

DEPUTY SHERIFFS' ASSOCIATION OF SAN DIEGO COUNTY

SILVER STAR

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DSAIN PICTURES



DISPATCHER APPRECIATION WEEK was April 11-17. DSA President David Leonhardi and CAO Rachel Parrott dropped off a few gifts in support of our partners at the Comm Center. Thank you for all you do!

REMINDER: Send us your “Day in the Life” submissions for a chance to win a \$50 gift card!



WHILE THE TOPIC OF MENTAL HEALTH is still considered taboo in many spheres, some are willing to share their stories in the hopes of inspiring or encouraging others. Thankfully, this month Deputy and USMC Veteran David Barrera does just that. Read David's story on page 20.



CONGRATS ARE IN ORDER to Greg Reynolds on his 50th “Ten 7” report, which appears in this issue. Greg, you’ve written close to 100,000 words for the *Silver Star*, and for that, we are grateful. Keep up the good work wrangling those retirees for their stories!

CONGRATULATIONS TO ALL RECENT RETIREES, including Kelly Moody, pictured left on the day of his retirement celebration. There is a long list of retirements since March 1, 2021. Congratulations and happy trails to all!

CLEVE WILLIS	JOHN MARYON	PATRICK GARDNER
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DAVID MOSS	KEVIN OLIN	RICHARD HAAR
DON WOOD	KEVIN PRICE	RICHARD PHILLIPS
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VOL 37 NO 5

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Deadline for submitting an article is the 10th of the month prior to publication. All copy must be submitted with the name of author, work location, and phone number. Please e-mail submissions to aheckman@dsasd.org.

DSA MISSION

The promotion of professionalism in law enforcement by providing service to the community, working with the Department and County to represent deputy sheriffs of all ranks in negotiating and protection of their rights.

VALUES

Honesty, Integrity, Dedication,
Accountability, Respect,
Compassion, Courage and Trust

The views, expressions, or opinions of those writing for the *Silver Star* do not necessarily express the opinions or views of the DSA, the Publications Staff, or any person or agency of the County of San Diego. The *Silver Star's* editorial policy is to allow members to express their individual opinions and concerns within the necessary considerations of legality and space. Submissions that are racist, sexist, or unnecessarily inflammatory or offensive will not be published. The *Silver Star* will not publish any article which contains inappropriate content as deemed by the editor, staff of the DSA, and/or the Board of Directors. The *Silver Star* may not be used to air personal grievances or engage in a debate with an individual, unless it directly relates to the DSA membership as a whole.

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ON THE COVER:

What's on your mind? In honor of Mental Health Awareness Month, our May cover illustration represents some of the stressors & issues that can (and often do) have a dramatic impact on our mental health.

SILVER STAR

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PRESIDENT’S REPORT

DAVID LEONHARDI

In the original publication of this op-ed in the San Diego Union-Tribune, I listed some socioeconomic factors that lead to more contacts between deputies and Black citizens. I made that statement without using a citation, but want to clarify that I wasn’t just providing my personal opinion. I’ve received feedback from some members who felt my comments were inflammatory and that I was stereotyping the Black community. I hope this updated version with citations helps to clarify those statements as evidence-based arguments to refute the Union-Tribune’s accusation that deputies are systemically biased against the Black community.

To our members who felt I was stereotyping or providing a personal opinion about a community of which I am not a part, I sincerely apologize. I firmly believe the role of the DSA is to support our deputies, both publicly and privately. When the local newspaper used RIPA data to make sweeping accusations of systemic racial bias by our deputies, I felt the need to speak up and offer alternative explanations to discrepancies between RIPA and census data. I am honored to represent the deputy sheriffs of San Diego County, and as long as I am DSA President, I will defend our deputies against accusations I know to be false.

The San Diego Union-Tribune’s “Color of Authority” series analyzed data from nearly 500,000 stops by the San Diego Police Department and San Diego County Sheriff’s Department of drivers and pedestrians and identified racial disparities, an important issue that deserves discussion and attention. But the report went on to conclude that these disparities resulted from racial bias in local law enforcement agencies, a finding that is not supported by the data and which disparages the character and integrity of the fine men and women who serve our community as San Diego County deputy sheriffs.

More specifically, the report found that deputy sheriffs stop White, Native American, and Black people more than their percentage of the county population, while stopping members of the Latino, biracial, and Asian communities less than their percentage of the county population. The report found that the group stopped most disproportionately by deputy sheriffs are Black residents, as they are stopped or detained 7.9 percent of the time but make up 4.7 percent of the population census data.

The report attributes these disparities to institutional bias, an easy conclusion when we are all troubled by incidents of racism in other parts of the country, and viewing in horror the actions of some individuals who have disgraced the badge with their conduct, such as Derek Chauvin.

Having served the department for 15 years, and now in my role as president of the Deputy Sheriffs’ Association, I disagree with this conclusion, not just because Sheriff’s Department has embraced the principles of equality in its recruitment, training, promotions and policies for many years, but also because the data simply doesn’t support that conclusion.

One of the major flaws in the data cited by the U-T is the comparison of Racial and Identity Profiling Act (RIPA) data, which logs law enforcement’s reported perception of a subject’s race, versus census data, which is self-reported race and ethnicity information provided by respondents. If a deputy perceives an individual he or she is stopping as Black, that interaction will be categorized as a contact between the Sheriff’s Department and a Black citizen; however, if that same individual considers himself or herself to be multiracial or Latino, for example, then it can appear as if Black people are stopped at a higher percentage than they comprise in the community, when in fact that may not be the case.

Another shortcoming in the data is the failure to adjust census data to accurately match the actual proportion of various groups by race, thereby underestimating the proportion of Black residents in our community and exaggerating the gap between population and stop data for Black people and the perception that the department is unfairly targeting one group.

Let me explain. Census data does not account for some of our region’s largest demographic groups, such as military personnel or tourists. The U.S. Navy, for instance, is the largest employer in San Diego County, employing over 34,000 people. This instance alone offers a glimpse into the underrepresentation in the population statistics derived from census data.

Additionally, there are other socioeconomic factors that better explain the variance between Black residents as a proportion of total residents, and Black people as a proportion of individuals stopped by the Sheriff’s Department. Multiple sources cite homelessness¹, poverty², mental illness³, and the inability

to maintain a vehicle⁴ as socioeconomic factors which disproportionately affect the Black community. This inequity may lead to more services from the Sheriff’s Department and higher rates of contact with Black citizens.*

This year, nearly 60 percent of our academy class is composed of members of communities of color. Every deputy sheriff is trained on implicit bias, diversity and inclusion, de-escalation, and handling people in mental crises.

There is no place in the San Diego County Sheriff’s Department for any individual who would allow racial bias to interfere with the fair and just execution of their duties.

Rather than disparage the Sheriff’s Department and the 2,500 professional sworn law enforcement officers who serve this department and members of the public with honor, courage and respect every day, San Diegans should understand the shortcomings of the study provide a more obvious explanation of the variations highlighted in the report.

Honesty, integrity, trust, loyalty, fairness, respect, and diversity are the core values expected of every deputy sheriff in San Diego County. Deputy sheriffs are a reflection of our society and certainly are not perfect, but we are held to a high standard.

The RIPA data is important. Our community needs to talk about it, reflect on this important issue, look for causes, and find solutions. But I’m not sure that’s what the U-T has done with this data.

It’s easy to pile on against the honorable men and women of my profession these days, and to quickly conclude that if one group is subject to more law enforcement contact, the root cause of those contacts is institutional racism within the Sheriff’s Department.

But a careful analysis of the data would conclude that there are a number of factors that contribute to the appearance of a disproportionate rate of contact between our department and the Black community, and none of those rely on concluding that the fine men and women of our department carry out their duties with bias against any group. ★

**This paragraph has been edited since its original publication to add source information and further highlight the importance of conversation around the systemic injustices Black Americans experience.*

¹ “Homelessness and Racial Disparities,” National Alliance to End Homelessness website, October 2020, <https://endhomelessness.org/homelessness-in-america/what-causes-homelessness/inequality/>

² “Neighborhood Poverty,” National Equity Atlas website, https://nationalequityatlas.org/indicators/Neighborhood_poverty#/

³ “Black and African American Communities and Mental Health,” Mental Health America website, <https://www.mhanational.org/issues/black-and-african-american-communities-and-mental-health>

⁴ “Car Access,” National Equity Atlas website, https://nationalequityatlas.org/indicators/Car_access#/



VICE PRESIDENT’S REPORT

RAYMOND CASTILLO

In-Custody Deaths

Inside our jails, the unfortunate occurrence of in-custody deaths (ICDs) stems from a wide variety of reasons. Among the most common causes are:

- Accidents (e.g. overdose)
- Health issues (e.g. pre-existing medical conditions)
- Self-harm (e.g. suicide)
- Use of Force (e.g. cell extraction)

A commonality among these types of ICDs is the likelihood that administrative and criminal investigations may occur depending on the circumstances or manner in which the decedent passed. Additionally, civil litigation sometimes follows, as plaintiffs generally allege culpability by claiming the death was the result of acts or omissions by jail staff which caused or accelerated the death.

TYPES OF IN-CUSTODY DEATH INVESTIGATIONS

Several types of investigations by different units occur when there is an ICD. The incident could involve potential violations of criminal law, prisoners’ civil rights, and administrative policies or procedures. While each type of investigation seeks information to determine how the ICD occurred, the emphases and purposes of administrative, criminal, and civil investigations are quite different.

