Canyons
- North County Correctional Facility
- Operation Safe Streets Bureau
- PDC South Facility
- San Dimas Station
- Scientific Services Bureau
- Special Victims Bureau
- SSB Polygraph Unit
- Training Bureau Operations with Lana Piquette (mother of fallen Deputy David Piquette)
- Transit Services Bureau
- Twin Towers Correctional Facility

In all, close to 5 tons of items were donated and approximately \$13,000 in monetary donations were collected. Thanks to our LASD Motorsports partners and Detective Andrew Armes for rolling out with us to deliver the items to the base. As you can see from the photos, our Military and Veteran Affairs deputy, Ian Branch, was doing some recruitment for LASD while we were on base.

This is but another example of the good work we do at Star Post 309. If you are a military veteran and still not a member of Star Post 309, we invite you to join today. Email us at info@starpost309.com

for more information, or visit our website at starpost309.com to learn more about us.

UPCOMING EVENTS

On Friday, May 19, Star Post 309 will celebrate its 77th annual Tree Planting Ceremony honoring the lives of two dearly departed Star Post 309 members, Christopher Bracks and Walter Allsop. If interested in attending, please RSVP by email to Oscar Martinez at o2amarti@lasd.org.

The ceremony will begin at 10 a.m. at the Star Post Memorial Wall located at the Pitchess Detention Center near the main firing range. Lunch will be provided in the ODR near PDC South Facility, compliments of the PPOA Star and Shield Foundation, immediately following the ceremony. We invite all LASD members to attend.

Save the date for our next annual Veterans Day Ball. This year, it will be held on Friday, November 3, at the Quiet Cannon Event Center in Montebello, and this year it promises to be bigger and better than ever. Pre-sale tickets are available now for \$65 per person. After September 30, the prices go up to \$75 per person, so get yours early. See the flyer below for more information, or visit our website at starpost309.com. ☆

77th ANNUAL TREE PLANTING Ceremony
 STAR POST MEMORIAL WALL
 PITCHESS DETENTION CENTER
 29340 THE OLD ROAD, CASTAIC 91584

WALTER ALLSOP
 STAR POST WORTHY MEMBER
 RETIRED LASD COMMANDER
 EOW AUGUST 2, 2020

CHRISTOPHER BRACKS
 STAR POST WORTHY MEMBER
 LASD SERGEANT
 EOW MAY 10, 2023

FRIDAY 19TH MAY 2023 AT 10:00 A.M.

THE LOS ANGELES SHERIFF'S STAR POST 309 OF THE AMERICAN LEGION AND THE LASD MILITARY AND VETERAN AFFAIRS UNIT INVITE YOU TO THE 77TH ANNUAL TREE PLANTING CEREMONY HONORING THE LIVES OF TWO STAR POST MEMBERS.

LUNCH WILL BE SERVED AFTER THE CEREMONY IN THE OFFICERS' DINING ROOM AND IS PROVIDED THROUGH THE GENEROSITY OF THE PPOA STAR AND SHIELD FOUNDATION.

RSVP REQUIRED BY MAY 10, TO:
 LT. OSCAR MARTINEZ, [O2AMARTI@LASD.ORG](mailto:o2amarti@lasd.org)

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2023 Veterans Day Ball

L.A. SHERIFFS' MUSEUM

By Chris Miller

Los Angeles Sheriffs' Museum

OPERATION SAFE STREETS HISTORY, PART 5

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

MEN'S CENTRAL JAIL OSS

In 1982, Sergeant Ed Dvorak was the OSS supervisor at Firestone Sheriff's Station when he received a call from Ron Black, who was the captain of Men's Central Jail (MCJ). Captain Black told Sergeant Dvorak that the number of Crip and Blood gang members being arrested by OSS was creating havoc inside MCJ. Other inmates were being raped, robbed and mugged. Dvorak told Captain Black that he should set up an OSS office in MCJ. Captain Black agreed, so Men's Central Jail OSS was established on the third floor of the old side of the building. With Sergeant Dvorak in charge, OSS Deputies Sammy Sanders and Paul Bradley, along with MCJ Deputy Guy Mato, came on board.

The first issue was to solve the problem of gang members committing crimes and acts of violence inside the jail. Dvorak suggested placing all the big-time players of the Crips into one module, but the deputies disagreed, saying it would give the Crips a centralized power base. Dvorak agreed this was a possibility, but pointed out that if they were all in one place, there would be more control and a lot less violence because they would only be able to commit crimes against each other.

In order to separate the gang members from the rest of the jail population, OSS deputies compiled a list of names of all the gang members and compared it to the entire MCJ inmate population. Crip gang members were identified and placed in the multiple-man cells of Module 4800, which was known as the Crip Module. The most violent or problematic Crips



Module 4800

were placed in single-man cells in Module 4600. One month later, robberies and assaults throughout the jail had dropped by 50%. Blood gang members were placed at the opposite end of the hall from the Crips in the multiple-man cells of Module 4300, known as the Blood Module. The most violent or problematic were placed in single-man cells in Module 4500. Movement had to be coordinated in order to prevent the Crips and Bloods, who were brutal enemies, from confronting each other in the hallway.

Due to the overwhelming number of Crips and Bloods and the violence they created, OSS primarily focused on them but also gathered intelligence on Hispanic gangs. With the exception of shot-callers, who were classified as K-10 inmates and, therefore, kept separate from the general population, the Hispanic gangs were spread throughout the jail.

GATHERING INFORMATION

In order to keep other inmates from overhearing their conversations, OSS deputies interviewed gang members in their office one at a time. They would offer the gangster a cigarette, a few cookies and a cup of coffee, along with an opportunity to get away from the jail cell environment for a while. In exchange, gang members would share what they knew about current street crimes.

