



VOL. 86 NO. 1

MAY 2025

STAR NEWS

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STAR NEWS

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Cover photo courtesy of Mike Fratantoni

Trustees Monthly Meeting

The regular meeting of the Sheriffs' Relief Association convened on March 13 at 11515 Colima Rd., Bldg. B, Whittier. The following officers and trustees were present: Conrad Meredith, President; Oscar Martinez, Vice President; Bob Boese, Secretary-Treasurer; Trustees Mike Abdeen, Aily Baldwin, Ernest Bille, Mike Fratantoni, Joe Hartshorne, Sean Jacobs and Diane Stone; and Bill McSweeney, General Manager. Trustees not present: Sue Burakowski and Glenn Walsh.

The meeting was called to order at 4:52 p.m. A motion was made by Trustee Abdeen, seconded by Trustee Hartshorne and unanimously carried to approve the minutes of the January 8 meeting and the December and January Foundation expenditures.

COMMUNICATIONS

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

From Pamela Schrick and family to SRA, "I want to thank you for the beautiful framed flag you sent to the family in honor of my husband Durward Schrick's military services after he passed away. It is a wonderful tribute to him and his service — both to his country and the Sheriff's Department. We, the family, appreciate your generosity, and it will be in a place of honor in our home."

From Darla Cano to David Mertens, "A special thanks to Dave for helping me over the phone when I called to report my husband's death. Another special thanks for the check of \$5,000 sent to me. This will truly help with his funeral costs. Thank you again."

From Nicole Thompson to SRA, "Thank you for all your help, love and support; my family and I appreciate everything you have done for us."

From Sally R. Harwell to SRA, "I want to thank you for the generous donation of a giant gift basket. The Norwalk Christmas luncheon for retirees and friends was a success, with 43 in attendance. They all enjoyed playing the white elephant 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 continuing to assist our members."

BENEVOLENT REPORT

MORTUARY BENEFITS PAID DURING JANUARY: \$227,000

MORTUARY BENEFITS PAID YEAR TO DATE: \$227,000

MORTUARY BENEFITS PAID DURING FEBRUARY: \$200,500

MORTUARY BENEFITS PAID YEAR TO DATE: \$427,500

MEMBERSHIP REPORT

There were 36 new membership applications that were received during the month of January. A motion was made by Trustee Bille and seconded by Trustee Stone to approve the following members: Austyn J. Adams, Perla X. Alvarado, Ryaland T. Arnold, Mario J. Cifuentes Ramos, Kevin Cifuentes, Jesse A. De Leon-Lopez, Antonio De Vera, Daniel Delgadillo, Abigail Duarte Portillo, Alberto Garcia, Giovanni Garcia, Lissa Garcia, Kain A. Guercci, Amir S. Guirguis, Kevin Guzman Zamora, Denise R. Hernandez, Satnam S. Jheeta, Abraham Juarez Hercules, Jason Lei, Matthew Lopez Martinez, Jose J. Madrid Ramos, Shalivia Newman, Jessie M. Perez, Tatiyana S. Perez, Joselyn A. Ramirez Cruz, Bryant Rincon, Gianni Rincon, Saadia Saenz, Fortunato D. Santos, Wyatt C. Skaggs, Sebastian Soria, Elvia Torres, Diego Toscano, Taisean P. Valverde, Kody B. Williams and Jack T. Wilson.

There were 50 new membership applications that were received during the month of February. A motion was made by Trustee Abdeen and seconded by Trustee Martinez to approve the following members: James Oliver B. Aguilar, Patrick N. Arnold, Shannon P. Arnold, Daniel Benavides, Gregory S. Bridgerman, Jocelyn Campos Martinez, Edgardo Cortez Melendez, Ruth Craft, Tatiana A. Curry, David A. Degante Ramirez, Justin A. Diaz, Eric J. Espinoza, Jose W. Feliciano Jr., Alexander R. Flores, Claudia Gil Velasco, Christian J. Islas, Martin Juarez-Valencia, Eric T. Laguna, Isaiah Lark, Kien K. Le, Ethan N. Lopez, Sebastian S. Lopez, Patrick Ma, Adam E. Martinez, Ever Martinez, Denise M. Mascorro, Michael C. Montoya, Angel D. Morales, Stephanie M. Moralez, Elijah T. Myers, Kiwan Newbell, Luis R. Nunez Jr., Christian J. Ochoa, LaQuanna Peevy, I Pereira De Castromelo, Dion G. Perez, Kevin Ramirez, Juan M. Rangel, Valerie E. Rockeymore, Raquel Rodriguez, Jennifer J. Roney, Marcell Sanchez Ramirez, Joshua B. Serrano, Arlyn Soto, Brenden M. Stanfill, Jesus Tinoco Malacara, Andrew M. Tovar, Imani N. Tyson, Ceasar M. Varela and Giovanni A. Vasquez.

We had 7 deaths of active members, 30 deaths of retired members, no cancellations of active memberships, no cancellations of retired memberships,

12 new honorary associate members, 15 deaths of honorary associate members, 43 who retired and our membership has grown to 20,505 for the months of January and February.

NEW BUILDING UPDATES

General Manager Bill McSweeney updated the Board on the BC Building. Plans are moving forward at a slow and steady pace.

EMPORIUM REPORT

Emporiums will be shuffling around employees to accommodate staff shortages.

PUBLICATION REPORT

The SRA 100-year publication has been delivered to the members.

SHERIFFS' RELIEF FOUNDATION REPORT

A motion was made by Trustee Stone, seconded by Trustee Baldwin and unanimously approved to continue supporting the Devil Pups Youth Camp, which will be held July 10-18. The Board has agreed to donate \$8,000 to help LASD youth participate in this year's camp.

A motion was made by Trustee Martinez, seconded by Trustee Boese and unanimously carried to approve a \$5,400 donation to the Better Together 5K Walk/Run being held on April 26 at BC. The Walk/Run is geared toward LASD suicide awareness and prevention.

A motion was made by Trustee Martinez, seconded by Trustee Abdeen and unanimously approved to grant the \$2,500 donation request to help support the next CopLine training class being held May 14-18 in Los Angeles.

A motion was made by Trustee Abdeen, seconded by Trustee Hartshorne and unanimously carried to approve a \$5,000 donation request toward the Veterans Day annual ball being held on November 15.

A motion was made by Trustee Boese, seconded by Trustee Abdeen and unanimously carried to continue support of the LASD's 175th Celebration. SRA will donate funds to support the event being held on November 18.

A motion was made by Trustee Bille, seconded by Trustee Martinez and unanimously carried to support the PPOA Memorial Golf Tournament as a Bronze Sponsor, which includes one foursome

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Retired Deputies

By Peter Mack

Email: romeopm7227@gmail.com

or marshal569pm@gmail.com

On March 14, the Coachella Valley Retirees and guests met at Mitch's for the spring luncheon. First-timers Roy and Marcella Fisher were welcomed. Roy retired from Fiscal Services in 2009. The Fishers reside in Rancho Mirage. Nancy Burks brought her friend, Kathy Spallino. She was filling in for Jerry, who was tending to his grandkids. Dave and Loxi were joined by their son, John, and his wife, Rena. Most of the attendees made the group photo, but Norm Copping and Janet Mebust escaped early.

On March 20, the RELAC RV Group met up for a delicious lunch at Stox Restaurant, 9518



continued on page 6 Desert Heat Retirees



Coachella Valley Retirees. Front row: Marcella Fisher, Paul Myron, Bette Shuler, Marilyn Osborne, Nancy Burks, and Jim and Joan Willis. Second row: Loxi and Rena Hagthorp, Roy Fisher, Candy Havercroft, Maria Myron, John Benedict, Pete Gonzales, Dave Hagthorp, Kathy Spallino and Teddi Roop. Back row: John Hagthorp, Bob Havercroft, Jim Shuler, Bill Osborne and Ernie Roop.

Trustees Monthly Meeting *continued from page 4*

match. SRA would like the event planners to choose a group who may not have been able to attend and gift the match to them. The 17th annual Peace Officer Memorial Golf Tournament is being held on June 2 at the Friendly Hills Country Club.

SPECIAL EVENTS

The 2025 SRA Picnic location was discussed.

A venue is still being chosen. The annual Board retreat locations were briefly discussed.

OLD BUSINESS

None at this time.

NEW BUSINESS

None at this time.

ADJOURNMENT

At 6:27 p.m., a motion was made by Trustee Martinez, seconded by Trustee Hartshorne and unanimously carried to adjourn the meeting of the Sheriffs' Relief Association, Sheriffs' Relief Foundation and Sheriffs' Relief Services, Inc., in honor of the 885 years of combined service of those who passed. ☆



Coachella Valley Retirees



Coachella Valley Retirees



Coachella Valley Retirees



Coachella Valley Retirees



Coachella Valley Retirees



Coachella Valley Retirees



Coachella Valley Retirees



Coachella Valley Retirees

Imperial Hwy., in Downey at 11 a.m. It was a beautiful day with blue skies, sunshine and a 75-degree temperature. Those attending the luncheon were Dave and Jan Coleman, Janet Cerato, Janice Hayhurst, Jeff Clifton, Linda Gutierrez, Norman and Chickee Nelson, Norman Nelson III, Charlie and Linda Engelbart, Bob and Linda Reyes, Jesse Murph, Jeanne Klauk, Mike and Veronica Reyes, and Leon and Dian Stegall. The food was good, and we caught up on a lot of things that were happening. Janet, Janice, Dian and Leon were on their way to a campout in Jurupa but stopped by to have lunch, so the parking lot had three large motorhomes

parked in it! Several of our regular members were having medical issues, so they were not able to attend. This RELAC RV Group meets somewhere around the area every three months. Our next meeting will be in May and normally the third Thursday of the month. If you have any questions, you may contact Mike Reyes at (909) 556-8751.