1. **Administrative Investigation** – An administrative investigation is conducted to determine whether involved staff acted in violation of Department policies, procedures, rules, or regulations. Additionally, some personnel-related information resulting from an administrative investigation may also have some level of protection from discovery.
2. **Criminal Investigation** – The primary purpose of a criminal investigation is determining who was criminally responsible for the death and gathering evidence and other information to help the prosecutor determine whether criminal charges should be filed and to assist in prosecuting cases taken to criminal court.
3. **Civil Liability Investigation** – The focus of a civil liability investigation is gathering information to determine possible civil rights issues and to prepare to respond to potential litigation. The elements for establishing civil culpability (burden of proof) are different from those necessary to establish criminal guilt (beyond a reasonable doubt).

IN-CUSTODY DEATH RESPONSE

Below is a condensed, synopsised example of what occurs at a jail following an ICD.

When an ICD occurs, it is handled and secured as a crime scene. Comm Center is notified via the shift watch commander (or their designee). Sheriff’s Homicide, Detentions Investigations Unit (DIU), and Division of Inspectional Services (DIS) respond to the jail. Facility administrators and other managers begin looking at events and protocols leading up to, during, and after the incident. Additionally, a video review or audit of the area where the ICD occurred will be conducted including a review of policies and procedures. The facility commander will also be briefed and communicate pertinent information up their chain of command.

After Homicide, DIU, and DIS arrive at the affected facility, the team watch commander will designate a sworn staff member to debrief the incident. Booking records and all pertinent information related to the decedent are collected, communicated, and distributed to the responding units to aid their investigations. At the conclusion of the initial debrief, investigators will conduct their investigations which includes interviews of jail staff and inmates, evidence collection including video(s) and reports, and photographs taken by crime lab personnel. Lastly, the medical examiner will respond to take possession of the body. In totality, it will take several hours before the crime scene is deemed clear by Homicide investigators.

Once the investigators from Homicide, DIU, and DIS have completed their initial

investigations, they reconvene to share information they obtained prior to leaving the jail. The facility and team watch commanders are usually present for this second debrief.

At a later date, DIS will schedule a Critical Incident Review Board (CIRB) presentation where the ICD investigation will be discussed in greater detail with Sheriff’s Command and legal.

Sometime during or following the Department’s review of the ICD, several actions are possible:

- The initiation of an Internal Affairs investigation to determine if disciplinary action against culpable staff is warranted
- The finding that staff acted within policy, however flawed policies and procedures were identified thus prompting a change
- The finding that staff acted within policies and procedures and that the policies and procedures were adequate

Additionally, civil liability reviews are conducted under the guidance of Sheriff’s legal counsel to carefully evaluate the incident and the circumstances surrounding it, including actions taken by jail staff.

IN-CUSTODY DEATH DSA REPRESENTATION

As previously stated, when an ICD occurs in one of our jails, Sheriff’s Homicide, DIU, and DIS respond to investigate. Their investigations are parallel but separate inquiries.

The DSA will provide attorneys to members identified and involved in ICD investigations to ensure their rights are protected. Usually, when the team watch commander (or their designee) notifies Comm Center of the incident, the DSA attorneys at Bobbitt, Pinckard & Fields, APC are included in the call-out notification. Affected members may also contact the DSA Office or a DSA Director directly to request representation. Involved deputies should refrain from providing immediate written or verbal statements (including debriefs) to investigators until they have either spoken to or met with legal counsel.

Upon arrival, the DSA attorney(s) will contact and meet with the member deputy or deputies to discuss the ICD in private. They will also accompany and be with the deputy or deputies during their interview(s) with investigators.

Witnesses do not normally receive legal representation; however, past (administrative) practices have raised some concerns on the need to consult with an attorney prior to giving statements. Although no wrongdoing occurred or was observed during the member’s direct handling of an ICD, facility and Department “audits” of involved deputies where video, not directly related to the incident, was reviewed for “other” policy violations. This sometimes led to administrative investigations to matters unrelated to the ICD. In these instances, witnesses became accused employees for being associated with an ICD, thus requiring DSA legal representation.

IN CLOSING...

You have a duty to cooperate with the investigation, but not to forfeit your constitutional or POBAR rights. Our attorneys will guide you through the interview process, and if the incident evolves into an administrative or criminal matter, know you have the best attorneys representing you moving forward.

Additionally, and equally important, ICDs can affect everyone differently depending on the circumstances and your involvement. Peer Support and the Counseling Team can be contacted to assist members with coping during traumatic events like this. Don’t hesitate to reach out for assistance. ★

HOW TO REACH THE BOARD OF DIRECTORS

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PADRES SEASON TICKETS LOTTERY DRAWING FOR CLASS 1 ACTIVE DSA MEMBERS

Due to COVID-19 restrictions, the DSA is receiving its 2021 Padres season tickets in **limited batches** over the course of the season. We are typically only given 1-2 days' notice before receiving a batch of tickets. To create a fair and efficient process, tickets are being sold to members in sets of two or four (depending on availability) on a **lottery basis as they are received**.

Enter the drawing online at www.dsad.org/padres. Your name will be entered to win with each drawing. One entry per member; max of one win per member.

Be sure to list accurate contact information when you enter, as the DSA will make two attempts to reach you by phone the day of the drawing. Send questions to info@dsasd.org.

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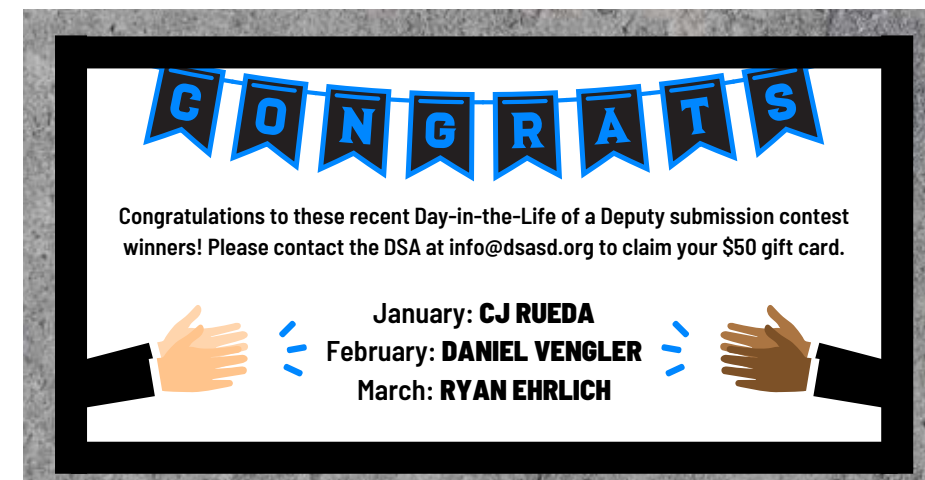


New Member Benefits Portal Now Live for Class 1 Active Members! Access in 5 Easy Steps:

1. Visit www.dsasd.org/association-information/
2. Click the link to the iQue Member Portal.
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4. If the information you provide matches an active account in the DSA iQue member database, you will be prompted to create a username and password.
5. You're all set to log in from there!

This new tool will come in handy when you need to see what benefits you have in place through the DSA, view beneficiaries, change your address, or view year-end tax information.

Questions? Contact the DSA at info@dsasd.org or (858) 486-9009.



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The DSA office has reopened.
Office hours are Monday
through Friday from 8:00 a.m.
to 5:00 p.m. Reach the DSA
at (858) 486-9009 or info@dsasd.org.

DSA Store hours are Monday
through Friday from 8:00 a.m.
to 4:00 p.m. Reach the store
at (858) 486-9009, ext. 103.

Upcoming DSA Closures

July 5

Upcoming General Member Meetings

May 13 | 2:00 p.m.

June 10 | 2:00 p.m.

All meetings will be
conducted virtually via
Zoom teleconference until
further notice. Meeting links
can be found on the DSA
online events calendar (login
required).

Peace Officers Memorial Day

May 15

DSA Dinner Dance

August 14 @ Hilton Torrey
Pines

Memorial Golf Tournament

September 20 @ Bernardo
Heights Country Club
www.dsasd.org/golf

DSASD LEGISLATIVE POSITIONS FOR THE 2021 SESSION AT A GLANCE:

BILL NUMBER	BRIEF DESCRIPTION	OUR POSITION
AB 26	This would require law enforcement policies to require officers to immediately report potential excessive force and to intercede when present.	ACTIVE OPPOSE
AB 48	Places restrictions on the use of less lethal weapons.	NO POSITION
AB 89	Requires a prospective peace officer to hold a B.A. or be at least 25 years of age to be eligible to become a peace officer.	ACTIVE OPPOSE
AB 594	Independent use of force investigations for deadly UOF encounters.	NO POSITION
AB 931	This policy advocates for an 8-hour training every couple of years regarding duty to intervene.	ACTIVE SUPPORT
AB 1455	Extends the statute of limitations for filing civil actions against officers who have committed sexual assault.	NO POSITION
SB 2	Establishes a biased decertification process and eliminates state-level qualified immunity.	ACTIVE OPPOSE
SB 16	Disclosure of unfounded and non-sustained peace officer records.	ACTIVE OPPOSE
SB 57	Authorizes the City and County of San Francisco, the County of Los Angeles, and the City of Oakland to approve entities to operate overdose prevention programs for persons that satisfy specified requirements, including, among other things, providing a hygienic space supervised by trained staff where people who use drugs can consume preobtained drugs.	ACTIVE OPPOSE
SB 271	Authorizes civilians to run for sheriff without requiring candidates have a POST certificate.	ACTIVE OPPOSE



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Tell Your Story

A “Day in the Life of a Deputy” Monthly Submission Contest



The DSA is now accepting submissions in the form of pictures + anecdotes that showcase a “day of the life” of a deputy. Submissions can be from on or off-duty adventures you deem fun, funny, interesting, or inspiring. In telling our stories, our communities at home and at work can get to know us on a more personal level, which can foster trust, build morale, and help humanize our profession.