This method of questioning proved phenomenally successful. OSS deputies were receiving so much information they barely had time to process crimes affecting the Sheriff's area, much less those in other jurisdictions. Since gangs in LAPD's area

were heavily involved, Sergeant Dvorak requested that LAPD assign an officer to the OSS gang office at MCJ to sort through the intelligence and share it with their gang officers.

Observing and working alongside OSS deputies allowed some LAPD officers to gain sufficient knowledge to become gang experts themselves. The results were so impressive that officers from many agencies in L.A. County were lining up to talk to the OSS deputies working at MCJ. Information collected from gangsters inside the jail solved crimes in many other jurisdictions.



Deputy walking a row of cells in Module 4800



OSS deputy talking to inmate



OSS deputies developed great people skills and became known for their ability to produce reliable informants. This was vital since intelligence is the key to any successful anti-gang operation. Intelligence gathered on the streets by OSS deputies was enhanced and supported by fellow deputies working in the county jail. OSS deputies on the street would contact the OSS deputies in the jail and ask them to interview members of a certain gang regarding a shooting, murder or other crime. It was surprising how much information gang members inside a jail knew about crimes on the street, including how they were committed and by whom. Since there was no OSS office at the women's jail (Sybil Brand Institute), the deputies would interview female gangsters in the attorney room. Many of these women were more than willing to share information on the male gang members and the crimes they committed.

When Sergeant Dvorak transferred out of OSS, he was replaced by Sergeant Chuck Jackson. Jackson had worked the Special Enforcement Bureau and had served high-risk warrants for OSS in the past, so the deputies were very familiar with him. When he arrived at Men's Central Jail, the OSS office was staffed by three OSS deputies, two MCJ deputies and two LAPD officers. The Central Jail deputies working in the OSS office learned how to interview gang members and how to share that information with OSS deputies at patrol stations. Every three months, two Central Jail deputies were rotated out of the OSS office and two more were rotated in. This allowed jail deputies to gain the skills necessary to interview gangsters. Intelligence gathered on potential violence by gangs inside the state prisons was coordinated with the Department



Inmates rioting



Deputies confront inmates hiding behind mattresses

of Corrections by Sergeant Jackson. In addition to gathering intelligence for OSS deputies on the street, MCJ OSS investigated gang crimes inside the jail.

To determine where they should be housed, new inmates coming into the jail were interviewed by classification personnel. A list of these inmates was provided to the OSS office to determine if any were known gang members. Potential gang members were interviewed to see if they were actual gang members. If so, they would be housed in a gang module; otherwise, they would be placed in general population.

On June 2, 1985, the Crips in Module 4800 started a ferocious riot. Unable to control the violence, jail deputies called in the Special Enforcement Bureau to regain control of the module. When SEB arrived, the inmates were using mattresses as shields for protection against less-lethal weapons. SEB lobbed sting ball grenades over the mattresses, where they landed behind the inmates and exploded, sending 90 small hard rubber balls in all directions. The mattresses dropped, and the inmates ran back into their cells. The riot was over.

In April 1986, a riot broke out in Module 4300 between opposing Blood cliques. Fires started by inmates with matches, since smoking had not yet

been banned, exacerbated the violence. The riot was controlled by jail deputies who, after experiencing the Crip riot the year before, were far more prepared. Interviews of the inmates involved in these riots were conducted by OSS, who also wrote the reports and prosecuted the instigators.

TRAINING JAIL DEPUTIES

Sergeant Richard Valdemar, who was in charge of OSS at East L.A. Station, was given the additional assignment of supervising MCJ OSS when that position was vacated. At that time, deputies were spending up to eight years working in custody prior to transferring to patrol.

Since they were spending so long in the jail, Valdemar felt the time could be used to develop an expertise in gangs and interview techniques by talking to inmates. In fact, the jail deputies were doing such a great job that Valdemar wanted to reward their efforts by allowing them to work in the field with him and other OSS deputies. They were also included when OSS conducted wiretaps and served search warrants. After searching cells every day, jail deputies became very proficient at discovering the many ways contraband could be concealed. Putting this skill to use, Valdemar had the jail deputies accompany the OSS deputies when they served warrants on the homes of gang members. Contraband, such as guns and drugs, was so well hidden that it was missed in previous searches but would be found by the jail deputies. The deputies working MCJ OSS during this time were Joe Mendoza, James Tutino and Angel Imez. They were so well respected by the gang members that when Deputy Tutino was killed in a train accident on his way to work, the gang members signed a condolence card and left it outside the OSS office.

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GANG MANAGEMENT UNIT

Although Sergeant Valdemar was assigned to OSS and worked for the OSS captain, he was working inside MCJ so he was also subject to orders from the jail captain. At times, this created disagreements, especially when OSS wanted to place an informant in a certain module for his protection but the MCJ captain ordered he be placed somewhere else. To eliminate this conflict, a sergeant assigned to MCJ was given the collateral responsibility of supervising MCJ OSS. Since OSS was no longer involved, the name was changed to the Gang Management Unit, and Sergeant Valdemar returned to supervising only East L.A. OSS.

The Gang Management Unit was located on the 4000 floor and was staffed by two deputies who were interested in learning more about street gangs. In keeping with the tradition of OSS deputies on the street, they wore blue jeans and Sheriff's raid jackets. This made them stand out from the uniformed deputies, and inmates were more comfortable around the casual look.

The Gang Management Unit deputies interviewed inmates as they came into the jail system in order to identify Blood and Crip gang members so they could be placed in the proper jail module. Field interview cards were filled out on those who were identified as gang members. Every three months, a deputy was rotated out of the Gang Management Unit and a new deputy was rotated in. This allowed an experienced deputy to remain and train the incoming deputy. When the experienced deputy's three months were up, he would transfer out and another deputy would transfer in. The deputy who remained was now experienced enough to train the new deputy. This constant rotation allowed many deputies to learn about gangs while they worked the jail.