The **Southern Was Fuzz** March lunch at the *Lost Paddy Grille* was enjoyed by all due to great food and good conversation. The welcoming vibe and pro-law-enforcement setting (notice all the patches above our heads) make for a great lunch destination. We welcomed new Tennessee residents, Gary and Michelle Griffith, to their first lunch with us.

The **Desert Heat Retirees** held their luncheon on April 2 at the Elks Lodge in Lake Havasu City, Arizona, and we had a great turnout. Those attending were: Jerry Gillen, David Faria, John Anderson, Gary Graff, Kevin Blake, Ruth Byrd, Tommy Jimenez, Doug Muchmore, Raye and Kelly Morales, Tim and Angelica Cain, Pete and Sandra Shup, Allen and Cris Fulkerson, Phil Cook, Tom Lodolo, Brian Smith and Nick Tippings. All LEOs, both active and retired, are welcome, and you do not have to be an Elk member to attend.

The **Retired Marshals** held their monthly luncheon on April 2 at Sizzler in Bellflower. This is always a favorite lunch place for us. Attending were Sam "Buford" Combes, Tom and Terri Aguilar, Cristine Lokuan, Robert Ichikawa, Peter Mack, Jim Cronin, Alan and Bette Blomker, Sharon Kramer and Yolanda Lockhart. — Peter Mack

The **Lakewood Station Retired ROMEO Group** would like to acknowledge the passing of one of our members, Ron Morgon. He will be

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Retired Marshals



Retired Marshals



Southern Was Fuzz: Michelle Griffith, Jim Ward (LAPD), Gary Griffith (LASD), Michael Centofante (LASD), Mark Cohen (LASD), Debbie Centofante, Millie Ward, Debbie Westfall, Michael Westfall (LASD), Margarita De La Vega (LAPD), Bob Warden (LAPD), Michael Scholl (LASD), Betty Kleffman (LAPD), Byron Burnham (LASD), Fred Haemker (LASD) and Steve Kleffman (LAPD)



San Diego Retirees: Bob Henley, Lou Brown, Susan Spiro, Nick Abbinanti, Phil Strenkowski, Ron Eoff (seated), Debbie Abbinanti, Dave O'Sullivan, Joe Raffa, Steve Voors and Greg Simon



RELAC RV Group: Linda Reyes, Linda Gutierrez, Jesse Murph and Bob Reyes



RELAC RV Group: Linda and Charlie Engelbart and Chickee and Norman Nelson



RELAC RV Group



RELAC RV Group: Janet Cerato, Norman Nelson III and Janice Hayhurst

missed. Our group met for their monthly luncheon on April 14 at *Super Mex* in Lakewood. Attending were Jerry Berry, Bob Ruegger, Peter Mack, George Boswell, Dennis Flinn, Paul Sepulveda, Tim Crise, Ben Hilliard, Joel and Jerry Johnsonbaugh, John Lay, Mark Walker, Sheri Mallon, Tammy Bishop, Sally Harwell, Ron Bishop and Les Fatone. — Peter Mack

The **San Diego Retirees** met in Carlsbad at *BJ's Restaurant*. We had a great time and welcomed a few new faces. Also, it was our pleasure to have Emil and Linda Iwansky from LAPD join us today. I'll have to tie them to their chairs next time so we get them in the photo. Hopefully, they will bring a few of their partners with them next time. ☆



RELAC RV Group luncheon at *Stox Restaurant* in Downey



Rest in peace, Ron Morgon



RELAC RV Group: Mike and Veronica Reyes and Dian and Leon Stegall

PREA Transgender Cultural Transparency Training

BY MONIQUE E. CONVINE

On February 13, the Office of Prison Rape Elimination Act Compliance (OPC) hosted guest speaker Adrien Lawyer, who gave a presentation to the Custody Services Division executive staff on transgender culture both inside and outside of a custody environment. Mr. Lawyer is the director of education and the co-founder of the Transgender Resource Center of New Mexico. His team provides invaluable services to Albuquerque's transgender community.

Mr. Lawyer shared his personal story on his own transition. He discussed being born a female and the challenges he faced transitioning to life as a man. His story and lecture addressed many of the transgender issues and misconceptions our line personnel deal with every day throughout our custody facilities. Mr. Lawyer's story, extensive working experience and training were well received by the Custody Services Division's leadership.

A second session of the Transgender Cultural Transparency Training was extended to the line staff who most frequently deal with the transgender inmate population. Attendees of the second session included custody assistants, deputy sheriffs, sergeants and lieutenants from the Century Regional

Detention Facility, Twin Towers Correctional Facility, Men's Central Jail and the Inmate Reception Center.

In the second session, Mr. Lawyer delved deeper into the transgender community and transgender issues. There was great interaction between the presenter and the attendees. Community members, such as Mr. Lawyer, are invaluable resources and help our Department succeed in better serving our diverse inmate population.

The OPC's mission is to make the Prison Rape Elimination Act (PREA) be a part of the culture and daily business practices of the Los Angeles County Sheriff's Department (LASD). PREA identifies transgender females and transgender males as a vulnerable population. PREA is a federal act that was enacted to prevent, detect, respond and monitor sexual harassment and sexual abuse within a custody facility. The training the OPC provides helps LASD personnel identify this vulnerable population and improve the safety and security of our custody facilities. The OPC's mission and this training are crucial to protecting our inmate population and ensuring LASD's proud tradition of service. ☆





BY RALPH WILLIAMS

Back in the day, I enjoyed good assignments that came with the perks of great friendships and camaraderie. A very good and close friend of mine, a lawyer, had his own small practice in an office with one assistant. I'll call him John because that's his name. John often expressed his envy of my job because of all the interactions with co-workers, both personal and professional, and the shared, unique camaraderie. His interactions with other lawyers in the courtroom didn't quite measure up to the brotherhood shared by law enforcement officers, and I suppose there are few occupations that could compare. He certainly realized the unique bond we all shared, and still do.

Fast-forward to today, and he still expresses envy that I continue to share that bond and camaraderie in retirement at what we call the Roundup. What he said about our togetherness reminds me of a quote I recently saw: "It's not where we work but who we work with that makes it worth going to work every day." Kind of like how it doesn't matter where the Roundup is held; it's the people who attend who make it worth going to each year, and this year was no exception.

The 25th Roundup was held from April 6–9 in Laughlin, Nevada, at the Riverside Resort and Casino. A total of 873 people attended. I can promise you that if you were not one of those 873 in attendance,

someone there was wishing that you had been there so they could see you again.

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 to ALADS for their financial support. The HR 218 Qualification was conducted by LASD range staff and volunteers. The two-day event is coordinated by Walt Bouman. A total of 405 retirees qualified this year.

I want to echo a request made by Moon Mullen on day one of the Roundup: Everyone who attended this year, please bring one additional retiree to next year's Roundup. I would add that it would be great if many of those were first-timers to the event. That said, I was elated to get to interact with individuals I had not seen since 1975—that's a very long time ago! Seeing friends from long ago is often an emotional happening, but it is emotional in a very good way.

There are few better ways to describe the enjoyment of the Roundup than to hear what others have to say, so what follows are some of the comments submitted by this year's attendees:

Linda Healy: "I had so much fun. I haven't laughed so hard in a while. There were many whom I wished I could have talked to; I saw them in my peripheral but was engaged in another conversation. Most of us laugh at the same things and silently cry over the tough stuff. No matter who else you socialize with in your other life, these relationships are incredibly unique and cannot be duplicated elsewhere. It is unique for all the reasons I need not mention. It is





Photography by Moon Mullen

what makes my life special. I have a great family, but they will never know the treasure that we all possess in each other — my other family.”

Comment: I could not have said it any better. This is exactly the kind of input I desire from those who take the time to contribute. Linda clearly values and enjoys this little get-together each year, as do so many of us. There are so many people with so much in common, whether they personally know each other or not.

Mike Kennard: “Tuesday morning: At about noon, I met Art Medina to go shoot the HR 218 course with Walt Bouman. Samey-same as last year, with the exception that both of us SEB boys got chastised for only having one magazine for our autoloaders, because the rules call for two. I thank my old ESD partner, Walt Bouman, for hosting the shoot for everyone.”

Comment: Mike writes an after-action report for SEB/ESD alumni, and his report is a huge one. I took one comical part to share here. To echo Mike’s thanks to Walt, I want to stress the importance of the responsibility Walt takes on each year by managing the HR 218. I’d venture to say that most of us aging retirees don’t handle a gun as often as we did back in the day, so the emphasis at the qualification is on safety and good habits. Without it, some of us might be victims of friendly fire. Walt and his team of volunteers, along with LASD-provided range staff, do a fantastic job of running a relaxed but safe and performance-stressed qualification.

Jan Hampton Longshore: “Jackson has organized an Industry dinner at the Mojave Steakhouse in

Bullhead City for several years during the Roundup. He is much appreciated for bringing retired Industry personnel together. There were 40-plus in attendance this year, and it was a lot of fun. Kathy and Vic Comparetto also organized a special welcome dinner on the 6th at the Saltgrass Steakhouse in the Golden Nugget. It was very special, with eight people attending. The food was excellent, and so was the company. They do this every year, and there is room for more.”

Comment: Each and every person who hosts meals or cocktail parties is deserving of many thanks. These individual unit get-togethers are enjoyed by all who attend.

Pat Galindo: “Eight Academy Class #159 members attended this year’s Roundup. I thought this

was a pretty good turnout for a class that started in January 1973. It was awesome catching up with them, with one member traveling all the way from St. Michaels, Maryland. It turns out that four of us drive a Corvette. Fun times, and hoping even more class members will attend next year.”

Comment: Seeing someone we haven’t seen in several years is usually a treat because of the old memories that flood back to us. It serves to give us something to look forward to at the next Roundup.