Each submission is equal to one entry into a monthly drawing for a \$50 DSA store gift card. Send entries to info@dsasd.org. Photos may be used on social media or in the Silver Star. Gift card winners will be drawn on the last weekday of each month.



MAGEN Online Security

The DSA has partnered with MAGEN Online Security to offer a special DSA member rate of \$45/year. To register, visit https://law-enforcement.magen.online and use promotional code DSASD during checkout. Information can also be found on the DSA website at www.dsasd.org/magen-online-security (login required).

DEPUTY SHERIFFS' ASSOCIATION OF SAN DIEGO

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DID YOU KNOW?

The legal fees associated with an average Internal Affairs investigation can cost upwards of \$2,000.

Visit www.dsasd.org/active-member-benefits to learn more. Have an idea for a member benefit to add to this list? Let us know at info@dsasd.org.



The Toll

by DSA Director Dawn Morabe

I carry the weight of loss of a loved one like many of you. The manner in which my loved one left me was so unsettling, it rocked me to my core. My loved one, Tommy, could no longer bear this world, so he took his own life with a gun and his police badge in hand. Sergeant Tom Richards, with 25 years of service and a doctorate degree in psychology, left us on February 16, 2013.

Tommy spent his career counseling and mentoring other officers through our career and its inevitable critical incidents. He was instrumental in creating a Trauma Support Team at his agency after his own experience in a tragic and fatal traumatic critical incident. Afterwards, he made a positive difference in our career of law enforcement and in the lives of many officers and citizens.

Much later I would come to understand that the invisible injury on Tommy’s soul had never healed and eventually lead him to pay the ultimate toll. Earlier before his death, an officer from Tommy’s agency had committed suicide. Tommy told a friend, “You have to understand, sometimes you get to the point where there’s just no way out, and the only way out is to end your life. I can’t explain it to you, but that’s what it is. Don’t take it personally. Don’t think that person’s being selfish. That’s the only way they know how to get the pain to stop.”

There is no doubt this career takes mental hostages, and Tommy was one of them. Tommy had an invisible injury, and I had no idea it would lead him to later take his own life. I remember returning to work after his funeral, devastated. Not only did I help bury my brother-in-law but also my brother in law enforcement. My sergeant at the time didn’t tell anyone at work what was going on. When I returned to work my partners asked where I had been, as well as both of my lieutenants. It wasn’t their fault, but I felt so devastated that we had all lost a partner of our profession to suicide. My sergeant at that time was not comfortable talking about suicide.

Today I have made peace with Tommy’s choice to give himself back to this earth, a tender broken soul. Some who may know Tommy’s life story might ask why I noted his End of Watch (EOW) as February 16, 2013. I did so because retirement does not provide us a pardon from the traumas and burdens that we experience in this career.

Suicide is something we only speak about in whispers, and that has to change. Perhaps the act of law enforcement suicide shocks our consciousness and reverberates at a primal level within our own psyches. Suicide claims the lives of officers every year and that has been constant. When we sustain a physical injury in the line of duty, we know how to seek care, we know how to support one another, and we know how to honor one another in the event of their death. But what if the injury is unseen because it is a traumatic imprint on our soul?

Currently, the National Law Enforcement Officers Memorial Fund does not recognize suicide as a line-of-duty death, nor does the State Memorial. Why? We are dispatched to, witness to, and involved in some of the most heinous random acts of violence in our society. We are discarded and not seen as the silent victims of these dark tragedies. No more whispers or rational excuses. Let’s be real about our career and the inevitable traumas on our souls, as well as the toll we pay. Let’s honor our broken brothers and sisters who could no longer bear these traumas and burdens. Let’s honor them and add their names to our memorials.

This month is Mental Health Awareness Month. Let’s all check in with one another. Take some extra time this month to connect and open up with one another about the tolls due from this career. There is no escaping that each one of us may have a toll to pay. There is nothing strong or courageous about hiding our feelings or pretending we are not affected by these traumas we see and experience. We all accept our job to help serve and protect people. Let’s help ourselves and each another and start talking about how these traumas are impacting our lives, our careers, our families, and our souls. There is so much light in this world and in each one of us. Let’s spread light and understanding upon one another and extinguish the stigma around law enforcement suicide.

Rest in peace, Tommy, and all our brothers and sisters in law enforcement who are now ashes to dust as the silent victims of this career. ★



An Inside Look at the DSA

by DSA Chief Administrative Officer Rachel Parrott

DSA OFFICE REOPENS

With San Diego County moving into the orange tier back in April, the DSA office has officially reopened. Our staff has been operating at reduced capacity for the past year to comply with COVID-19 restrictions, so we are excited to continue to head in a positive direction of lightened restrictions. This makes us cautiously optimistic for the likelihood of our staple events, like the Dinner Dance, taking place this year without further delay. Continue to check back to the DSA website, in the *Silver Star*, and in the monthly email newsletter for up-to-date information on upcoming events.

Currently, all DSA board meetings are available to all members via Zoom. But beginning May 13, DSA member meetings will resume in person at the DSA office at 5:30 p.m. on the second Thursday of each month. We are excited to return to our regular meeting schedule and, as in the past, dinner will still be provided. So, come hungry if you attend in-person!

MEMORIALS UPDATE

Due to the uncertainty of COVID restrictions, all of the peace officer memorial celebrations for May have been either cancelled or postponed. Both the local and state memorials have cancelled their 2021 ceremonies and will release information about their 2022 ceremonies later this year. Thankfully, the 2021 National Law Enforcement Memorial has been postponed until October 12-17, 2021. The DSA will send over 10 members this year, along with some DSA board members, to participate in the ceremonies and memorials of those that have been lost in the line of duty over the past two years. 2020 was a uniquely trying year for law enforcement, and I can only imagine the camaraderie that will be felt throughout D.C. when thousands and thousands of law enforcement officers stand together remembering their fallen.

LOG IN TO YOUR NEW MEMBER BENEFITS PORTAL

The DSA iQue member benefits portal is now live. Keep an eye on your mailbox, as a postcard with specific instructions on how to access the portal has been sent out. For more information on how to log on and access the portal, please visit www.dsasd.org/association-information and click on the iQue icon.

DSA MEMBER BENEFITS

April was a very difficult month as we navigated the loss of two active DSA members, many of our retired members, and learned of numerous deputy injuries, hospitalizations, and illnesses. One of our main priorities when we learn about these situations is to make sure our deputies have what they need and inform them or their families, teams, and supervisors of the benefits available to them. In most cases, especially in crisis or traumatic situations, members forget about the

benefits the DSA offers to ensure members are supported through trying times. If you or someone you work with is dealing with sickness, injury, a death, or other life-altering situation, please do not hesitate to call the DSA. As a reminder, here is a list of some of the immediate benefits the DSA offers:

DSA Relief:

The DSA relief benefit provides financial support for members who are incapable of performing their duties with the department due to sickness or injury. The benefit consists of biweekly payments for the duration of the injury or illness, for up to 12 months. These payments are funded by the Relief Fund, which each and every member pays into through their DSA dues.

CLEA:

While CLEA is a supplemental insurance offered through the DSA, members enrolled are eligible to receive up to 80% of their salary if they are injured on or off duty or they become ill and are unable to work. This insurance is critical, because deputies do not pay into state disability and therefore don’t have the luxury of depending on state programs like this. For more information, we encourage you to check out the enrollment packet on the DSA website on the Insurance page.

Death Benefits:

Upon the death of any Class 1 Member, the DSA pays a benefit of up to \$10,000 to the surviving spouse or children. Upon the death of any Class 1 Member’s spouse or dependent child, the DSA pays a benefit up to \$5,000. This benefit is included with membership. More information can be found in Article XI of the bylaws.

Flowers & Care Packages:

In cases where a member is hospitalized or injured, or a family member passes, the DSA can send flowers, plants, or care packages out to families. Our hope is that this small token is a reminder that the DSA is a family that supports our own.

While these are some of the main ways in which the DSA can help, we also understand that situations arise where other assistance may be needed. In cases like this, please contact the DSA office or any of the DSA directors to see how we may be able to help.

—

If you have questions, concerns, or general inquiries, please do not hesitate to email, text, or call me directly at the information below. ★

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Bringing the Battle Home

by Alana N. Negroni, M.S., LMFT of The Counseling Team International

Life changes us. If there is one thing that we can all be certain of, it's the simple fact that what we experience across a lifetime will change us. Sometimes this change is positive growth and leads us to accomplish and experience things that we may have missed had we not gone through that period of refinement. However, all too often this change does not work in our favor. All too often, this change causes us to lose our most valuable relationships, our sense of peace and well-being, and ultimately our happiness. All too often, this change is a reaction to insurmountable amounts of stress.

So, what is stress and why does it have such an impact on us. To be clear, there are 2 types of stress. *Eustress*, which is the type of stress that positively motivates change. Think of going to the gym. When we exercise, and push ourselves past our known physical limits, we put stress on our bodies. This stress causes biological change and we become stronger, faster, leaner. This is a good type of stress. In contrast, we have *distress*. This is the type of stress we are very familiar with. This is the type of stress that we try to deny, the type of stress that causes us to be shorter fused, to lash out, to isolate, to feel sluggish, and unmotivated. This type of stress is damaging to not only our mental health, but our physical health as well. This is the type of stress that we often don't know how to manage because by the time we identify its existence, we have no clue how we got there.