All the information gathered on gang members in the jail was kept on field interview cards filed in the Gang Management Unit office. OSS deputies working at patrol stations would sometimes call the Gang Management Unit to obtain information from these field interview cards or to inquire about the custody status of certain gang members. This card file system was used prior to computerized record keeping. OSS deputies and gang officers from outside police agencies would request to interview gang members at the Gang Management Unit office. A gang member being removed from the module was told they were being taken to the gang office to update their gang profile. This kept the others from knowing that this person was going to be



Handmade jail weapons

interviewed by investigators about a crime that occurred on the street.

At times, gang investigators would call the Gang Management Unit to find out where an inmate was housed and what other inmates shared the cell with him. In some cases, they would ask that certain gang members be placed in a cell with a gangster they were investigating. Prior to the requested gang members being placed into that cell, a Sheriff's Department electronics technician, disguised as a plumber, would install a court-ordered listening device to record conversations between the gangsters.

Payphones were installed in the jail cells, which allowed for phone calls without leaving the cells. During the phone conversations, inmates were updated on some of the crimes and violence committed on the street by their gang as well as any violence that was going to occur in a jail or state prison. When a contract was put out on a person, it was known as a "green light." Early access to this information allowed time for potential victims to be placed in protective custody and to let them know who wanted them dead. This provided incentive for the intended victim to inform on the person who was trying to kill them.



GANG MOVEMENT TEAM

The Gang Movement Team consisted of four MCJ deputies who were responsible for escorting inmates from the Blood and Crip modules to and from visiting, the attorney room, the clinic and the roof for exercise. The gang members were handcuffed prior to being moved.

Visiting for the Crips and Bloods was done on opposite days. If the Crips had visitors on odd days of the month, then the Bloods would have theirs on the even days. This prevented violent confrontations in the visiting area. Visiting was scheduled for three different times of the day so that the gang members could be brought down in groups. Each group consisted of approximately 30 inmates. Two deputies at the front and two at the rear escorted the inmates who were handcuffed using four-man chains. The visiting area for the gang members was all the way in the back and had a security door that was locked so they could not interact with other inmates. The gang members were on their

best behavior because they knew if they caused any problems their visits could be canceled.

ELIMINATING THE GANG MODULES

Over the years, there were several riots inside the Crip and Blood modules. The riots didn't involve Crips attacking Bloods or Bloods attacking Crips. The rioting involved different cliques within a gang attacking each other. In 1993, it was found to be more dangerous to house all Crips together in one module and all Bloods together in one module than it would be to place them all in general population. There were several reasons for disbanding the Crip and Blood modules. First of all, when the Crips were all in one module, warring cliques could not be separated; the same for the Blood module. By placing the Crips and Bloods in general population, the cliques could be completely separated by placing one on the old side of the jail and their rivals on the new side. The second reason was that it made it more difficult for the



OSJ Sgt. Roger Ross

gang members to network. Placing shot-callers in one-man cells limited their accessibility to other gang members and their influence on violence and killings in the jails, prisons and streets.

When the gang members were dispersed

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☆ **IN MEMORIAM** ☆

JOHN L. ANDERSON
 PATRICK T. BEARSE
 ROBERT D. BELL
 ELDON "DON" G. BURKETT
 BILLY J. BURNES

RETIRED 11-05-85, DECEASED 03-16-23
 RETIRED 03-28-20, DECEASED 03-07-23
 RETIRED 12-16-98, DECEASED 01-31-23
 RETIRED 03-19-90, DECEASED 03-15-23
 RETIRED 03-31-96, DECEASED 03-15-23

KENNETH M. CABLE
 LARRY L. CURRY
 DOUGLAS C. DAUGHENBAUGH
 RONALD DIETRICH
 ROBERT A. DOEVE
 STEFANIE R. FREDERICKS
 TERI M. MCKIBBON
 RITA E. NAVARETTE
 CHARLES E. OVERLEASE
 LYLE R. PLANTIN
 VINCENT M. RUPP
 JACQUES C. SOPKIN
 JONATHAN R. TORRES
 HARRY C. WIERSEMA
 LOUIE M. WOODY

RETIRED 01-05-88, DECEASED 03-26-23
 RETIRED 07-03-96, DECEASED 03-10-23
 RETIRED 07-24-76, DECEASED 02-18-23
 RETIRED 03-18-02, DECEASED 02-27-23
 RETIRED 03-30-13, DECEASED 02-27-23
 RETIRED 02-27-17, DECEASED 03-13-23
 RETIRED 09-30-22, DECEASED 02-04-23
 RETIRED 07-06-14, DECEASED 01-27-23
 RETIRED 08-20-90, DECEASED 02-11-23
 RETIRED 10-19-88, DECEASED 02-21-23
 RETIRED 11-05-98, DECEASED 03-05-23
 RETIRED 01-01-74, DECEASED 02-07-23
 ACTIVE, DECEASED 03-27-23
 RETIRED 07-09-90, DECEASED 03-05-23
 RETIRED 01-17-79, DECEASED 01-28-23

SERGEANT/MEN'S CENTRAL JAIL
 LIEUTENANT/AERO BUREAU
 DEPUTY/COURT SERVICES CENTRAL
 SERGEANT/NARCO
 SERGEANT/SPECIAL INVESTIGATION BUREAU
 CHIEF/TECH SERVICES
 SERGEANT/WALNUT STATION
 DEPUTY III/CARSON STATION
 SERGEANT/PERSONNEL
 DEPUTY/NORWALK STATION
 LIEUTENANT/NARCO
 LET/PICO RIVERA STATION
 CLERK II/DET. BUREAU PALMDALE
 DEPUTY/HOMICIDE
 DETECTIVE/VICE
 SERGEANT/NCCF
 SERGEANT/TRANSPORTATION
 DEPUTY/SOUTH L.A. STATION
 SERGEANT/INDUSTRY STATION
 DEPUTY IV/EAST L.A. STATION

CARLOS CASTANEDA PASSED AWAY ON MARCH 19, 2023. HE WAS THE HUSBAND OF RETIRED MEMBER DOROTHY CASTANEDA.