Marc Schultz: “I organized our second MCJ 9000 floor (AKA 9-Swine) reunion at this year’s

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Roundup. This reunion was for deputies who had worked the 9000 floor from 1988 to 1999. Most of us had worked together on this floor for one and a half to six and a half years due to the hiring freeze back then. We grew very close with each other and each other's families during this period, and we became lifelong friends. Approximately 25 alumni showed up for this year's reunion. We honored our fallen brothers with a story of each one to remember them by. All in all, it was an incredible reunion. I can't believe that we have come 35 years and are still as close as we were when we were all young deputies."

Comment: More for my lawyer friend, John, to be envious of. That was exactly the point he was making.

Herman Cortez: "I have been putting on the TST function at the Roundup for over five years. The last couple of years, the crowds have been getting smaller, but I hope to continue having them. I have met retirees I never knew who, at one time

in their career, worked TST. Recently, I talked a retired buddy into attending this year. He didn't feel like he was retired long enough to attend and said he didn't think that he would know very many people. From the first day, he couldn't get 20 feet without stopping to say hi to someone he knew. Now he says he looks forward to coming again next year."

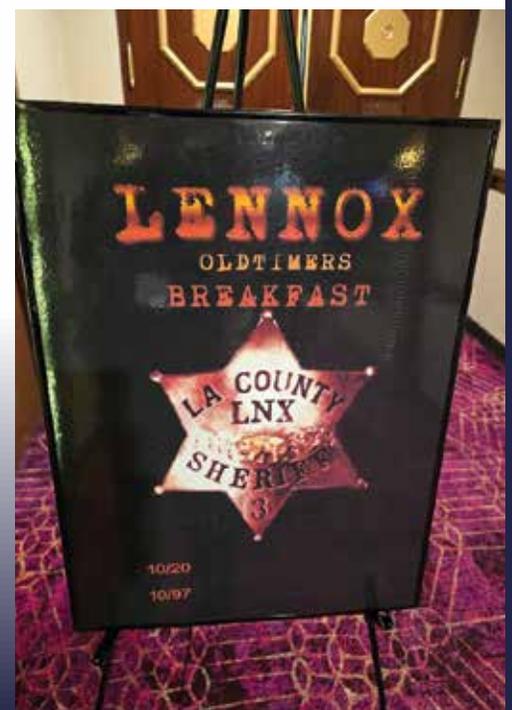
Comment: It's like your first day at a new school as a kid. You were afraid you wouldn't know anyone and wouldn't fit in. By the end of the first day, you knew more kids than you could remember names. If we do as Moon suggested, and as Herman did, and bring one new person next year, the Roundup will thrive for years to come.

Jeff Springs: "Thanks to Moon and Robyn for providing us a place to recapture our meaningful memories and relationships. A very big thank-you to the desk/support staff — quality folks who always greeted us with a smile and handled their

responsibilities efficiently. My gratitude to those who attended the West Hollywood luncheon. Painful EOWs are part of the gathering, but the laughter and the camaraderie are still unparalleled within the West Hollywood family."

Comment: The folks who join Moon and Robyn to ensure a successful event deserve our highest praise. They are all volunteers devoting their time to make our time a great and cherished one. The work is selfless and demanding.

David Cortinas: "This was my first experience with the Roundup. I honestly did not know what to expect. I attended the first day and attended the OSS/Homicide gathering. I was extremely happy that I attended. The only regret is that I was not able to stay for another day. Next year, God willing, I will be staying at the Riverside for a couple of days. It was so good running into former colleagues and catching up on life after LASD."





Comment: David is, of course, right. If you've not attended, come see what all the fuss is about. You just might surprise yourself and actually have loads of fun.

Sal Diaz: "I wanted to express what a great time I had at this year's Roundup. I retired three years ago in February of 2022. A few of my retired partners from Industry Station told me to attend the Roundup in April that year and I haven't missed one yet. It's been amazing to get acquainted with people with whom I had never met during my career and who had retired many years before me. I've had the pleasure of getting to know people by their first name who were at high rank, and I only knew them by their rank. There is no such thing as rank at the Roundup. Everyone has the same title: retired. I encourage all new retirees to attend next year's Roundup and to spread the word to all our partners of retired deputies to attend."

Comment: Nothing is better than word of mouth to others to create an interest in attending the Roundup. I can write an article, but those like Sal tell everyone why it is a worthwhile experience.

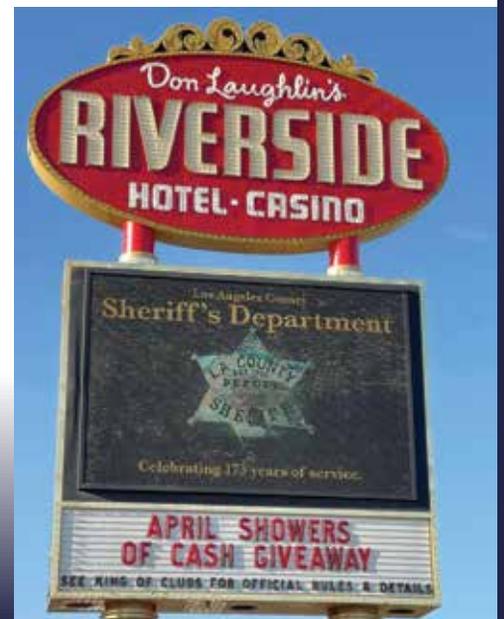
Art Barrera: "This was the first year I was able to attend the Roundup. I was not able to attend in the past due to family situations. I must say that I had a great time. I was able to meet up with a lot of friends that I hadn't seen in years. Everything went great for me. The hotel personnel were great, the room was clean and I felt comfortable."

Comment: Much of the success of the annual Roundups is directly due to the level of friendly service provided by the staff of the Riverside Resort. Time and time again, they have bent over backward to meet our many requests, and the hotel management continues to make our event as inexpensive and as comfortable as possible. The dates and times of the individual unit events

depend so much on the staffing abilities of the Riverside, and they truly do their very best to try to accommodate what we want to do. The four days of the event keep the staff moving steadily.

Mike Ponce de Leon: "This was my first year attending the Roundup even though I have been retired for eight years. I had a great time seeing old friends and making new ones. I look forward to next year and was impressed by how well everything was organized. Moon and his crew have the system hitting on all cylinders. The staff at the Riverside were friendly and helpful."

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Comment: Robyn, Moon and a host of volunteers do have this thing well-tuned, but usually, some glitch will rear its ugly head. However, due to the great relationship Moon and Robyn have built with the Riverside, most everything is happily resolved.

I want to express my gratitude for the comments offered by these folks who attended and will attend again. Their feedback goes a long way in showing what we all enjoy each year in Laughlin, Nevada. You never know what the weather will bring outside, but you can well count on a warm and friendly climate inside the Riverside Resort.

It has been said that there are two moments in life. The ones you miss and the ones you don't. If you've never attended a Roundup, it could be one of those missed moments. If you have never thought of attending one, you are invited to come relive all the great moments you created in your careers and take advantage of some very rewarding moments.

That camaraderie that my friend, John, was envious of was very much on display at this great Roundup and will hopefully continue for future events. Not everyone will want to partake,

however. With the help of those who contributed to this article, I will continue to encourage everyone to attend at least once. Most everyone who does attend wishes someone else would come as well.

The 2026 Roundup is scheduled for Sunday, March 29, through the evening of Wednesday, April 1. April Fools' gags will be prohibited in the Briefing Room. Now is the perfect time to mark your calendars and plan on attending. Those people who do attend and wish you were there will be mighty happy that you did. ☆





Photography by Al Garcia



OSS/HOMICIDE GATHERING

BY AL GARCIA

The 2025 Roundup was our second OSS/Homicide event. Last year, we had approximately 100 attendees, and this year, we had the same number. Each event provided us with the opportunity to recognize those individuals who made important contributions to Operation Safe Streets.

At the 2024 gathering, we honored the persons who started OSS back in 1979. There were teams assigned to Lennox, Lynwood, Pico Rivera and ELA Stations. Two sergeants were assigned, and each team had three detectives. We were lucky to have seven of

the original 14 members show up. Sadly, some of the original members couldn't make it because of health issues or have passed away. We made custom plaques to recognize the founding OSS detectives and the sergeant who were there.

One person who couldn't attend the gathering and was sent a plaque responded to us with an email. His response stated, "What a nice gesture! That recognition and gift brought a tear to this old man's eyes. Thank you very much; I will definitely

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cherish it. The word ‘thank you’ doesn’t seem to be enough to show my appreciation. But being recognized by your peers is the ultimate thanks anyone could ever hope for. Thanks again.”

An additional plaque was made to honor all the founding members of OSS. It was presented to the captain at OSS Headquarters for display at the Bureau Headquarters. Another plaque was given to the widow and son of the late OSS Sergeant Wes McBride. Wes was one of the early members of OSS and played a key role in setting up the Gang Intelligence protocol. Wes became recognized worldwide as a street gang expert.