I remember growing up as a kid, my mom always used to say, "it's a slow fade". I remember that saying every time I think about stress. It's a slow fade; it's a slow build-up of what we leave unresolved or unmanaged. It's a slow build-up of the things we think we should be able to control, the things we think shouldn't impact us because we are strong, the things we think we can ignore. That slow build-up leads to that slow fade. The slow fade of our healthy hobbies, the slow fade of our connected relationships, the slow fade of our happiness.

Having a career in law enforcement forces individuals into stressful environments, situations, and decisions that the general public does not have to experience. Throw on top of an already blazing fire, things like a pandemic, social unrest, high tension politics and then couple these stressors with the common belief that stress is equivalent to weakness. If someone needs to seek assistance managing the stress, they are weak and not cut out for the job. Now, we have a perfect storm.

So, what can be done? First, you must identify your individual stress reactions. How do you tell the difference between an average day and a stressful one? Do you come home with a different attitude? Do you want to spend less time with the family and more time alone? Do you eat poorly? Do you drink more? Do you find yourself yelling at those around you? Do you find yourself not caring about the daily interactions with your loved ones? Do you find yourself sleeping more, sleeping less? We all react differently to stress, but nonetheless, we all react. Work to identify how you react and then use this as a sign that you need to do something about it. Your stress is YOUR responsibility. The need and necessity for you to manage it is crucial if you want to avoid things like suicide, heart attacks, early retirement, PTSD, weight gain, divorce, just to name a few. So, take ownership of your stress. What caused you the

stress is not always yours, but what you walk away with, IS yours.

How, then, can we manage it? How do we work to not bring home the battle of stress? The answer is simple, but I'll lay it out nicely:

- Find things you enjoy doing for no other reason than you simply enjoy doing it. These things are otherwise known as hobbies.
- Find people or build relationships within your life where you feel safe talking about the stress. This might be friends, family, chaplains, leaders in your religious communities, mental health professionals, the list can go on.
- Work to identify the things in your life that you need. This might include physical things, it might include emotional things, but regardless, identify the needs.
- Do things that get your body moving. Go for a walk, exercise, stand up.
- Take a deep breath. Meditate.
- Focus on your sleep routine. Improve the quantity AND quality of your sleep.
- Take a vacation. Not the type of vacation you need another vacation from, but take some genuine down-time.

You see, simple right. I said simple...not easy. The things on this list are simple, but they are not easy. If it was easy, we would all be doing it. The reality is, we don't get to pick and choose whether or not we will experience stress. We don't get to pick and choose whether or not our stress will come out. The beauty is, we do get to pick and choose HOW it comes out. Will it come out in you yelling at your significant other or will it come out in a heartfelt, connected conversation with them? Will it come out in chest pain and heart attack, or will it come out in the form of exercise?

Take ownership and control of your life and your stress and manage it. Again, that sounds simple because it is. It just isn't easy. ★

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Teamwork and the Warrior Mentality

by Detective Ryan Ehrlich

A few months ago, Jason Phillips and I were asked by a good friend, Doug Roysdon, to join him on a 50-mile-long ruck. Being an avid hiker, I was interested and, clearly not processing the magnitude of this feat, excitedly agreed to join. We trained for a couple of months leading up to the ruck, knocking out as many miles as we could at a time, as many times a week as possible. Realistically, with the confines of normal life responsibilities, this meant anywhere between 6- and 12-mile hikes at any given point, depending on the amount of time available that day. Even finishing a 12-mile training hike, I realized that’s less than 25% of the total miles we had all pledged ourselves to finish.



The day came quickly. After extensive logistical planning for distance, fatigue, food, water, staged resupply vehicles, emergency pickups in case of severe issues, drop-off and pickup points, and everything in between, we set out on our adventure at 1900 hours sharp on Friday March 12, 2021. Leading up to it, we were all asked numerous times by our peers, “Why?” Originally, I didn’t know what my “Why” was, except that I committed to it from the beginning, trained for it, and my buddies planned to have me there, which meant I had to be there. We joked together that we had hoped it would just fizzle out and the idea would fade.

Doug explained to us the history of this challenge. As an adherent of “the strenuous life,” Theodore Roosevelt believed strenuous effort and overcoming hardship were principles embraced by Americans for the benefit of the nation. In 1908, he issued a directive to officers of all branches of military to complete a march of 50 miles in 20 hours or less. The directive was met with resistance from those who had become accustomed to modern conveniences and the comfort of their desk jobs, however, those who wished to live “the strenuous life” took up the challenge. In 1963, JFK rediscovered the directive and again challenged his military. His brother, Bobby Kennedy, even answered the call and completed the walk in his dress shoes on a snowy day in Virginia. The media began to cover this

challenge and the American people responded to JFK by setting out on their own 50-mile walks. The directive from Theodore Roosevelt and JFK provided people with a way to challenge themselves and show that the easy life was not for them.

Our route: Oceanside Pier to the Imperial Beach Pier. 50 miles. No sleeping, no camping, just short breaks to refuel and repair any assumed foot injuries. We met in Oceanside that Friday night as rested as we could be, filled with a mixture of excitement and anxiety. After the optimistic pre-ruck photos in front of the Oceanside Pier sign, we set out into the night, our paths illuminated with headlamps and chem lights.

For me, the first several miles flew by. Jason, Doug, and I shared stories and laughs while gliding down Carlsbad Blvd along the dark pacific coastline. Our plan was to stop every five miles to refuel ourselves with food, electrolytes, and conduct any necessary foot maintenance. The menu consisted of “Uncrustable” PB&J sandwiches, jerky, dried fruit, protein bars, energy gel, salt tabs and H2O or Gatorade-equivalent to wash it down. Over time, eating became a forced activity, knowing the calories were needed, but the appetite was sometimes nonexistent. About 10 miles in, I noticed a patch on Doug’s backpack, which read “DFQ.” Don’t F***ing Quit. Our jovial conversations turned to telling life stories, which eventually turned to discussing our nation’s military personnel we know and some of the harrowing experiences they’ve shared with us. Jason’s were the best. We reflected on these stories and these experiences, trying to relate them to ourselves and what they mean to us. Themes that prevailed always involved teamwork, selflessness, bravery, commitment to duty, covering your partners, honor, integrity, and a commitment to complete the mission at hand.

These themes drove us to continue walking that night. Internally, we agreed that if the military personnel who protect our freedom can endure the horrors of war and be on their feet for miles on end defending this country, then the least we can do is keep walking. The least we can do is reflect and appreciate their service to the core, while finishing our commitment to each other to finish this goal we’d started.

By 0230 hours, we reached the “halfway” mark: Jason’s truck staged near the Scripps Research Institute on North Torrey Pines Road, stocked with water, food, and supplies. 24 miles down, 26 to go. It was at this moment we began to let some negative thoughts cloud our optimism. It was 40 degrees outside and had been on the verge of raining since we started. We were cold and our feet started to feel fatigued. Luckily, Doug and Jason planned for this and brought a jet boil and some Cup of Noodles to warm us up. It was mentally restorative, and we kept moving. Each of us hit some deep, dark low spots along the way. Mine came during the three mile stretch of Gilman Drive/bike path from UCSD to San Clemente Canyon. A dark, cold, straight road with nothing to look at or distract me from my nagging foot pain. I leaned on my partners a lot, but we all kept moving.

By the time we got to Mission Bay, the sun rose and began to warm us finally. We made it to Fiesta Island, and with the blessing of Jason’s amazing family, we were greeted along Pacific Highway with half-cut breakfast burritos and

hot coffee. This was the boost I needed to keep pushing.

We continued south on Pac Highway toward Lindbergh Field. For 35 miles, I never once saw Doug or Jason balk or wince in discomfort; they just kept moving. It was impressive, to say the least. My feet had reached their limit, though. I finally felt the dreadful flesh-tearing feeling of blisters exploding like land mines in my boots. I was afraid to look, but the pain was almost unbearable. I could also see fatigue and muscle tension beginning to take hold of Jason and Doug. It was about 0900 hours and we had to make it to the Fifth Avenue Landing to catch the Coronado Ferry (don’t worry, we stopped the clock and the distance tracker while on the boat). I found myself limping and wincing in pain with every step. Jason and Doug were quietly dealing with their own demons, pains, and issues, but never seemed to show it. We were all hurting, and we all knew it.

While waiting for the ferry, we peeled off our socks to assess the damage. I’ll spare you all the gory details, but believe me when I say it wasn’t pretty. Jason and Doug were genuinely disgusted, at which point, we realized the pros and cons of making it as far as Coronado. It meant we had just walked an impressive 40 miles, but it also meant we still had 10 more miles to go. Yet another 20% of our total distance. This felt daunting, to say the least. Knowing the severity of my feet, the excruciating pain I’d been experiencing the past five miles, and knowing 10 miles remained, Doug looked me dead in the eyes and asked me what I wanted to do. The thought of not finishing had briefly crossed my mind. The sweet surrender to relieve that pain was enticing. Doug and Jason offered to carry my pack and even support my weight to alleviate my issue, but I’m an Ehrlich, and I’m too stubborn for that. So, we kept walking... slowly. Slower by the mile. As a former IB patrol dep, I’ve always had an appreciation for the beauty of the Silver Strand. But this day, it might as well have been a barren wasteland without an end. My partners stayed with me as I struggled to keep their pace. My partners were never going to leave me behind. They repeated, “We are finishing this together. Let’s go. Just keep moving.” So, we kept walking. Every. Painful. Arduous. Step.