KEVIN FISHER PASSED AWAY ON MARCH 11, 2023. HE WAS THE HUSBAND OF ACTIVE MEMBER VERONICA FISHER.

MARILYN MCDONALD PASSED AWAY ON NOVEMBER 15, 2021. SHE WAS THE WIFE OF DECEASED MEMBER EUGENE W. MCDONALD.

FREDERICK B. WHITE JR. PASSED AWAY ON MARCH 19, 2023. HE WAS THE HUSBAND OF ACTIVE MEMBER REBECCA C. WHITE.

throughout the jail, a Crip and a Blood would occasionally be placed together in one cell or in adjoining cells. Some deputies expected major problems, but there were very few incidents caused by this rivalry. Some of the extra security precautions previously taken, such as separating the Bloods and Crips and escorting them to visits, the attorney room, the clinic and the roof for exercise, were eliminated.

OPERATION SAFE JAILS

In 1991, the Men's Central Jail command staff consisted of Chief Bob Pash, Commander Al Chancellor, Captain Dennis Dahlman, Lieutenant Johnny Dredd and Sergeant Mike Johnson. The group discussed ways of coordinating information between the different jails within L.A. County, as well as changing the designation of the MCJ gang unit as the current name did not describe its mission. Lieutenant Dredd suggested that the Gang Management Unit be changed to Operation Safe Jails (OSJ). The recommendation was heartily approved since it fell in line with the name Operation Safe Streets, whose mission was to keep the streets safe. Since the mission of the jail gang unit was to gather intelligence on gangs and narcotics and keep the jails safe, the new name described its mission perfectly. Gang violence was a problem in other L.A. County jails as well. Since the MCJ OSJ program was so successful, the other facilities decided to start their own. The gang offices at the other locations were operated by jail personnel and also named Operation Safe Jails. Over the years, OSJ has evolved and is now under the Custody Investigative Services Unit (CISU). OSJ has offices throughout the L.A. County Jail system. Twin Towers/IRC has two deputies and a sergeant, Men's Central Jail has three deputies and a sergeant, Century Regional Detention Facility (CRDF) has one deputy and Pitchess Detention Center (PDC) has five deputies. The



jails are considered a hub for the gangs since everyone arrested in L.A. County will come through the jail system. Because of this, OSJ deputies are also on loan to narcotics, gang and federal task forces.

OSJ deputies have relationships with all Sheriff's OSS station units, outside police agency gang units, gang units in adjoining counties, all police departments in L.A. County and the California Department of Corrections and Rehabilitation. OSJ deputies work with all these agencies to gather intelligence on gang members or crimes that have been committed in the jails or on the streets.

Another avenue for OSJ deputies to gather intelligence is through telephone calls, since all inmate phone calls are monitored and recorded. If information is obtained from a monitored phone call that will assist in solving a crime, preventing violence against another inmate or staff member, or stopping illegal drugs or contraband from entering the jail system, that information is shared with the appropriate jail unit, OSS office or outside police agency. Inmates will discuss crimes, violence or other sensitive subjects over the telephone, even though a prerecorded announcement periodically advises that their phone call is being monitored and recorded.

When a crime is committed by a gang member inside the jail, OSJ deputies will gather information from suspects, victims and witnesses and turn it over to detectives assigned to the Jail Investigation Unit (JIU). This information will then be used to file cases against the suspects. Because of the knowledge and experience that OSJ deputies have gained from working with gang members, many have obtained prestigious jobs such as OSS, SEB and Homicide after working patrol.

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

Edited by Jan Jenkins (LASD retired).

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Ready to Serve

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
- Size: 10" x 12" shooters cut

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

Item #: 0816

- 11" x 14" Shooters cut

Item #: 0815



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Now Open Saturdays From 9 A.M. to 4 P.M.

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Law Enforcement Gear

HOLSTERS

Carry Confidently

BCA Light-Bearing 3.0 OWB Holster — S&W M&P 2.0 (4.25")/ Streamlight TLR-1 HL

High-quality polymer concealed carry holster provides the perfect fit for S&W M&Ps with mounted Streamlight TLR-1 tactical weapon lights. Designed for outside-the-waistband carry and features rounded edges and contoured fit for comfort. Available in right-handed. Item #: 1783



Torsion Light-Bearing 3.0 IWB Holster — S&W M&P 2.0 (4.25")/ Streamlight TLR-1 HL

Designed specifically for inside-the-waistband concealed carry, this durable polymer holster fits S&W M&P TLR-1 weapon setups. Features 10-degree inward cant, adjustable retention and comfort fit. Available in right-handed. Item #: 1782



OWB 3.0 Single Magazine Pouch — S&W M&P 2.0 (4.25")

Ambidextrous single magazine pouch fits S&W M&P 2.0 magazines and comes standard with 1.50" outside-the-waistband belt loops and retention adjustment. Item #: 1781



LOCKS

Home and Off-Duty Safety

SnapSafe Lockbox

Complete with 16-gauge heavy steel construction, this XXL lockbox includes a thick protective foam interior and secure storage for handguns and other valuables. 11.5" x 8.5" x 2.5." Item #: 1037



Winchester Trigger Lock

For protection from theft and unauthorized use, this top-of-the-line trigger lock keeps your guns safe and sound. For home safety as required by law. Item #: 1040



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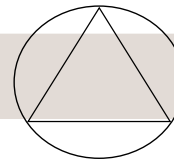
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Peace Officer's Fellowship



By Willis Braggs

SOCIAL CRAVINGS

When you discovered alcohol, did you need it to enjoy yourself before socializing? As we age, we often see those around us drinking in social situations. As we rarely attend social gatherings without alcohol, this can lead us to suppose alcohol is crucial for a good party. In law enforcement, alcohol is part of practically every social situation I have seen! With alcohol so readily available and drinking so acceptable, we can come to depend on drinking to enjoy ourselves, and even miss alcohol if it is unavailable. I am sure you, or someone you know, has noticed not having as much fun if not drinking. This could lead to the conclusion that alcohol is vital to an enjoyable social life.