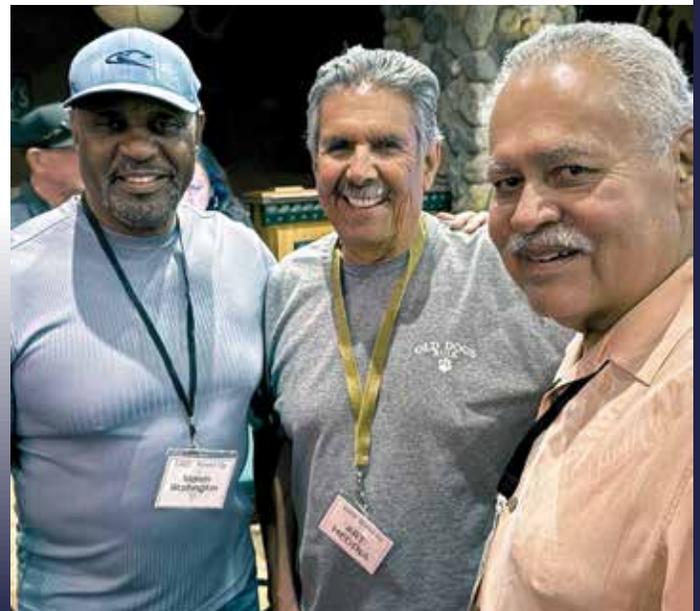
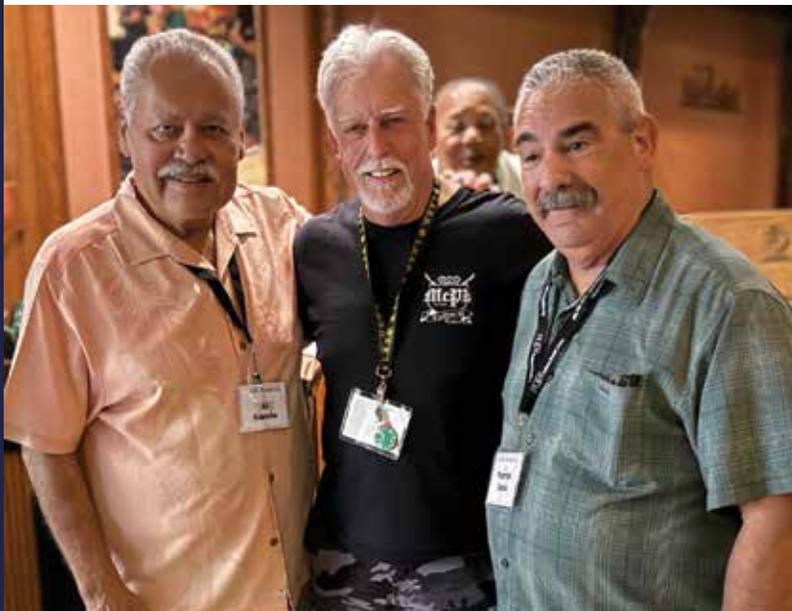
At this year’s OSS/Homicide Roundup Gathering, people who held assignments at both OSS and the Homicide Bureau were recognized. Fourteen

investigators attended and received a plaque recognizing their accomplishment of holding assignments at both bureaus.

We also remembered Lieutenant John Corina, who was a Homicide Team lieutenant when he sadly passed away in 2019. John had worked in both bureaus. His widow, brother, sister-in-law and friends came to the event. His family received a plaque and other things to honor his contributions.

Each year, the OSS/Homicide Gathering committee plans to recognize members from both bureaus for their contributions while assigned to each bureau.

Finally, we want to thank everyone who came to the event. It is because of your support that we can continue to hold this event and recognize those individuals for their contributions. ☆





By Jonathon Loo
San Dimas Station

METROLINK ACTIVE SHOOTER TRAINING

San Dimas Station is grateful to Metrolink Bureau for coordinating the 2025 Regional Rail Active Shooter Training. Attendees were provided with practical training when encountering a dynamic active shooter situation. Metrolink Bureau, with the assistance of San Dimas Station and Transit Services Bureau, hosted the spring annual multi-agency training in a rail depot in the city of Pomona.

Participating agencies included the San Bernardino Sheriff's Department, Claremont Police, Pomona Police and other regional agencies. LASD units came from far and wide, including Metrolink Bureau North, East and Transit Services Bureau. Each agency and group demonstrated and showcased their unit-level tactics while in a controlled environment.

A special thank-you to our Explorer Post 80, who provided many of the dynamic scenario role-players. Their youth and enthusiasm were readily seen as they acted as hostages, hostage takers, wounded patrons and various other important roles. Family members and volunteers filled in the remaining bulk of the role players. With all of the role players' support, approximately eight different emergency scenarios were conducted.



WELCOME TO SAN DIMAS

A warm welcome to Detective Provenzano, who transferred from Temple Station and joined our detective bureau. Detective Provenzano, we look forward to having you on our team!

FAREWELL TO A CHERISHED COLLEAGUE

It is with deep sadness that we acknowledge

the untimely passing of Secretary Nancy Brown. Nancy was more than just a colleague; she was a true friend, mentor and a source of inspiration to us all. Nancy will be remembered for her kindness, warmth and unwavering dedication. She was a true person of empathy. Nancy left a lasting impact on everyone who had the privilege of knowing her. We extend our heartfelt condolences to Nancy's family and friends during this incredibly difficult time. ☆





By Erin Stibal
Facilities Services Bureau

RETIREMENT: FSB ASSISTANT DIRECTOR DENNIS ALLEN

After 34 years of County service, FSB Assistant Director Dennis Allen will be retiring and heading off to camp at the beach!

Dennis started his County career with LASD as a General Maintenance Worker assigned to North County Correctional Facility (NCCF). He was promoted to the position of Senior General Maintenance Worker, also at NCCF, before becoming a Locksmith, where he was assigned at MCJ but worked throughout all the regions for FSB.

From there, Dennis became a Building Complex Manager II (BCM) at Mira Loma, MCJ, SBB and FSB projects before becoming a Manager I and then Manager II. He was promoted to the role of Assistant Director at FSB on July 21, 2022.

Looking back at his career, there were two big accomplishments he is most proud:

- Working at Mira Loma as a BCM II. This was a unique assignment, as the facility was occupied by federal ICE employees and had its own operating budget separate from LASD. Dennis oversaw the overall facility, its budget and all operational matters, from negotiating contracts to daily interactions with vendors, sworn personnel and the public. He learned a lot from this challenging experience and was proud of all he was able to accomplish.
- The Hall of Justice (HOJ) renovation project, of which he was one of the project managers.



FSB management team celebrating retirements “aloha” style

Dennis handled the in-house coordination and IT realignment project, which involved personnel moving from SBB to HOJ. He was proud to be part of this milestone project of such significance and history.

Throughout his career, Dennis had many mentors who he attributes his work ethic and his ability to work well with others. Former FSB Directors Dean Stroud and John Carillo and current Director Clint Yates all set a strong example of leadership for FSB and encouraged Dennis throughout various stages of his career. Also, Dennis valued his relationship with Gary Tse, who was in charge of the entire HOJ

project. This was a monumental task, and Gary was well known for being very demanding of his team members, but Dennis rose to the occasion and valued Gary's expertise and professionalism.

Although he is excited to begin his well-deserved retirement, Dennis will miss his FSB colleagues and the friendships he has built over the years, especially with FSB Director Clint Yates. Dennis has known Clint since they were 16 years old and worked together in a lumberyard, and they both applied for jobs with LASD at the same time. Dennis said that working alongside his best friend has been a highlight of his career, too.



Dennis with Sheriff Luna



Dennis with FSB Director Clint Yates



Tim and Dennis



Dennis with Assistant Sheriff Paula Tokar

**RETIREMENT: FSB MANAGER
SIDNEY CROCKETT**

Also heading off to some tropical resort for his retirement is FSB Manager I Sidney Crockett after 33 years of County service!

Sidney started his career as an Electrician with L.A. County Department of Health Services in August 1991. He transferred to LASD in 2001 and then was promoted to Electrician Supervisor in 2009. In 2018, he was promoted to Manager I, where he handled several areas for FSB, most recently as the manager of the Hertzberg-Davis Forensic Science Center.

FSB RETIREES

In addition to Dennis and Sidney, the following FSB staff have also retired this spring:

- Curtis Honda, Audio, Visual and Security Systems Technician — 31 years
- Steven Stein, Carpenter — 30 years
- Larry Mares, Locksmith — 26 years
- Marcial Paragas, Warehouse Worker II — 25 years
- Luis Escudero, Roofer — 24 years
- Glendra Bingham, General Maintenance Worker — 24 years
- Kristi Duong, Senior Clerk — 23 years
- Jaime Bermudez Sr., General Maintenance Worker — 20 years
- Frank Rodriguez Sr., General Maintenance Worker — 13 years
- James Davis, Elevator Mechanic — 9 years
- Kevin Barren, Electrician — 7 years
- Edward Bonty Jr., Equipment Maintenance Worker — 1 year

The FSB team appreciates their dedication and commitment to the FSB mission over the years, and sincere best wishes are extended to them all for a healthy and prosperous retirement! ☆



Dennis and his family



Dennis with the Projects team



Happy retirement, Dennis!



Clint, Sidney and Dennis

TEAM *TEMPLE*

By PIO Team
Temple Station



Career Day

DUARTE

In March, the deputies at Duarte were exceptionally active in engaging with the community, participating in a variety of meaningful events that fostered connections and support. One highlight was their visit to a local school for Career Day, where they inspired students by sharing insights into law enforcement careers and the importance of community service. The deputies also organized a lively chips and salsa gathering, which allowed them to bond with community members over food and conversation,



Deputies visit the Carmelite Sisters at Casa Convent

strengthening neighborhood ties. Additionally, they visited the Carmelite Sisters at Casa Convent, where they spent quality time with the residents, reinforcing a sense of community and compassion. To top off the month, the deputies spearheaded a toy drive, collecting donations to ensure that children in need would have a joyous

holiday season. These activities exemplified their commitment to community engagement and service.

SOUTH EL MONTE

The South El Monte Special Assignment Team deputies made significant strides in community



Career Day



Toy drive



Career Day



Chips and salsa event



Chips and salsa event

engagement by hosting a series of impactful events. One of the highlights was the Coffee With a Cop event, where deputies met with residents in a relaxed setting, fostering open dialogue and strengthening relationships within the community. This informal gathering allowed citizens to voice their concerns and ask questions, enhancing trust between law enforcement and the community. Additionally, the deputies actively supported local youth by attending and cheering for young baseball players as they prepared for the upcoming season. Their presence not only encouraged the athletes but also emphasized the importance of community support for youth sports initiatives. These events reflect the deputies' dedication to building a positive and collaborative relationship with the residents of South El Monte.



ROSEMEAD

Rosemead Special Assignment Team deputies stopped by to read Dr. Seuss stories with the kids and made story time extra special, filling the room with lots of smiles and laughter. To show their appreciation, the kids proudly handed out certificates to the deputies as a thank-you for sharing their time and making reading so much fun.