This became an internal conundrum that festered my will to continue. If I pushed harder, then my pain increased significantly and for longer, but I made progress. If I rested more and move slower, then I felt better, but I would not only drag out the conclusion even further for myself but I, in turn, would force my partners to endure their own pain and demons even longer. This became a ping-pong game each of us played by lifting each other up emotionally to dig deep and finish this thing. I felt myself holding back tears along the Silver Strand, when it hurt the worst. I didn’t want to show weakness, but my body and mind were spent. Each of us experienced diminished cognitive ability, after having been without sleep and fatiguing ourselves for so long. So much so, that when Doug asked me what music I wanted to listen to so as to distract me, I couldn’t think of my favorite song or band. I was spent. I know they were too.

As we limped down Palm Avenue, our journey grew shorter and shorter, nearing its end. In my haze, Doug suddenly broke the news to us we had reached 50 miles. It was such a revitalizing feeling. We cheered and high-fived each other in celebration. Finally, after 18 hours and 45 minutes of the most physical and mental challenge I experienced to date, we walked into the Imperial Beach Pier Plaza and crossed our



finish line. We were greeted by each of our families holding signs, blowing whistles, and cheering for us. We embraced our kids and wives and family with such love and relief. Emotions were plentiful.

I learned so much along this 50-mile journey. This experience made me appreciate my health, my family, and the camaraderie among my partners. The lesson I learned the most, which relates to us at work every day, was to take care of your partners, as they will mutually take care of you. Our jobs are becoming increasingly more difficult with the current political climate and disdain toward law enforcement, so be there for each other and lift each other up. Lean on your partners and stand strong for them to lean on you. We all signed up for this job for the same reasons. Take care of yourselves and take care of each other. Be safe.

If you’re interested in taking the 50-mile challenge, feel free to reach out to one of us and we will help you prepare and make it happen. We are not fitness experts, but just three of your partners who recently endured a new experience. Our vision is to eventually make an event out of it locally. ★



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History of the Memorial Wake and the Americanism Award

by Danielle Benjamin

On February 8, 1989, San Diego Sheriff's Deputy Ted Beckmann was killed in the line of duty in a traffic accident, on his way to a cover call. After his funeral, many of his beat partners gathered to tell stories and celebrate his life. The following year, the same friends decided they wanted to get together again and celebrate their fallen brother.

That get-together continued every year, and the number of people attending would also continue to grow. Unfortunately, Ted would not be the last deputy sheriff to lose their life in the line of duty, and those gathering to celebrate Ted's life would also gather to celebrate all the San Diego Sheriff's Deputies that gave the ultimate sacrifice.

Realizing that we would never forget those that gave the ultimate sacrifice, we also wanted to celebrate those who lived through the worst that law enforcement faces every day and recognize them as the heroes they are.

For that reason, the Americanism Award was created. The Americanism Award was based on the flag of the United States of America. The American flag stands for freedom and democracy. The colors of the flag have meaning; white signifies purity and innocence; red signifies hardiness and valor; blue signifies vigilance, perseverance, and justice. The Americanism Award is given to those who have survived through incredibly adverse conditions.

This year the Memorial Wake Committee honors a Sheriff's Corporal and Sheriff's Deputy who responded to an early morning fire at an apartment complex. They would be the sole source of alert for sleeping residents. This year's American Award recipients saved the lives of over 40 people in a neighborhood where a raging structure fire was spreading at an alarming rate and burning at a temperature well above 1,000 degrees.

On November 20, 2018 at 0355 hours, Corporal Carlos Rueda Jr. and Deputy Analorena Barron were dispatched to a call of a residential fire at 1235 Iris Avenue, Imperial Beach. They arrived and saw bright orange flames coming from the apartment complex. Family members directed them to the burning apartment. Corporal Rueda grabbed a fire extinguisher and he and Deputy Barron ran into the apartment where the flames were coming from. Corporal Rueda immediately deployed the fire extinguisher, but it had no impact on the flames. While Corporal Rueda and Deputy Barron were inside the apartment, portions of the burning ceiling started to collapse, and a curtain close to Corporal Rueda caught fire. Corporal Rueda pushed the curtains aside and the material burned his left forearm and melted into part of his uniform shirt. As a result, Corporal Rueda suffered a second-degree burn. Corporal Rueda and Deputy Barron quickly evacuated the remaining family members before the apartment was consumed by the fire.

Corporal Rueda grasped the exigency of the rapidly spreading fire, so he and Deputy Barron split up and began evacuating the entire complex, each taking half the units.

The evacuations would challenge Corporal Rueda and Deputy Barron's ability to stay alert, keep calm, and think clearly. They had to be loud, not only verbally, but physically, as they banged on doors and windows. They had to deal with the human factor, which in time of crisis, can be incredibly challenging.

Deputy Barron went to an apartment and pounded on the door. The door was opened by a distraught woman, who explained she had her 90-year-old mother, two daughters – one with autism – and a disabled son. Deputy Barron entered the apartment and located the son, lying in bed, in a fetal position. He did not have the physical or mental capability to leave the house on his own. Deputy Barron lifted him out of the bed and carried him outside to safety before successfully getting the rest of the family evacuated.

Fire departments from Imperial Beach, Coronado, Chula Vista, National City, and San Diego responded. They focused on fighting the fire while Sheriff's personnel conducted evacuations.

Imperial Beach Fire Chief John French commended Corporal Rueda and Deputy Barron for preventing injury and saving lives. Apartment resident Patrick Mayuya commented on the actions of Corporal Rueda and Deputy Barron. He said, "They made sure we got out FAST! I am so grateful for them! They saved our lives!"

Another neighbor, Candie Thomas, overheard a conversation where, after the family was evacuated, the lady from the home was profusely thanking Deputy Barron. Deputy Barron responded with, "It's my job."

In the ten-unit complex, seven units were destroyed; three units were damaged by smoke. The apartment complex was considered a total loss and had to be rebuilt.

This fire was a high-stress situation compounded by unexpected complications that would challenge the ability of Corporal Rueda and Deputy Barron to get the job done.

Corporal Rueda received second-degree burns, resulting in blisters, swelling, and severe pain. Corporal Rueda's mental toughness prevailed over the serious injury and he remained confident and at the top of his game.

For Deputy Barron the predicament was the family in grave need of help evacuating, as embers rained on their apartment. Deputy Barron is faithful to physical conditioning and her dedication to physical fitness paid off. Because of her strength and compassion, she was able to quickly



carry the disabled young man to safety.

The performance by Corporal Rueda and Deputy Barron was extraordinary. They exhibited exceptional courage while evacuating people from an unpredictable, aggressively burning, life threatening fire. The actions of Corporal Rueda and Deputy Barron were in keeping with the finest traditions of the law enforcement profession and the San Diego County Sheriff's Department. ★



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10-4 Station M

by Shannon O’Neil-Huntoon, Communications Center

Welcome to May! There are so many important things that we need to celebrate in the month of May. Did you know that May is National Foster Care Month? If you are a foster parent, I commend you and thank you for opening your homes and hearts; the safety and security of family is one of the most precious gifts you can give.

Also, let’s not forget – never forget – that May 15th is National Peace Officer Memorial Day; too many have gone too soon from our lives, but not our hearts.

Yet for all the significance of these noted days of celebration, May also harbingers a host of other humdinger holidays! Are you in Slytherin or Gryffindor? Don’t know? Well, you better grab the sorting hat, because May also brings us International Harry Potter Day. There is also -insert X-Files theme here--National Paranormal Day, Star Wars Day, and National No-Pants Day! On May 9th, feel free to step over to the ol’ Maytag and pour one out for your homies in honor of National Lost Sock Day. There is also National Beverage Day, or as I prefer to call it, Cinco De Mayo 2.0, and International No-Diet Day. I don’t know who put that last bit of legislation forward, but I am going to go out on a limb and call them legendary.

However, the May holiday I would like to dedicate this month’s article to is a day named for a group of people who do not get enough appreciation. These are the people who raised you up as a person and raised you up in your spirit, who gave you a line to walk and a line not to cross, who put you on a pedestal and in your place, and above all else, loved you unconditionally. Yes, I am writing this month to give a shout out to all the moms – biological, step, and foster – who have given us their everything...including this collection of mommy-centric stories where some ladies went above and beyond in the most hilarious of ways! So, once again...walk this way, won’t you?

DON’T MESS WITH MAMA...AND DON’T GIVE MAMA NO MESS!

Family arguments make up a significant portion of the disturbance calls received at the Communications Center. Let’s face it: no one can quite get on your nerves and under your skin like family! Everything is always fraught with emotions; you might think you are arguing with your wife about not putting away the laundry, but I bet you her anger is also being fueled by the fact that you bought her a size large t-shirt for the family picnic and she has always been a medium (which you should know if you really “knew” her). Gentlemen, want a courtesy tip on both life expectations and women’s clothing sizes? Always aim low; you will never be disappointed or in trouble.