Drinking is a social pastime, and many occasions that include alcohol start with good intentions but can turn into disasters. We all have stories of a friend who gets drunk and ruins a wedding. And this does not only happen at weddings. There are numerous occasions where social drinking quickly turns horrible. Maybe you can think of a time when someone drank too much at an event, maybe making inappropriate comments or getting too close or too handsy with someone. Or maybe engaging in a physical altercation that landed the person in jail.

Many of us have become accustomed to drinking on every special occasion, and it doesn't help that advertising has ingrained the idea that drinking enhances our experiences. We confirm this

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.

Eric Castano
(562) 673-3374

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

Bob Ghan
(714) 916-3299

John Heckman
(805) 559-4993

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

Dave Philippon
(909) 296-0203

Ray Terhorst
(818) 383-5539

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

Marty Weirich
(360) 570-1216

Daryl Williams*
(951) 764-3723

*Active LASD

when we develop an almost unnoticeable physical dependence on alcohol, a craving that, when satisfied, likely leads to enjoying the drink. Our beliefs create our reality, so if we believe drinking makes things more fun, it does. This also means that if we skip the drink, we feel deprived and have less fun. Alcohol is addictive, so this cycle continues, and eventually, a physical addiction can develop.

How do you know if alcohol makes everything more fun? When you see other people at an event who are not drinking but are having fun, how do you make sense of it? If you feel like you need

alcohol to have fun, maybe it's worth questioning that belief. Here are some options to help you out.

1. **Challenge your beliefs about drinking.** While we might believe drinking makes something more fun, I bet there are plenty of times when you're drinking but still not happy or enjoying yourself. If alcohol was the vital ingredient to a fun time, wouldn't it work all the time?
2. **Get clear about what "fun" means to you.** Take time to consider what really makes something fun for you. If something seems fun only when you're a bit drunk, it's likely



Let's go



BOWLING

Bowling Extravaganza

Saturday, May 20

2 p.m. to 5 p.m.

Keystone Lanes

11459 Imperial Hwy.
Norwalk, CA 90650

(Parking and entrance in the back)

FREE for LASAA members
Non-members fee: \$30

Contact: David Motts

(714) 290-0451

Participants are reminded that this is not an LASD-sanctioned event and is NOT covered under workers' compensation laws in the event of an injury. (Reference Manual of Policy and Procedures 3-09/300.00 & 3-09/300.05)

not really fun and you'd benefit from doing something else with your time and money.

- Pay attention to what you say to yourself.** If you are busy telling yourself you're no fun if you don't drink, this will affect your perception of the event and your ability to enjoy it.
- Take responsibility for having fun.** When we're young, we spend time creating fun by using our imagination and playing games. As adults, however, we tend to wait for fun to happen. If having fun is important to you, it is worth considering your role in creating it.

I'd like to challenge you to try out a sober-curious lifestyle for a bit, if for no other reasons than to affirm for yourself that you can indeed have fun without drinking, maybe to give your liver a break, and to check in on your relationship with alcohol.

Interested but not quite sure how to make it happen? Feel free to call Psychological Services Bureau (PSB) at (213) 738-3500 to connect with a peer supporter, a chaplain or a licensed clinical psychologist. We are all here to support you in your journey toward health and wellness. Our sworn personnel can also call any of the Peace Officer's Fellowship (POF) members listed on the opposite page to talk through whatever is going on for you and to get support. ☆

Special Olympics
Southern California



2023 LA County South Spring Games

Athletics, Basketball, Bocce, Swimming, Unified Athletics & Bocce Competition
Hosted by Warren High School

Saturday, May 20, 2023

Warren High School
8141 De Palma St.
Downey, CA 90241

Special Olympics Southern California Athletes from the LA County South and surrounding areas will compete in Athletics, Basketball Bocce, Swimming, Unified Athletics & Bocce at the 2023 LA County South Spring Games!



SCHEDULE:

7:45am: Volunteer Check-in	10:00am - 3:00pm: Competition
9:00am - 9:30 am: Team Check-in	2:30pm: Awards/Closing
9:30am: Opening Ceremony	<i>* Times are general and subject to change</i>

TEAMS/LEVELS OFFERED: **Athletics:** 200 Athletes | **Basketball:** 12 Teams Max | **Bocce:** 28 Teams | **Swimming:** 150 Athletes | **Unified Cheer Demo/Clinic**

ALLOTMENT: Invitation Only

FOR GAMES INFORMATION CONTACT:
Teresa Borunda | TBorunda@sosc.org | 562-502-1114

FOR VOLUNTEER INFORMATION CONTACT:
Nick Roberts | NRoberts@sosc.org | 562-502-1129



2023 First Responders FIGHT FOR INCLUSION

Saturday

July 15, 2023
4:00 p.m. - 9:00 p.m.

POA Park
7390 E. Carson St.
Long Beach, CA



Cheer on first responders as they compete in a boxing exhibition to raise funds and awareness for Special Olympics Southern California.