TEMPLE CITY

At the periodic Neighborhood Watch meeting at a local church, deputies discussed recent crime trends and arrests made in the area and shared tips on improving home security. They also answered questions from residents and encouraged the community to stay vigilant and report any suspicious

activity. The meeting concluded with a reminder about upcoming safety initiatives and how residents can stay involved.

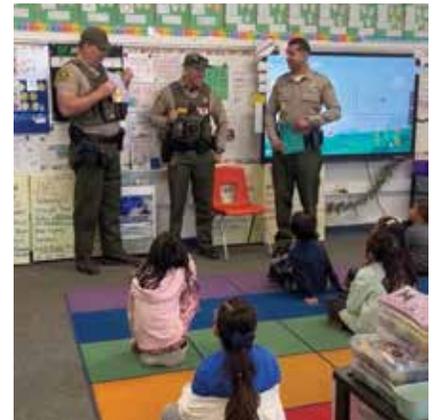
STATION NEWS

Congratulations to Deputies Pereyra and Aparicio on completing their field training!

CAPTAIN'S NOTE

As we reflect on our achievements and ongoing efforts, it's essential to take a moment to express our heartfelt gratitude to all the hard-working personnel at Temple Station. Each day, your dedication and commitment significantly

continued on page 22





strengthen our community and enhance the effectiveness of our operations. From the deputies on patrol who ensure public safety to the support staff who handle critical administrative tasks, every role is vital in maintaining our high standards of service. Our teamwork and resilience, especially during challenging situations, inspire us all to strive for excellence. Whether it's responding to calls, engaging with the community or participating in training sessions, your unwavering efforts do not go unnoticed. Thank you for your relentless pursuit of making Temple Station a beacon of safety and support for our community. Together, we continue to build a safer and more connected environment for everyone. ☆



Deputies Pereyra and Aparicio complete Field Training

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.*

Jennifer D. Aday
County Services Bureau

Rene Aleman
Court Services Bureau — Central

Fe Venus C. Asprer Querido
Custody Support Services

Stephen Bohnert
Parks Bureau

Gualberto P. Castro
Compton Station

Jennifer T. Chan
Inmate Reception Center

Teresa Chan
Personnel Administration

Robert B. Chau
Twin Towers Facility

Ava M. Cook
County Services Bureau

Pietro D'Ingillo
Psychological Services Bureau

John P. Debruijn
Transportation Bureau

David C. Diestel
Lomita Station

Brittany N. Escoba
Walnut Station

Agustin Estela
Court Services Bureau — West

Jacqueline Gonzales
Narcotics Bureau

Benjamin I. Greene
Custody Training Bureau

Nathan D. Grimes
Palmdale Station

Rafael Gutierrez
Metrolink Bureau

Amir Hami
Data Systems Bureau

Linda C. Harris
Inmate Reception Center

Rhonda L. Hennessy
Fiscal Administration

Christopher C. Hernandez
Inmate Services Bureau/Jail
Enterprises

Delicia Hernandez
Major Crimes Bureau

William T. Hill
Men's Central Jail

Clarence A. Hodge
Avalon Station

Eric R. Jaime
Transit Services Bureau

Yuk H. Kwan
Industry Station

Antonio M. Larios
Communications and Fleet
Management Bureau

Jean Leung
Personnel Administration

Maira Llamas Contreras
Transit Services Bureau

Leonard C. Long Jr.
Lomita Station

Fray M. Lupian
Pitchess South Facility

Susan L. Manrique
Court Services Bureau — East

Mark J. Marbach
Homicide Bureau

Julio E. Mata
Court Services Bureau — East

Nancy L. McGauley
West Hollywood Station

Mary Anne Nevins
N. Patrol Division HQ

Eric M. Odenthal
Training Bureau

Carlos L. Parga
Walnut Station

Hector Paz Jr.
Court Services Bureau — West

Melissa L. Rahe
Population Management Bureau

Mark C. Rennie
Scientific Services Bureau

Gilberto Robles
Personnel Administration

Michael S. Row
Major Crimes Bureau

Andy U. Ruiz
Fraud and Cyber Crimes Bureau

Scott A. Rule
County Services Bureau

Nicholas Saldivar
Custody Compliance and
Sustainability Bureau

Richard Santivong
Communications and Fleet
Management Bureau

Sidra Sherrod-Strong
Access to Care Bureau

Javier Tiscareno
Access to Care Bureau

Lisa M. Villanueva
San Dimas Station

John L. Wilkie
Court Services Bureau — West

Anthony C. Williams
Court Services Bureau — West

Bobby S. Wyche
Central Patrol Administrative
Headquarters



By Jessica Aguirre
Century Station



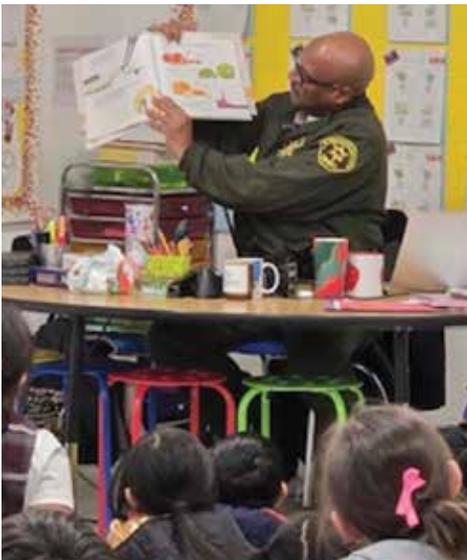
READ ACROSS AMERICA

Century Station deputies brought Read Across America into their communities. The National Education Association's Read Across America is the nation's largest celebration of

reading. This program focuses on motivating children to read. Our deputies devoted their time reading to students in their local schools. Our deputies enjoyed sharing stories with the children. We thank our readers for making this event fun for the children.

BATTLE OF THE BADGES BLOOD DRIVE

Century Station partnered up with the American Red Cross and hosted a blood drive to save lives, emphasizing their role as community heroes.





This event had a great turnout! We thank all law enforcement officers who contributed to the well-being of their community.

COFFEE WITH THE CAPTAIN

Century Station partnered with Starbucks and hosted a community event in the Florence-Firestone area. Community members had the opportunity to meet their local law enforcement leaders in an informal setting to talk about their concerns in the community while enjoying a cup of coffee.

BUILDING OUR YOUTH

Century Station and South Los Angeles Station Explorers participated in a series of training scenarios led by our deputies. The Explorers had the opportunity to engage in high-risk felony traffic stops, clearing buildings, and arrest and control tactics. The training sessions allow Explorers to prepare themselves for their upcoming competitions while building self-confidence and discipline. We hope to see them succeed in the future and become great leaders. ☆





By Dorian Penn Sr.
Transit Services Bureau

WOMEN'S HISTORY MONTH

Transit Services Bureau proudly honors the incredible women who make up our unit. These brilliant, brave and strong individuals serve our community with dedication and heart. Beyond their roles as sworn and professional staff, they are mothers, daughters, sisters and wives — protecting and serving both on duty and at home.





CPR/NARCAN TRAINING

Transit Services Bureau deputies took part in a vital CPR, Narcan and first aid refresher training led by an expert SEB medic during a morning briefing.



MORE THAN 25 YEARS OF DEDICATED SERVICE TO LASD

We would like to extend our heartfelt gratitude and best wishes to Sergeant Keith Johnson, Sergeant Luis Alva, Detective Maira Llamas Contreras and K-9 Handler Deputy Kiley Hayden as they embark on their well-earned retirements.

Thank you for your years of dedication, service and the positive impact you've had on our community. Your contributions will not be forgotten. Wishing you all a happy, healthy and fulfilling retirement!

MEETING WITH OUR NEW DISTRICT ATTORNEY

Transit Services Bureau Acting Chief Thomas Giandomenico, Captain Shawn Kehoe, Lieutenant Brian Jones, LAPD Deputy Chief Donald Graham, LAPD Captain Alex Baez and Metro executives met with L.A. District Attorney Nathan Hochman to collaborate on stronger felony filings for assaults against MTA bus drivers, train operators, staff and patrons. ☆





By Leticia Reyes
Walnut/Diamond Bar Station

TWENTY-FIVE YEARS DOWN

Congratulations to Sergeant Darren Luter for completing his 25th year in the Sheriff's Department! Sergeant Luter has worked a variety of assignments in his 25 years. He began as a young recruit in Class #306 and was sent to Men's Central Jail. He completed patrol training at Industry Station and then transferred to TST. In 2016, he was promoted to sergeant and began his supervisor role at TSB. Nowadays, you can find him at Walnut Station's training and scheduling office working alongside his little brother, Sergeant Mike Luter. You're almost at the finish line!



Sergeant Luter



READ ACROSS AMERICA!

Walnut/Diamond Bar deputies participated in the Read Across America event. Deputies visited a variety of schools within the Walnut/Diamond Bar RD to read at different schools! ☆



LASD PRIDE



**Black Tonal LASD/Badge Cooper
Coffee Tumbler — 16.9 oz.**
\$24.50 Item #: 0647



**LASD Badge 18”
Wood Mini Bat**
\$9.99 Item #: 1490



**Badge/Paw Prints Bone Shape
Pet Mat**
Color: green
\$11.99 Item #: 0579



Papa's Backup Toddler Tee
Sizes: 2T–5/6T, Color: coyote brown
\$16.99 Item #: 2200



Sheriff Badge Baseball
\$8.99 Item #: 1485



**Clear Shot Glass
Badge — 1.75 oz.**
\$10.99 Item #: 0601



**LASD Est. 1850
Performance Zip Hood**
Color: pine
Sizes: S–2X
\$50.50 Item #: 2060



**Distressed Tonal
Flag LASD 1850 Tee**
Sizes: S–2X
Color: rock
\$11.99 Item #: 2104



**LASD Est. 1850
Performance Quarter-Zip**
Colors: smoke, pine
Sizes: XS–2X
\$39.99 Item #: 2059



**Center Distressed Tonal
Flag — Los Angeles County
Sheriff Est. 1850 Tank Top**
Sizes: M–2X
Color: stonewash green
\$13.99 Item #: 2156



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Multi-function, USB-rechargeable compact light can be clipped onto pockets or hats for hands-free use.