On this particular day, the family drama was with a mama and her adult

daughter. Seems mom and daughter were having a disagreement on how to diaper the new grandbaby. After some angry back-and-forth, the daughter called Communication to state that she had been assaulted. Once deputies arrived on scene, they discovered that grandma, mom, and grandbaby were all in good health, with no sign of a struggle or injury. Upon further investigation it turned out that, at the height of the argument, grandma had had enough sass, picked up the fully loaded diaper, and chucked it at her daughter. She missed, thankfully, but utterly enraged, the daughter called 911. After going over the particulars, however, the daughter stated she did not want to press any charges at this time but did want the incident documented in case she should change her mind. Insert pointed glare at mom.

Being the keen observer of human behavior that I am, I can say with a high level of confidence there was more going on here than diaper differences. I think that when mom threw the poo, it was probably more about the times her daughter came home late in her teen years. I can also bet when the daughter was dialing 911, she was thinking, “Bet you wish you’d bought me that gosh darn pony I asked for when I was nine!” Whaddaya gonna do? It’s family.

FRAZZLED, FATIGUED AND FRAYED

No mom is perfect (except mine, she reads these). The burden of motherhood is a heavy load, and well, the more kids you add to the equation, the heavier that load is going to get. It’s hard to keep up with a kid one-on-one, but when you are a mom out running errands with a mob that outnumbers you six to one...well, I am getting exhausted just thinking about it! So, think how tired this poor mom must have been for this little scenario to have played out.

It was a midsummer afternoon when an employee from a local library called the Communications Center to report they had located a small child inside the facility without a parent. A little girl about three years old had been located pouring over a picture book, but despite announcements over the loudspeaker and a check of the parking lot, no guardian was garnered. The child was described as in good health, good spirits and would be standing by with staff until a deputy could arrive.

As the deputy was making his way to the library, staff called back to advise the mother of the child had called from home asking if her daughter was there. Somewhat miffed, the staff said the child was indeed there and that law enforcement had been called. Staff also stated they would be waiting for the deputy to arrive prior to releasing the juvenile. Equal parts chagrined and apologetic, the mother assured them she was on the way. The deputy soon arrived, and all parties waited for the mother to arrive, possibly even anticipating giving her a piece of their

minds about the horrors that can befall unattended children.

Once mom finally pulled up, it would seem most attendees had a change of heart, as there were no notes in the disposition that anything was found criminally amiss. The deputy did note that the woman was in fact a mother of six who had brought the whole passel to the library for their weekly outing. He also noted that, like any good field trip, mom had tried to employ the “buddy system”, assigning each of the three older children a younger sibling to buckle-up in the car, to ensure all the little jawas made it on board the family sandcrawler. Someone (perhaps a sibling anticipating a room all to themselves) had fallen asleep at the switch...err...buckle, and our little stray was the one that got away. All parties satisfied that this was the case of an exhausted mother and not of an endangered child, the little miss was quickly turned over to mom. But, oh my – six kids! If you know a mom like this, give her a break, give her babysitting coupons or even a night out at the movie with something higher than a G-rating. And, if you’re her husband...jewelry. That’s all I am gonna say...jewelry.

CARJACKING FOR TWO

I have heard childbirth described as one of the most beautiful moments in a mother’s life. Of course, I have also been told the epidural is the most beautiful moment, but hey, potato potahto. Whichever story is true, someone obviously did not pass on any of these details on to this young mommy-in-waiting.

It all began when a neighboring agency put out a BOL on a stolen vehicle from Grossmont Hospital. Seems a patient had climbed into one of the hospital’s vehicles, a large white Dodge Ram pickup emblazoned with the words ‘Sharp Grossmont’, and just hit the bricks, headed for the great unknown. The original BOL gave limited information, and after it was put out over the air to surrounding field units, a request for additional information was voiced. So, a call was placed to the originating agency, and that is when the “What the Heck” flood gates blew off the hinges! Seems the suspect in question was a young mother-to-be who had been left alone in Labor & Delivery. Overwhelmed by impeding mommy-hood, she decided the hospital just wasn’t really her scene. But what’s a girl without a ride out of Dodge to do? Her answer was, mid-contraction, to pick herself and her undelivered burden up, throw on some clothes, and commandeer the first ride she found! In all fairness, the keys had been left in the ignition, so depending on her religious affiliations, she may have deemed it an act of divine intervention. After about a half hour of units checking all over for this missing mama, Grossmont called in to advise she had returned to the hospital with the vehicle and also in full labor. Now, it wasn’t my call so I can only speculate, but my working theory is that while driving,

little miss Grand Auto had one heck of a contraction and immediately hooked a U-turn to head back to where the painkillers were!

Hope you all enjoyed this installment. I encourage anyone who has questions about the Communications Center and/or its policies to please drop me a line at Shannon.ONeilHuntoon@sdsheriff.org. I will do my best to answer any and all questions! ★

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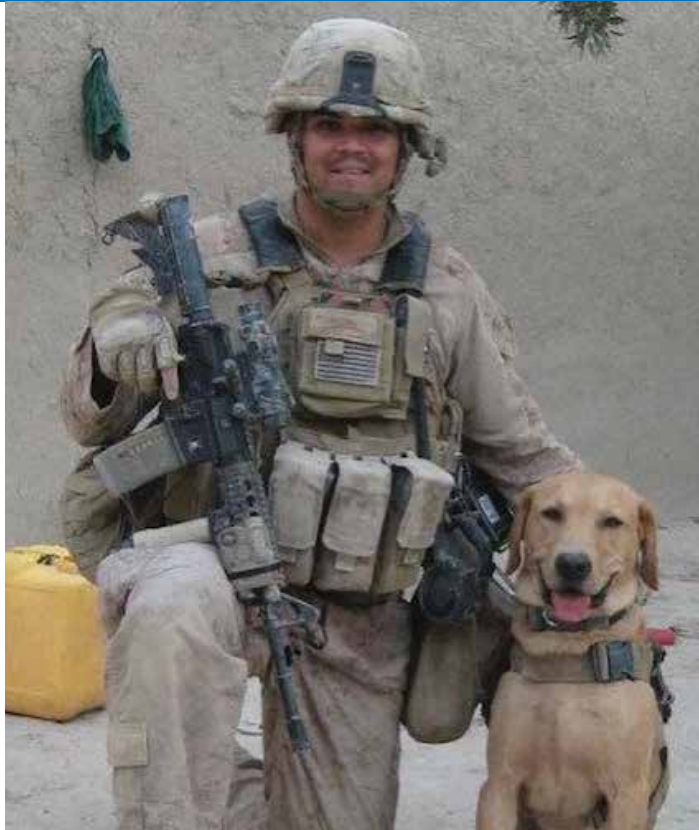
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DO NOT GIVE IN TO THE WAR WITHIN

by Deputy David “Bear” Barrera, USMC K9 Veteran 2007-2013, Purple Heart Recipient



When I was young, my abuelita gave me the nickname “Oso”, which means bear in Spanish. The name stuck, and to this day, my close friends and military brothers still call me Bear. Prior to joining the Sheriff’s Department, where I now work at Vista Detention Facility, I served in the United States Marine Corps for six years (Semper Fi, Devil Dogs). I served as a Military Police K9 handler with my partner SAM M747, a one-and-a-half-year-old yellow Labrador from Germany.

In May 2011, my unit (III MEF K9) departed March Air Force Base in California and arrived at Camp Leatherneck, Afghanistan. It was a long journey and we arrived in the darkness of night. That next morning was surreal; I woke up thinking I was still in California. After a couple of weeks acclimating to my new surroundings, my kennel master woke me up in the dead of night and told me I was being deployed. My emotions soared. He explained that another Specialized Search Dog (SSD) K9 had been lost in a firefight and that the Taliban had taken his dog. Sam and I arrived at Patrol Base (PB) Alcatraz, located just south of the Kajaki Dam, a short time later. To my surprise, my best friend, Staff Sergeant Christopher Diaz, who was attached to bravo company, was also there. I will never forget the look on his face when I arrived. It was kind of the same excited look you get as a kid when your parents tell you your friend can spend the night. The friendly face of someone familiar was a comfort to us both.



I used to refer to the summer of 2011 in the Upper Sangin Valley in the Helman province of Afghanistan as the “best

summer camp trip” I ever took, but that could not be farther from the truth. That summer in Sangin was one of the worst times in Afghanistan, and July 23 will forever be imprinted in my psyche as my “Alive Day”.

That day, a fellow marine (let’s call him Xray 1, because he carried the metal detector) and I stepped out on a foot patrol. Xray 1 lead, then Sam, and I followed. As soon as I exited the door, I heard a loud shot, but I couldn’t identify its source. “Did you see where that came from?” I asked Xray 1, to which he shook his head. Then, like something from a movie, it began to rain. At least, it felt like rain. It gradually became clear it was not rain but enemy rounds being fired at us. To say that time slowed down in those moments is an understatement. My body felt so heavy. I felt like I couldn’t move fast enough. If you have ever seen the movie Zootopia, I felt like the DMV sloth. In the end, Xray 1 was shot through the ankle, as was I. Unfortunately, Xray 1’s leg had to be amputated below the knee.

I will carry those moments with me forever;

they are embedded into my soul. Afterward, so many questions swirled through my mind. Over the ensuing months, I constantly wondered if I was the one who shot Xray 1. Why was I missing rounds? I don’t even remember firing back. Why didn’t I do this? Why did I do that? The incessant doubt and second-guessing were eating me alive. That summer I saw and experienced things I hope no other person ever sees or experiences. One fateful day, I stepped on an IED. I immediately stopped and froze. An EOD Tech quickly responded to my location and started working around my foot where I stood frozen atop the IED. I could see the stress on his face. After what seemed to be a lifetime, he explained that on the count of three, I would need to step off the IED as fast as I could and hit the ground. I remember hitting the ground and... nothing. There was no explosion. Later, we saw the batteries on the IED were corroded. I had been saved. To this day, I still have one of the dead corroded batteries to serve as a daily reminder of what could have happened to me. This was obviously an intensely stressful life incident. I remember standing frozen on that IED, thinking I might die, and all I wanted to do was live. I wasn’t ready to die. The thoughts that filled my mind that day still can make me tear up. I wondered if I would ever see my wife again. Would I ever have kids? I apologized to my brothers, and I imagined the Marines and the Chaplain showing up to my parents’ house.