- Concessions available from Naples Rib Company
- Apparel vendors RUSH 10-8 and 1941 Apparel
- Kids 12 & under get in for FREE
- General Admission \$35.00

Purchase Tickets

or for more information, visit:

www.sosc.org/FightForInclusion





By Tony Campbell
United Peace Officers Against Crime

Greetings! Since our last article, we would like to wish everyone a safe and happy new year 2023. As previously noted, UPAC was founded with the premise of directing young people into successful careers with the focus of joining law enforcement. I am happy to report that we have welcomed another former UPAC camper and counselor to the ranks of law enforcement. We would like to congratulate Fatima Cumplivao on her successful graduation from Class #1087 as a custody assistant. Fatima joined UPAC when she was 15 years old. She became a camp counselor, mentoring other young girls to stay away from gangs and narcotics. She received her bachelor's degree in criminal justice



from Cal State University, Los Angeles. She then went on to join the Sheriff's Department. It is her goal within the next two years to transition to become a deputy sheriff trainee. Her fiancé, Johnathan, who was also a UPAC camp counselor, is also pursuing a career as a deputy sheriff trainee. This year's camp will be held in Big Bear from June 25 to 29. If you're interested in participating this year, please contact Sergeant Marlon



Williams, visit our website at UPACprogram.org or email us at UPACC@aol.com.

UPAC would also like to congratulate Robert Luna on his election as the new sheriff for Los Angeles County. We would also like to thank former Sheriff Alex Villanueva for his support throughout the years to the UPAC program and wish him success in his future endeavors.

Stay safe! ☆

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Los Angeles County
Sheriff's Department

Remembering Our Fallen



Peace Officers Memorial Day Ceremony

May 15 at 11 a.m.

Lancaster Station Memorial Patio



**Constable
Herbert "Ed" Glidden**
EOW: November 9, 1920



**Deputy
Gregory Low**
EOW: February 26, 1978



**Deputy
Charles Plumleigh**
EOW: March 1, 1978



**Deputy
Rosemary May**
EOW: September 26, 1989



**Deputy
Richard Hammack**
EOW: May 11, 1992



**Deputy
Stephen Sorensen**
EOW: August 2, 2003



**Deputy
Pierre Bain**
EOW: March 23, 2006



**Sergeant
Steve Owen**
EOW: October 5, 2016

Food to follow ceremony.
Past and present Lancaster Station
employees are invited to attend.





By Ramon Montenegro
Transit Services Bureau

FUNDRAISING WITH A PURPOSE

Our staff is always thinking of newer and better ways to fundraise for our Bureau and the charities that we support throughout the year. This month, we had a full plate (pun intended). We held a Baker to Vegas Team fundraiser, hosting a barbecue plate event at Metro Bus Division 9 in El Monte. The famous Pop's Chicken of Compton grilled the bird right on the spot, and everyone was jazzed. As word of mouth spread, the plates were flying. We thank Martin of Pop's and his crew for their generosity and help to make this fundraising event such a great success.

Things didn't stop there. Scientific Services Bureau Captain Ernie Bille, who is also the VFW Star Post #309 commander, coordinated an event to provide personal care items and other



sundries for enlisted families based out of Marine Corps Base 29 Palms. It's reported that one in four enlisted military families are food insecure. This leaves little left for personal care items, etc. Captain Bille coordinated a Department-wide drive for the essential items these families need to survive. TSB happily participated, as many of our personnel are veterans themselves and, more to the point, Marine vets!

TSB OA II Desiree Avila joined Unit PIO Ramon Montenegro, a Marine vet himself, to drop off what had been collected from the various TSB locations. Captain Bille introduced them to Rick, a Marine vet who served in the Vietnam War. Rick was the recipient of a Silver Star and

Purple Heart. It was indeed an honor to meet and speak with this legit war hero.

We look forward to an even better year of fundraising and continuing to do good for those in need.

THE "SEASON" FOR SAYING GOODBYES ...

It's that time of the year when many of our tenured co-workers call it a career. This year was no different. We start with Sergeant John Finley. Sergeant Finley called it a career after over 34 years of service in numerous assignments within the LASD. He finished up as the TSB Transit Mental Evaluation Team sergeant.



Sgt. Finley (center) and company



Dep. Schneider

Next, we said so long to Team Leader Deputy Scott Schneider, who retired after 27-plus years of dedicated service. Scott finished up as the TSB North Bus Team leader.

Also, we bid a fond farewell to Deputy Marcus Turner. Marcus held various positions within the County before becoming a deputy sheriff. He was a transit expert and seemed to know the quickest way to get anywhere in the county. Just over 31 years is the time he put into keeping L.A. County citizens safe.

Deputy Daniel “Danny” Estrada also called it a career this month. Danny has been a deputy sheriff for just over 22 years; however, he was a civilian employee and police officer with the now-defunct L.A. City Community College P.D. prior to the LASD merger. Deputy Danny was a fixture on the Metro L Line (Gold Line) and knew many of the train operators by name.

Last, but certainly not least, we bid a fond adieu



Dep. Estrada

to Sheriff Station Clerk II Shu-Lane Tan. Although Ms. Tan was only with us for just over 10 years, she spent all of those years with TSB as a patrol secretary. She was meticulous and always willing



Dep. Turner



SSC II Ms. Tan and Capt. Kehoe

to help any of our station personnel.

To all of these strong, dedicated and honorable employees, we wish you a long, happy and prosperous retirement. “May your roads be long, with the wind always to your backs.”

WELCOME TO TSB!

Congrats to Deputy Derek Redd for completing his field patrol training. We’re more than certain that you’ll enjoy your assignment here!

FOLLOW TSB

Please remember to follow us on the web and social media.