\$41.99 Item #: 1192



ProTac 2L-X Flashlight

Offers a brightness of 500 lumens and can be powered either by a USB-rechargeable battery pack or two CR123A lithium batteries.

\$65.50 Item #: 1181



ProTac HPL USB Flashlight

Long-range, USB-rechargeable handheld tactical light boasts 1,000 lumens, ensuring a super bright and far-reaching beam.

\$130.99 Item #: 1178



ProTac HL-X Flashlight

Offers a brightness of 1,000 lumens and can be powered either by a USB-rechargeable battery pack or two CR123A lithium batteries.

\$112.25 Item #: 1179



Powertac M5 Gen3 EDC Flashlight

All-purpose flashlight features a super compact build, with a max output of 2,030 lumens and a throw of 330 meters. It also includes a magnetic charging port for convenient recharging.

\$71.99 Item #: 1194



Powertac E11-G2 Rechargeable EDC Flashlight

Durable, everyday carry flashlight features a 1,300 max lumen output, five output modes and Type-C charging port.

\$50.75 Item #: 1188



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Law Enforcement Gear

EYEWEAR

Safeguard Your Sight

Oakley SI Flak 2.0 XL Matte Black With Prizm Gray

High-performance frames with polarized Prizm lenses designed to eliminate intense glare and enhance contrast and visibility. Features a lightweight and durable design for all-day comfort and protection.

\$142.50 Item #: 0243



SI Fuel Cell Matte Black Tonal TBL Flag With Prizm Black Polar

Made for the brave men and women on the front line. Durable, lightweight and comfortable for all law enforcement officers.

Thin blue line icon accent on the side.

\$161.99 Item #: 0185



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.

\$140.50 Item #: 0189



Radar BE Path Matte Black With Prizm Deep Water Polarized

High-quality frame material with ellipse metal icon accents, available with Prizm lenses to enhance color, contrast and detail for an optimized experience.

Protective hard case included.

\$211.95 Item #: 0162



SI Holbrook Matte Black Tonal TBL Flag With Prizm Black Polar

Special thin blue line edition that honors the heroes in blue. Iconic American frame design is accented by metal rivets and Oakley icons, perfect for those who seek equal parts performance and style.

\$175.75 Item #: 0186



Oakley SI Holbrook Flag Matte Black With Gray

Stylish, high-performance frames feature lenses that provide superior sun and glare protection as well as clarity at every angle. Icon accent color available in tonal flag or U.S. flag.

\$117.25 Item #: 0187



SI Contrail Satin Black With Prizm Gray Polarized

A modern take on the classic pilot sunglasses infused with Oakley design elements. Features a lightweight, durable C-5 alloy frame while the adjustable silicone nose pads help create an ideal fit for stylish, all-day comfort.

\$199.99 Item #: 0155



Leadline Blue Ice With Prizm Gray Polar

Inspired by the active woman who appreciates simplicity in motion, these sunglasses offer hints of an iconic silhouette in a durable, lightweight O-Matter frame that's highly functional and comfortable.

\$105 Item #: 0158



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By Arthur Balyan
Altadena Station

CA LEGISLATOR PRESENTATION

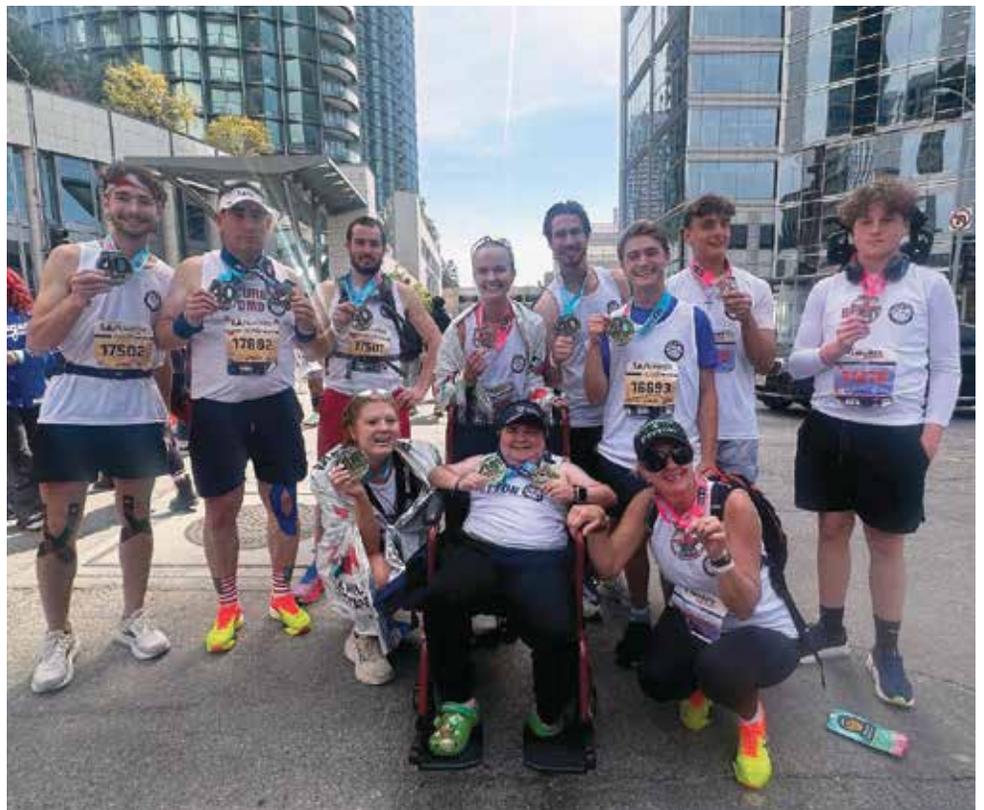
Lieutenant Marquez delivered a comprehensive presentation to California legislators on the Eaton fires, detailing their causes, impact and the critical lessons learned in fire prevention and emergency



40TH ANNUAL LOS ANGELES MARATHON

Lieutenant Marquez participated in the 40th annual Los Angeles Marathon with his

son, Peyton. He ran the 26.2-mile marathon in honor of Peyton's Project, a determined non-profit organization battling the clock to find a cure for Duchenne muscular dystrophy (DMD). Inspired by young Peyton and countless others facing this severe terminal muscle-wasting disease, they are committed to advancing medical



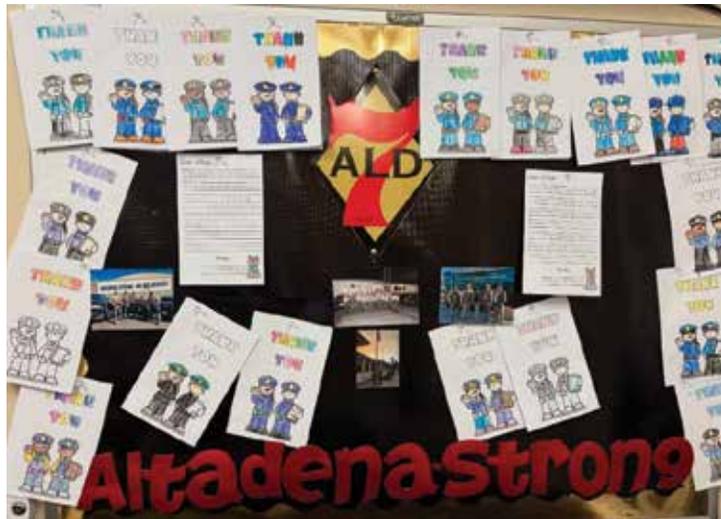
research, supporting families with uncovered medical expenses and advocating for the Duchenne community. Congratulations, Lieutenant Marquez, on your accomplishment.

HILLSIDE CHURCH

A huge thank-you to Hillside Church for joining our PM shift briefing, standing in unity and lifting up our team. Thank you for your encouragement and support.

ALTADENA STRONG

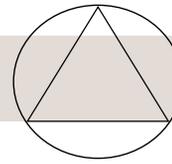
Little hands, big hearts! A huge shout-out to the amazing kindergarteners at one of our beloved elementary schools for these adorable thank-you cards. Your thoughtfulness made our day! Proof that even the smallest hands can make the biggest impact. ☆



☆ **IN MEMORIAM** ☆

- | | | |
|-------------------|-------------------------------------|-----------------------------------|
| VICTOR R. AYALA | RETIRED 08-05-86, DECEASED 02-28-25 | DEPUTY/SPI-SPECIAL INVESTIGATIONS |
| STEPHEN C. CURRY | RETIRED 03-17-98, DECEASED 03-02-25 | LIEUTENANT/TRAP |
| MICHAEL A. DURAN | RETIRED 02-14-24, DECEASED 03-20-25 | SERGEANT/EAST L.A. STATION |
| DAVID D. GALCERAN | RETIRED 03-01-91, DECEASED 02-27-25 | DEPUTY IV/WALNUT STATION |
| WILLIAM R. GAYNOR | RETIRED 03-30-97, DECEASED 03-20-25 | DEPUTY/SEB HOMICIDE BOMB SQUAD |
| WILLIAM A. HAGAN | RETIRED 03-31-86, DECEASED 12-14-23 | DEPUTY/TEMPLE STATION |
| JOSEPH HUYNH | RETIRED 10-03-23, DECEASED 03-07-25 | DEPUTY/PDC-SOUTH |
| ROGER N. MAUCK | RETIRED 08-04-92, DECEASED 03-03-25 | DEPUTY/COURT SERVICES WEST |
| SAMUEL QUEZADA | RETIRED 03-18-91, DECEASED 03-16-25 | DEPUTY/BISCAILUZ JAIL |
- FREDDIE EGGLESTON PASSED AWAY ON JANUARY 31, 2025. SHE WAS THE WIFE OF RETIRED MEMBER RONALD L. EGGLESTON.
 DARLENE CANFIELD PASSED AWAY ON MARCH 20, 2025. SHE WAS THE WIFE OF RETIRED MEMBER RICHARD R. CANFIELD.
 JAYNE M. SALERNO PASSED AWAY ON MARCH 4, 2025. SHE WAS THE WIFE OF RETIRED MEMBER FRANK J. SALERNO.
 TAMARA SIRKEL PASSED AWAY ON MARCH 11, 2025. SHE WAS THE WIFE OF RETIRED MEMBER THOMAS G. SIRKEL JR.