Months later, on September 28, I was taking a nap before the platoon stepped off on a 2-3 day mission. I was awakened abruptly with the worst possible news. Staff Sergeant Christopher Diaz – my trainer, my best friend, my confidant, my road dog, my brother – had been killed. I was consumed with grief. The only way to carry on after getting the worst news of my life to that point, was to think about what he would have said to me in that moment. I know he would have said something



to the effect of “do your job and get home safely”. So, that is exactly what I vowed to do. I later learned that on the morning he was killed, he had sent me a message asking if I was online.

One day, as I was running across an open field with Sam, I had an epiphany. I remembered watching war movies when I was young.



I was especially interested in movies about Vietnam; I liked the noises the marines’ gear made when they ran through the jungle. As a kid, I would put rocks in my canteen so that when I ran it would make that same noise. Suddenly, in that moment in the field, I knew something was wrong. My best friend had been killed, and many more of my marine brothers had been sent home with life-altering injuries. Sam and I reached our destination, and all I could think was, “I wish someone would have shot me out there.” I knew then that I was in a dark place. I began to cry.

In retrospect, after being shot that day, I should have asked for help. After being shot I had been sent to talk to someone, but the Bear in me came out, and I said I was ok. Afterall, I am a man. I am a marine and this is what we do...right? I needed to get back to my brothers who needed me. I needed to get back to the recon guys. So, I returned to them and never asked for help.

I physically came home on December 24, and the first few months home were tough. If I am being honest, I do not think I will ever be 100% mentally “home,” because Sangin Valley will always hold onto a part of my soul. I have never told anyone besides my therapist, and a few select veteran deputies, but I live with bouts of depression and sometimes

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anxiety. I have experienced a range of emotions and even survivor's guilt. Back then, I had days when I did not want to get out of bed. Now, I have many days and weeks when everything is great. Those are the days I build on; those are the days I want and need more of. I have learned over time how to not suffer from what I went through; I live with it. It is a choice in how I see it, how I remember it, and how I handle it now.

I am a part of a veteran organization called the the Warriorbuilt Foundation (www.warriorbuilt.org). We provide occupational and recreational therapy for combat-wounded veterans. We race dirt bikes and class 11 VW Bugs. There is a music room in the Foundation shop, along with every imaginable tool to work on the cars and motorcycles. Each Tuesday we hold a therapy session in person or on Zoom. For me, I also enjoy going to equine therapy. President Ronald Reagan said it best, "I've often said there's nothing better for the inside of a man than the outside of a horse." I have discovered this to be true.

In our profession we see things the average person will never have to see: suicides, murders, assaults, horrific injuries, overdoses, horrific car accidents, and so much more.

We are alpha males and females. We are strong-willed humans. We think we can fix things, even ourselves. "We got this." Right? But sometimes we are blind to our own brokenness. We ignore, deny, or downplay the



"WE MUST GET BETTER AT KNOWING WHEN TO ASK FOR HELP AND SEEING THE SIGNS WHEN OUR PARTNERS NEED HELP. WORKING TO BE MENTALLY HEALTHY IS A JOURNEY WE HAVE A DUTY TO TAKE. **YOUR FAMILY NEEDS YOU. YOUR FRIENDS NEED YOU. YOUR PARTNERS NEED YOU.**"

real imprint that trauma and grief can leave in our lives. I speak from experience when I tell you that this trauma, left untreated, takes a toll.

Those who know me can attest that writing this article is the most open and real I have ever been. It's hard to talk about this stuff. But I wanted to show you all that it's ok not to be ok and that it is ok to ask for help. It is ok to call someone...call me if you have to! We feel we must be tough, strong, and on top of our game 100% of the time. I thought the same way, until I broke. We are human, and we are not infallible. We must get better about talking to each other. We must get better at knowing when to ask for help and seeing the signs when our partners need help. Working to be mentally healthy is a journey we have a duty to take. Your family needs you. Your friends need you. Your partners need you.

In closing, I want to give a shout out to K9 Sam. He died on Veterans Day 2020. I made him a promise on that bad day in Afghanistan that, if he were to bring us home safe, I would adopt him and bring him home,

which I did. To the Lost Boys – the guardians of the night and to the boys from the summer of 2011, Third Reconnaissance Battalion, Charlie Company, Second Platoon – thank you! And, finally, thank you to my wife Danielle. I came home a broken man; you picked up all the broken pieces. You are the rock I needed.

I recently saw a few law enforcement departments get therapy K9s. I hope one day the Sheriff's Department will let us do the same. I believe it would help tremendously.

John 15:13 "Greater love hath no man than this, that a man lay down his life for his friends." ★

ADDITIONAL INFORMATION ON COUNSELING RESOURCES CAN BE FOUND ON **PAGE 34.**

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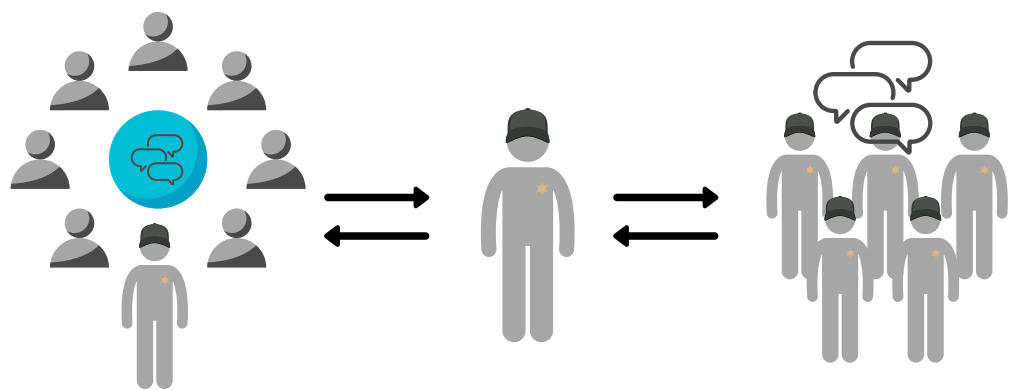
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FOR MORE INFORMATION, CONTACT DANIELLE BENJAMIN

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Non-Anxious Deputies

by Chaplain Jonathan Allbaugh Ph. D

Unchecked anxiety is a hidden factor that can significantly challenge our job performance. Cultivating a healthy mental balance in our emotional state is an essential process that deserves our attention. Often, our internal anxieties increase without any external recognition. While a natural emotion, if we do not tend to our levels of anxiety in emotionally healthy ways, it will slyly creep into the recesses of our mind influencing what we do and what we say. In this brief article, I would like to share 5 indicators that anxiety may have a grip on you and 3 ways that you can develop a non-anxious presence.

We live in an anxious world. The tensions are clearly evident around every corner and in every face that we encounter. Whether the anxious tension is due to race, politics, COVID, or how people view law enforcement, the deputy is thrust into a difficult context that can project anxiety into his or her own mind. Neurobiologist Bruce McEwen flatly proclaims that anxiety makes us dumber people. This blunt statement is confirmed through scientific study that shows anxious people lose their capacity to be creative or to think logically. While crisis moments (frequent for deputies) will elicit a necessary reactive response, repeated episodes of high anxiety have been found to adversely affect our short-term memory. Specifically, during anxious episodes, we become less aware of the immediate environment and we exaggerate the source that is causing our anxiety. As a result, our ability to perform at a high level is significantly diminished if we carry an anxious presence.

As previously stated, anxiety is an internal emotional state. Therefore, the hidden layering of anxiety that is not properly processed can create a deep state of anxious presence that we carry into every situation. So, how do you know if anxiety has its grip on you? Let me suggest five warning signals of your personal mental health dashboard that will clue you in to the latent level of your anxiety:

1. Intensifying conflicts at work and home.
2. Emotional outbursts that don't match the level of the issue.
3. Distancing or cutting off relationships in order to deal with conflict.
4. Over-functioning (demanding that people comply with you) or under-functioning (yielding to other opinions out of insecurity).
5. Excessively blaming other people or groups.

If one or more of these statements resonate with you, then I would suggest that you take some time to spruce up your mental health with the three anxiety-reducing strategies:

Know Who You Are.

Sounds simple enough, but we often present ourselves on the street as

being someone who is very different than who we truly are. What are your core values, convictions, and principles? If these are clear to you, there will be less anxious tension to manage in your identity.

Stay Calm and Think.

Law enforcement is a particularly charged environment to work in. While it is an important safety consideration for you to be proactive and alert, you should additionally find a balance of calm logical processing whenever possible. There's a cluster of brain cells the size of a grape that provide a crisis ready response to fight, flight, or freeze. While useful in our line of work, the hormones this amygdala fires off in tense moments cause us to be reactive more frequently than we should. Training yourself to be calm, allows your more creative and thinking faculties to respond appropriately instead of reacting instinctively.

You've Got This.