- Website: lasd.org/transitservicesbureau
- YouTube channel: LASD Transit Services Bureau
- Facebook: LASD Transit Services Bureau
- Instagram: @lasdtransit
- Twitter: @TransitLASD
- Until next month. ☆



STAY UP TO DATE!

Check out news and events at www.sheriffsrelief.org

SRA BUSINESS PAGE

APPLICATION FOR CHANGE OF BENEFICIARY



MEMBER'S NAME: _____

EMPLOYEE # (IF KNOWN): _____

CURRENT MAILING ADDRESS: _____

CITY: _____ STATE: _____ ZIP: _____

EMAIL: _____ PHONE: _____

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

BENEFICIARY: _____ **RELATIONSHIP:** _____

ADDRESS: _____

CITY: _____ STATE: _____ ZIP: _____

EMAIL: _____ PHONE: _____

ALTERNATE BENEFICIARY: _____ **RELATIONSHIP:** _____

ADDRESS: _____

CITY: _____ STATE: _____ ZIP: _____

EMAIL: _____ PHONE: _____

MEMBER'S SIGNATURE: _____ DATE: _____

Please mail to Sheriffs' Relief Association

11515 Colima Road, Building B, Whittier, CA 90604 or EMAIL: membership@sheriffsrelief.org

CHANGE OF ADDRESS FORM

NAME: _____

DATE: _____

EMPLOYEE # (IF KNOWN): _____

CURRENT ADDRESS: _____

CITY: _____

STATE: _____ ZIP: _____

EMAIL: _____

PHONE: _____

Please mail to Sheriffs' Relief Association

11515 Colima Road, Building B, Whittier, CA 90604 or EMAIL: membership@sheriffsrelief.org

ATTN, CAPTAIN!

Sheriff Luna hopes to see every LASD unit in the *Star News*. Be sure you share your story!

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

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

Administration Services Division and Personnel Command
Advanced Officer Training Unit
Aero Bureau
Altadena Station
✓ **American Legion Star Post 309**
Audit and Accountability Bureau
Avalon Station
Carson Station
Central Supply and Logistics Unit
Century Regional Detention Facility
Century Station
Cerritos Station
Civilian Training Unit
Communications and Fleet Management Bureau
Community College Bureau
Community Partnerships Bureau
Compton Station
Contract Law Enforcement Bureau
County Services Bureau
Court Services Bureau
Court Services Transportation Bureau
Court Services West Bureau
Crescenta Valley Station
Data Systems Bureau
Deputy Leadership Unit
East Los Angeles Station
Emergency Operations Bureau
Facilities Services Bureau
Food Services Unit

✓ **From the Docs**
Gender Responsive Services
Homicide Bureau
Industry Station

Inmate Reception Center
Inmate Services Bureau
Intake Specialist Unit
Internal Affairs Bureau
Internal Criminal Investigation Bureau
Lakewood Station
Lancaster Station
LASD Spouses Supporting Spouses
Lomita Station
Los Angeles Sheriff's Department Band
Los Angeles Sheriff's Department Elite Running Team
Los Angeles Sheriff's Department Grizzlies
Los Angeles Sheriff's Department Women's Running Team

✓ **Los Angeles Sheriffs' Museum**
Marina del Rey Station
Major Crimes Bureau
Malibu/Lost Hills Station
Men's Central Jail
Metrolink Bureau
Mira Loma Detention Center
Mounted Enforcement Detail
Narcotics Bureau
North County Correctional Facility
Norwalk Station
Operation Safe Streets
Palmdale Station
Parks Bureau

✓ **Peace Officer's Fellowship**
✓ **Peer Support Program**
Personnel Administration Bureau
Pico Rivera Station

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

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

✓ **Temple Station**
The Chaplain's Notebook
Training Bureau
✓ **Transit Services Bureau**
Twin Towers Correctional Facility
✓ **United Peace Officers Against Crime**
Video Production Unit
Walnut/Diamond Bar Station
Weapons Training Unit
West Hollywood Station

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Tickets Available and Sold to Members Only

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

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

BUY TICKETS ONLINE!

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

ATTRACTION	SRA PRICE Adult/Child	ONLINE PRICE Adult/Child	GATE PRICE Adult/Child
AMC Black Ticket (unrestricted) <i>Ages 3 and up</i>	\$10.25	N/A ONLINE	\$11.00–\$15.00 depending on location
BOOMERS IRVINE	N/A IN OFFICE	\$39.99 and up \$2.00 processing fee per order	Several packages available
CINEMARK (unrestricted) <i>Ages 3 and up</i>	\$9.50	N/A ONLINE	\$11.00–\$15.00 depending on location
DISCOVERY SCIENCE CENTER <i>Children 3–14; senior 62+</i>	N/A IN OFFICE	\$16.95/\$11.95/\$13.95 (senior) \$3.75 service fee per transaction	\$19.95/\$14.95
HARKINS (unrestricted) <i>Ages 3 and up</i>	\$9.50	N/A ONLINE	\$10.50–\$15.50 depending on location
KNOTT'S BERRY FARM <i>Ages 3 and up</i>	N/A IN OFFICE	\$63.00 and up \$6.99 to \$9.99 processing fee per transaction	\$89.00 and up
LEGOLAND <i>Ages 3 and up; 2nd day within 9 days of 1st visit</i>	N/A IN OFFICE	1-Day Legoland \$85.00/\$79.00 2-Day Sea Life Hopper \$134 2-Day Resort Hopper \$145 \$4.99 processing fee per transaction	1-Day \$94.99 and up 2-Day Sea Life Hopper \$174 2-Day Resort Hopper \$194
LONG BEACH AQUARIUM (AQUARIUM OF THE PACIFIC) <i>Children 3–11</i>	\$26.95/\$20.95	\$26.95/\$20.95	\$36.95/\$26.95
MADAME TUSSAUDS	N/A IN OFFICE	Hollywood \$23.99/Las Vegas \$27.99	\$24.99 and up
MEDIEVAL TIMES <i>Children under 12</i>	N/A IN OFFICE	\$48.95/\$29.95 plus tax and up \$4.00 processing fee per ticket, plus tax	\$63.95/\$36.95
REGAL/EDWARDS (unrestricted) <i>Ages 3 and up</i>	\$9.00	N/A ONLINE	\$10.00–\$12.50 depending on location
UNIVERSAL STUDIOS <i>Pricing is date specific; please log on to our website to view</i>	N/A IN OFFICE	\$99.00 and up	\$109.00 and up