Peace Officer's Fellowship



By Willis Braggs

ADDRESSING SUBSTANCE USE AMONG FIRST RESPONDERS

Deputy sheriffs, firefighters, emergency medical technicians and other first responders face immense challenges in their daily duties, often encountering traumatic situations that can take a significant toll on their mental and emotional well-being. The unique nature of their work, which requires them to respond to life-threatening emergencies, confront violence and tragedy, and cope with the aftermath of disasters, can expose them to heightened levels of stress, anxiety and depression that set them apart from the general population.

To cope with these pressures, some first responders turn to substances, including alcohol, prescription medications or other drugs. Whether it starts as a way to sleep, take the edge off or get through the next shift, substance use can quickly become a pattern that's hard to break. Over time, this can affect relationships, judgment, job performance and overall health. The high-intensity, high-pressure nature of their jobs can lead to an increased risk of mental health issues, which can further exacerbate the likelihood of developing unhealthy drinking habits.

Unfortunately, the culture in many first-responder communities doesn't always make it easy to ask for help. In some cases, substance use may even be downplayed or seen as "part of the job." That mindset puts all of us at greater risk, especially

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

Richard Parmelee
(951) 870-5950

Dave Philippon
(909) 296-0203

Ray Terhorst
(818) 383-5539

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

Marty Weirich
(360) 790-7351

Daryl Williams
(951) 764-3723

Revised 6/13/23

when we're expected to be strong, composed and in control at all times.

But strength also means knowing when to reach out. We need to shift the culture and normalize support. Here are some things we can do:

- **Expand access to support.** Did you know Psychological Services Bureau and many mental health providers in the community offer telehealth options to make it easier to receive assistance without stigma or logistical barriers that may hinder someone from seeking help. Additionally, our Peer Support members are available to talk, confidentially and without judgment.
- **Encourage a culture of care.** Fostering a culture of openness, empathy and mental health awareness within first responder organizations is essential. Leadership can play a pivotal role in this regard by actively destigmatizing mental health discussions, promoting self-care practices and ensuring that first responders feel supported and encouraged to prioritize their well-being.
- **Leverage practical tools.** Early recognition matters. The LASD Lighthouse app includes confidential screening tools (contact me or anyone at Psychological Services Bureau for download information).
- **Watch for warning signs — in ourselves and others.** Changes in behavior, sleep issues, isolation, increased reliance on substances or decreased job performance may

be a signal that someone needs support. Trust your instincts and don't hesitate to speak up.

When we take a proactive, evidence-based approach, we address not just the symptoms but the root causes. That means tackling the trauma, stress and culture that often drive substance use. It also means showing up for one another in real, meaningful ways.

First responders dedicate their lives to protecting and serving others. We owe it to ourselves and to each other to ensure we're protected, supported and well enough to keep doing this job for the long haul. So if you or someone you know is struggling, reach out. Support is available. No judgment. No red tape. Just people who understand what you're going through and want to help. This includes the Peace Officer's Fellowship (POF), a 12-step program pioneered by Alcoholics Anonymous but tailored specifically for law enforcement personnel. Since POF's inception in the 1970s, our Department has been a steadfast pillar of support, helping employees tackle a range of issues, from alcohol and prescription medication misuse to substance dependence. In addition to the POF, the Substance Abuse Resource Program is available to offer support and resources as needed, as is our team of peer supporters, chaplains and police psychologists. You can connect with someone from POF by calling anyone noted in the table above. You can connect with the other resources mentioned above by calling Psychological Services Bureau (PSB) at (213) 738-3500. ☆

STAY UP TO DATE!



Check out news and events at
www.sheriffsrelief.org

Save the Date!

Law Enforcement Serra Retreat

SEPTEMBER 26–28, 2025

This weekend marks the 79th anniversary of the Sheriff's Department Law Enforcement Retreat at the Serra Retreat House in Malibu.

The retreat house is definitely open for retreats and is still following the state and CDC guidelines regarding home-cooked meals and cleaning protocols.

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 26. We recommend leaving home early to avoid traffic. 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 28.

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

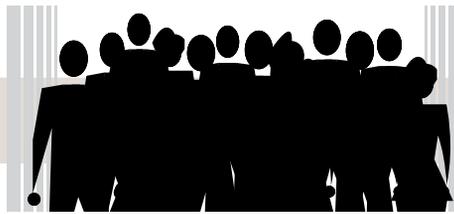
Andy Thompson
(714) 293-5898

Chickee and Norm Nelson
(562) 760-0875

Leo Bauer
(661) 388-9650

Ingrid Jefferys
(909) 234-8151

Tony and Shiela Martins
(562) 753-1963



PEER SUPPORT PROGRAM

By Jason Kiger

MAY IS MENTAL HEALTH AWARENESS MONTH

Last month, our Department hosted its second annual 5K Suicide Awareness and Prevention Run/Walk. For everyone who participated, we sincerely appreciate you. It was a truly inspiring experience to witness such a diverse group of people, from the first responder family to the community members we serve. It's one of the events I look forward to every year — all united for a cause that touches so many lives.

Events like this are more than just symbolic gestures. They're moments of connection, healing and hope. They remind us that no one walks through life alone and that when we show up for each other, we build the kind of community that saves lives. Personally, it's one of the highlights of my year — being part of something so meaningful and deeply needed.

As we move into May, which is Mental Health Awareness Month, let's take a moment to think about those in our families, neighborhoods and communities who face mental health challenges daily. These issues can range from severe conditions to more manageable struggles. Mental health conditions include anxiety disorders, mood disorders, psychotic disorders, eating disorders, obsessive-compulsive disorder (OCD) and post-traumatic stress disorder (PTSD).

You may wonder, "Where do these issues come from?" Mental health conditions are often the result of a combination of factors. It's important to remember that no single factor causes mental health issues; rather, they are influenced by many elements. Here are some key factors that contribute to the development of mental health conditions:

- **Genetics:** Some conditions are inherited and can be present from birth.
- **Brain chemistry:** Imbalances in brain chemicals play a significant role in mental health.
- **Life experiences:** Trauma, stress and loss can deeply impact well-being.
- **Social and cultural factors:** Socioeconomic status, discrimination, social exclusion, violence, isolation and lack of support can all influence mental health.
- **Environmental factors:** Pollution and limited access to nature can contribute to mental health challenges.
- **Medical conditions:** Chronic illnesses, such as those related to depression or anxiety, can worsen mental health issues.

Understanding these factors helps remove the stigma. Mental health is not a weakness, and it's certainly not something people choose. It's a human reality and something we can all take steps to improve, both for ourselves and others.

Since joining the Department, I've learned to be more patient with others — being more compassionate with my family, more understanding with my peers and colleagues, and more present for the community we serve. It's not always easy, especially in high-stress situations, but it's worth the effort.

It's crucial to remember that not all health conditions are visible. We don't wear labels that show our struggles, but we can choose to look a little closer, be a little kinder and lead with empathy.

If you or someone you know is struggling, please know that you're not alone. Our Department's Peer Support team is here to help. Whether you just need to talk, need help connecting to resources or want to be part of the solution, we welcome you. We're always looking for compassionate, committed individuals to join our team and help strengthen the culture of care within our Department. If you're interested in getting involved, or if you simply need support, please reach out to the Psychological Services Bureau at (213) 738-3500 and ask for the Peer Support coordinator or to be connected with a Peer Support team member. We're here for you.

Thank you for your continued support in promoting mental health awareness and creating a compassionate environment — for our Department, our families and our communities. ☆

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FROM THE DOCS

ROMANTIC RELATIONSHIPS IN LAW ENFORCEMENT: NAVIGATING UNIQUE CHALLENGES

By Lau Morrison, Psy.D.

Romantic partnerships in law enforcement can experience unique and significant hurdles, which those in other industries might not even consider. From round-the-clock working hours to stress-filled encounters with constant traumatic incidents, the rigor of the job can take a toll on personal relationships. For many deputies, the impact of their job permeates their romantic lives, complicating communication, intimacy and general connection with partners.

While men and women in the profession tend to marry and divorce repeatedly over their careers, there are also some that stay together for decades. So what is different between couples who make it and those who don't? Here are the top three behaviors that resilient couples practice.

Start a conversation at neutral times. Due to the general scarcity of time for those in law enforcement, when you have the time, you cherish all those moments you can spend together as a couple. In those moments, you do not want to add conflict, complaining or "nagging" to the conversations; understandably, you want to enjoy time together. But it often leads to surface-level conversations. You are in a rut and confronted with a cycle where you and your partner are both feeling distant, not communicating and like you are on opposite teams. Then, when you inevitably disagree about anything, the arguments start piling up, and both of you are exhausted and willing to do anything to prevent any other disagreements. This is how the cycle starts all over again.

Over time, deep/authentic conversations are only being had during arguments. How can we

prevent this cycle? Even when things are scary, engage in genuine and authentic conversations when things happen. This sometimes means disagreeing with the other person's point of view when you are not arguing. Share your thoughts and feelings, even if they do not make for fun conversations. During these "nonheated/neutral" moments, the two of you can truly hear and consider what your partner is saying. Allow yourself the opportunity to notice disagreements without automatically getting into an argument. Having a few minutes to connect, to talk openly and honestly with one another, even if about a difference of opinion in this case, leaves you with a strong understanding where you both know "the other person" is ultimately going to make you feel connected and aware of each other's viewpoints.

The daily check-in. Do you and your significant other find yourselves doing daily tasks together and feel that one day flows into the next? There is always something that demands our attention. It often makes sense to put off a conversation to take care of a situation at work or with family members. The couples who withstand their marriages/relationships are usually those who speak daily. This does not have to be hours long. Commit to spending 10-15 minutes each day giving each other 100% of your attention. Try to spend this time together, in person, without phones or other electronics. But even if work schedules aren't conducive to allowing this, make it a priority to engage in a daily phone call with your significant other. These short check-ins, where you can discuss anything on your

mind, especially when you can hear each other's voice (instead of text messaging), will naturally elevate your connection toward each other.

Make time for intimacy. Work, stress, kids, exercise and professional demands make it easy to push intimacy in your relationship to the backseat. We don't usually mean to go days without touching, looking at or talking to each other. In couples, the first disconnection occurs most often regarding intimacy. This is very much a part of your love life. Most couples experience thriving physical and sexual connections in the initial stages of their relationship. As time goes by, however, they tend to allow other "stuff" to get in the way. While the excitement of the new relationship is difficult to match, it is essential to continue working on maintaining a healthy sexual connection. Keep your relationship on a slow burn, letting the tension build and the connection intensify over time. Cultivate intimacy by gradually allowing your relationship to develop, creating a steady connection buildup. Every couple deepens their intimacy in their own way, so take the time to discover what works for you. Focus on deliberate behaviors and actions that keep the temptation alive, helping you to view your partner as a sexual being continually.

If you would like more assistance in navigating romantic relationships or help with finding ways to feel more connected to your significant other, contact the Psychological Services Bureau at (213) 738-3500 for a free and confidential consultation or appointment with a licensed clinical psychologist or to connect with a Peer Support member or chaplain. ☆

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All retirees and their significant others are welcome. We'll go through the line for meat, then a second line for side items and drinks.

Fun fact: This was the location of our first luncheon in 2001, which had five attendees: Chuck Rodriguez, Theodore "Pappy" Benton, William "Bill" Brown, Fred Martin and Dan Castillo.



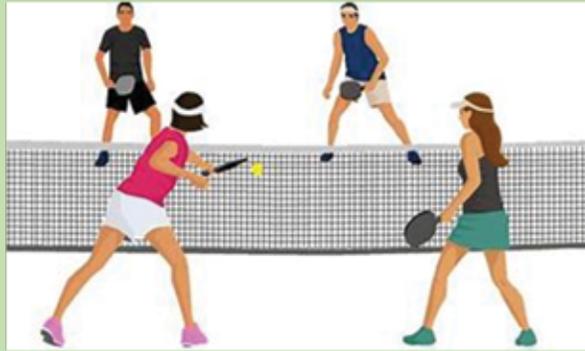
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★ **Century Station**

★ **Facilities Services Bureau**

★ **From the Docs**

★ **Peace Officer's Fellowship**

★ **Peer Support Program**

★ **Psychological Services Bureau**

★ **Retired Deputies**

★ **San Dimas Station**

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★ **Walnut/Diamond Bar Station**

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American Legion Star Post 309
Antelope Valley Court
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Community College Bureau
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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
Food Services Unit
Gender Responsive Services
Homicide Bureau

Industry Station
Inglewood Court
Inmate Reception Center
Inmate Services Bureau
Intake Specialist Unit
Internal Affairs Bureau
Internal Criminal Investigation Bureau
Lakewood Station
Lancaster Station
LASD Office of PREA Compliance
LASD Spouses Supporting Spouses
LASD Women's Running Team
Lomita Station
Los Angeles Sheriff's Department Band
Los Angeles Sheriff's Department Elite Running Team
Los Angeles Sheriff's Department Grizzlies
Los Angeles Sheriffs' Museum
Marina del Rey Station
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Malibu/Lost Hills Station
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Training Bureau
Twin Towers Correctional Facility
United Peace Officers Against Crime
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West Hollywood Station

Send updates and photos to annie@SRA1.org or annie@sheriffsrelief.org by the first of the month for publication in the following month's issue.

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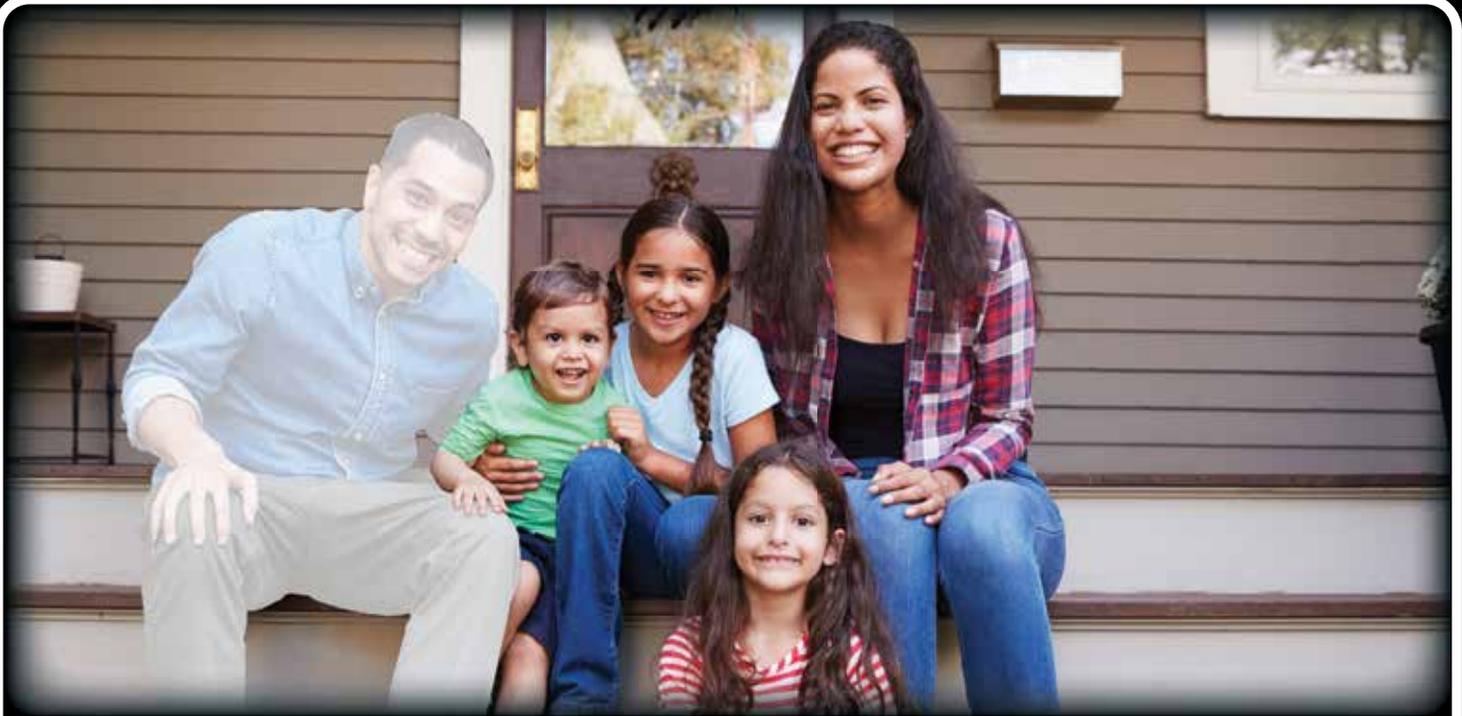
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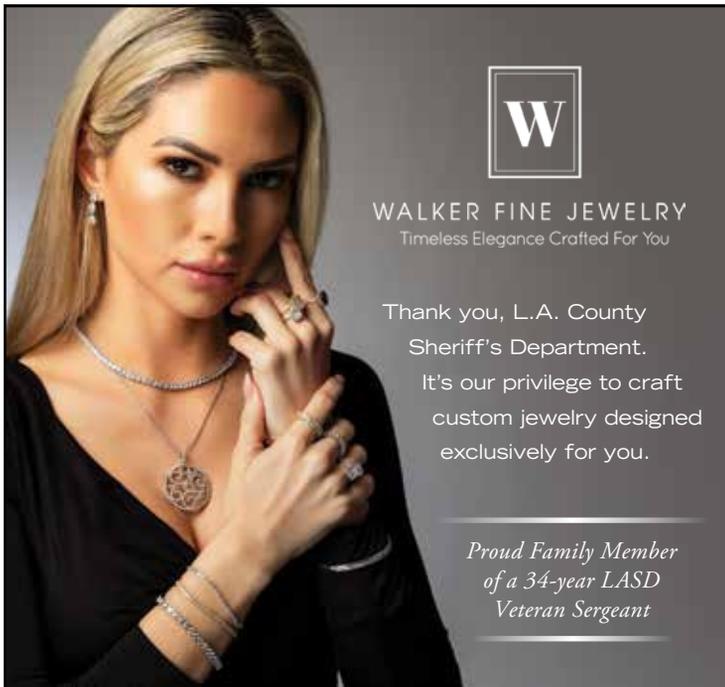
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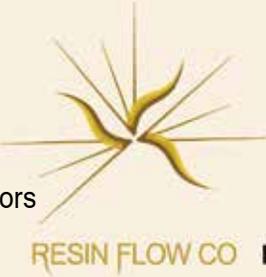
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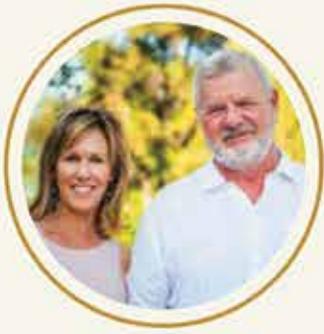
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