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

REVISED 4/14/23

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Jennifer C. Carter

Daughter of a retired Sergeant

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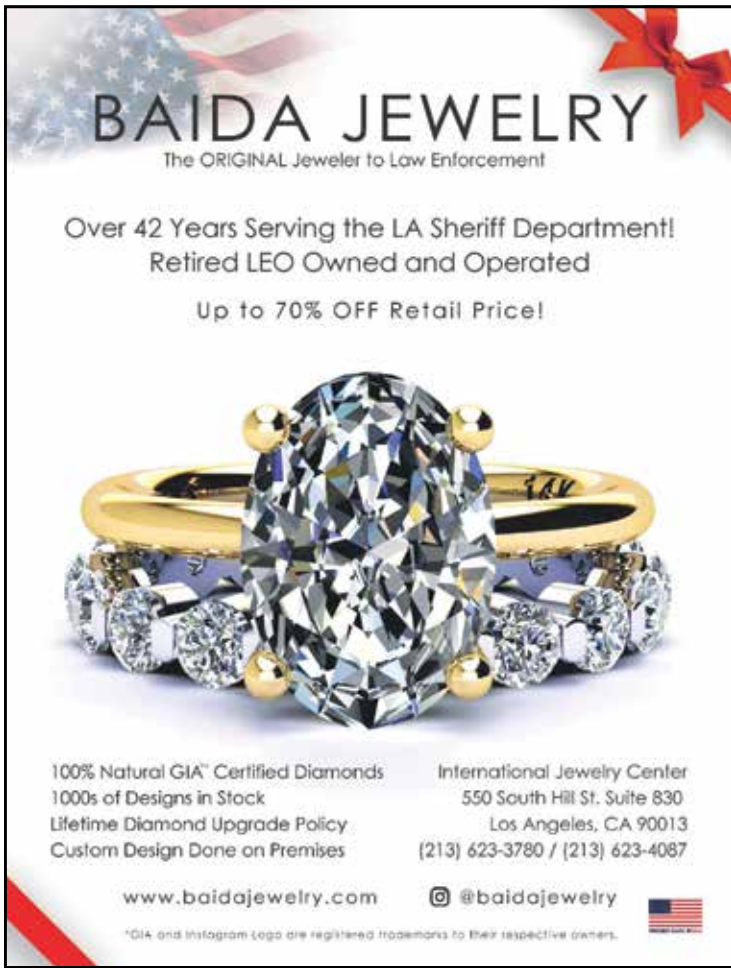
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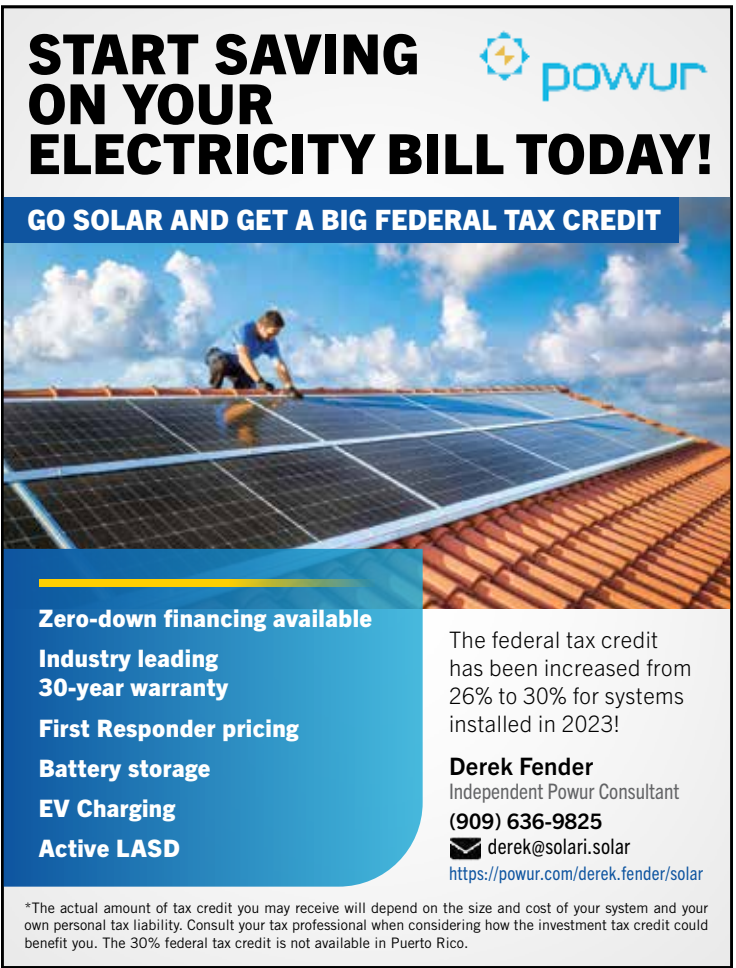
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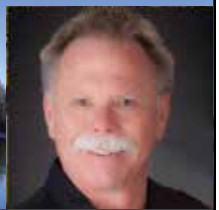
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