You are a special person. The Sheriff's Department has spent a good deal of time, effort, and money to make a decision that you are a qualified person to wear the silver star. Therefore, don't excessively focus on your personal fears or limitations. Yes, we all have them. But what is needed today is a non-anxious leadership presence in a hyper-anxious world. You have what it takes to work through any sticky situation you encounter.

One of the resources that the Sheriff's Department has provided for you to be the best deputy possible is the Chaplaincy. At every station, we have qualified chaplains who are trained to give you a listening ear and helpful support as you process through the anxiety that inevitably comes your way. Grab us for a ride-along or a cup of coffee...we are here for you. ★

<< SEEKING SUPPORT >>

To make a **confidential connection** with a chaplain, simply text or call (760) 445-8668. To make a **general contact** with an area chaplain call (858) 565-5030 or send an email to SheriffChaplain@sdsheriff.org.

TEN 7

by Greg Reynolds

“When the Legend Becomes Fact, Print the Legend”

It's very fitting that this is the magic number 50 of Ten 7 articles, seeing as I'm also 50. Well, add 18 years to that 50, but who's counting?! Thanks for all the “attaboys” from the faithful readers as well as the constructive criticism. I don't do well with constructive criticism, but it's supposed to make you a better writer...bite me. Other milestones with the number 50: the amount of times Alex Dominguez said to Kim Quaco, “Why, sir, that is the best idea I've ever heard!”; the number of times Russ Moore represented me at I.A. hearings; the number of strokes Earl Wentworth usually takes on a long par 5 at San Vicente; the number of times Karen Axall has had to change her home phone number after her numerous online dating endeavors; the number of times an ASTREA pilot says, “Hold it, don't take the picture that way, this is my better side”; and, most importantly, the number of times we all said to ourselves, “Wait, they are paying me for this?” after a successful pursuit and apprehension of a fleeing felony dirtbag.

Ron Morse sent me some great Cop'er Bowl pictures. He also stated that he made the first TD in Cop'er Bowl history, catching a pass from Don Needham. Now, that's a trivia factoid I would never have gotten right. Imagine, Ron actually catching a football with his ham hock hands. I bet Needham threw it the farthest he's ever thrown a football...maybe 12 yards with the wind behind him. And did you see Tuffy's weight at 250 lbs. in the program? He hasn't seen that weight since the day he was born.



I asked Earl Wentworth to send me a picture of Joe Rodi on the San Vicente Golf Course, as Joe is tearing up the course and doing really well in his Men's Club matches. This is the picture Earl sent.

A pretty good likeness of Joe, don't you think?

From Doug Tomkiel's epic 87-page history of the SDSO training program, here are a couple of remarkable pictures that many of us remember. The first is of the old basement range at 222 W. “C” Street. The pink mat was put up to help stop the lead splatter from the rounds. The second picture is of the Miramar College range. Yep, we had a shooting range up there for our Academies. I understand that Doug's

masterpiece has been submitted for a Pulitzer Prize in Literature. That's going to win with as much chance as Dave Moss getting the word “honorable” on his retirement I.D. card.



Under the leadership of RDSA President Rusty Burkett, who likes to be called “Carnac the Magnificent” (Johnny Carson *The Tonight Show* skit – you youngsters Google it), the RDSA provides a tribute to the families of our deceased RDSA brothers and sisters. The American flag that is placed in the presentation shadow box has been flown over the Sheriff's Main Office at Ridgehaven. Below is a picture of Rusty with one of the tribute flags. Unfortunately, we've been making a lot of these lately.



Clyde Kodadek has announced that the Fallbrook Lunches are back on, outside, at the Fallbrook Café. It's located at 739 E. Mission Road in Fallbrook. The time is always 1100 hours. The dates are May 31, September 6, October 11, and November 11. All are welcome. Hell, they even let Russ Moore and I attend one, and it was great telling lies and swapping many untruths about how awesome we were in the day! There are statutes of limitations in effect, so all words are the gospel truth and cannot be used in a court of law.

Clyde also sent me a tribute to Don Continelli who recently passed. His favorite story about Don is a case where deputies responded to a barricaded suspect. The suspect refused to cooperate. The deputies called Don, who was at home. Don ended up talking to the suspect on the phone. The suspect knew Don. He told the suspect he'd better surrender, because he didn't want to find out what would happen if Don had to respond to the call. The suspect hung

up, and immediately gave up. Obviously, the suspect did not want to deal with the wrath of Sergeant Continelli. Doug Clements told me that he knew Don for about 50 years. His one statement says it all: “He was a brave and loyal lawman, very fair and even-tempered, and as nice a guy as you'd ever hope to meet.”



While conducting a background investigation for a local police department, I called the Public Safety Department at Point Loma Nazarene University where the applicant had attended, and I came across a retired SDSO person by the name of Mark Ryan. I was flabbergasted as he is the now the Director and Chief of Public Safety at PLNU. Mark had graduated from there many moons ago and then joined the Sheriff's Department in 1989 where he spent the next 29 years. Mark and his wife



Paige keep busy by high school officiating, babysitting their grandson, hiking in San Diego County, and traveling (China before COVID... to Hawaii soon... to Colorado in summer for a hiking vacation). He sent along this picture of him in front of his patrol unit with the ocean in the background. He made sure I knew that this is his view every day that he works. I think he is a braggart!

Speaking of scalawags...Pine Valley let another one slip into our little community with no good background investigation! Reed Taylor and his wife Donna just bought a beautiful house right around the corner from my cul-de-sac. Both Reed and Donna were SDSO and SDMO and retired with a grin on their faces and now can do what we retirees do...whatever the hell we want. I remember Reed as a stick of dynamite in a compact size when I worked with him. He handled some really bad bikers back in the day in Lakeside and loved to serve arrest warrants in the heart of some of San Diego's bad neighborhoods all alone. A Vietnam vet with a great legacy on both Departments. Why Donna settled for him we'll never know.



Here's a classic story from Rick Figueroa. Rick's first assignment after getting out of a training car was in the Fallbrook area. He stumbled across a deserted shack that was off the beaten path. He would frequently come by and would usually find it occupied by lowlife types smoking dope. Sometime later, Deputy John Jordan checked this shack and noticed the drawing scrawled on the wall by one of the lowlives. He took a picture of it and even mounted it for Rick. It was good to know that, as a ‘rookie’ he was the number one ‘wanted dead or alive’. He showed this drawing to his fellow deputies, and he then noticed they were thinking how much money they could get for 100,000 joints. Ah, beat partners, such caring individuals!



Here is a group picture of some more ne'er-do-wells at a recent coffee meeting. The meeting was called to help Dave Moss understand some retiree rules as he is retiring post haste. Rules such as: Don't worry about it, you can always finish it tomorrow or the next day; Wearing clean underwear is really overstated; and getting haircuts and shaving is only important when the wife threatens to withhold food.



In this photo are Dave Moss, Mario Zermeno, Jim Blanton, Steve Maxin, Jeff Maxin, Pete Callawert, and Kevin McQuillen. All spellings of names are the direct result of Doug Tomkiel who was often quoted as saying that he never met a dictionary that he ever saw a need to open.

So, back in the day prior to the all the newfangled gadgets our Deputies use today, there was an enterprising duo who rode in a two-man car in the East county. They would track down some crooks and follow them for a vehicle stop. If they couldn't find anything obvious out came the Folger's radar. What is that you ask? Well, my faithful readers, let me enlighten you on this all-encompassing piece of law enforcement equipment. The Folger's radar was an empty Folger's coffee can embedded on a straightened out coat hanger and attached to the left



rear window of the patrol car. When the stop was made and the crook asked why he had been stopped, one of the two dashing duo Deputies would point back to the patrol unit and say, “Folger's radar.” The crook would then slump his shoulders and say, “You got me, the dope is in the glove box.” Who are these duo deputies you now ask? Well, I can't really say, but here is a picture of Gordie and Peggy Brooke along with Scott and Pippa Dinger in Bryce Canyon recently. Now, my junior detectives, you figure it out.

I'll close out this 50th issue of Ten 7 with a request for information. Prior to my time on the Department, there used to be a sort of storefront office called Bostonia, located in the El Cajon area. The Big Kahuna (Rusty) has done some research, and he came up with this current picture of the building which is where the Sheriff's Office used to be. Can anyone shed some light on this little office? Maybe send me a picture of what it looked



like as a Sheriff's patrol office? Or some verbal background on who worked there, how big it was, etc. Get on it, cub reporters!

Until next month, remember to wear your masks and get your shots. We need to have another RDSA luncheon soon! Send me stuff at pv3and2@sbcglobal.net or I'll put pictures of you tripping on an aircraft stairway ramp. Oh, never mind, already done. ★

President David Leonhardi called the Meeting of the Board of Directors to order on February 25, 2021 at 2:03 p.m.

ROLL CALL OF DIRECTORS:
Present: Benjamin, Castillo, Garcia, Lewis, Morabe, Leonhardi, Rinder, Sanders, Shawcroft
Absent:

Upon motion by Morabe, Second by Rinder, and passed by unanimous vote, the February 25, 2021 meeting of the Board of Directors entered into closed session at 2:39 p.m. for confidential communications to include Rachel Parrott, Monique Wengeler, Jon Cadieux, and Fern Steiner.

- 1) **DISCUSSION:**

a. Negotiations

b. Relief Case #2021-02

c. Relief Case #2021-03

d. Member Assistance

MOTION/Sanders, SECOND/Shawcroft to come out of closed session at 2:53 p.m.

- 2) **APPEARANCES:**

a) Advanced Enterprises Inc

i) Advanced Enterprises presented the salary survey proposal to assist the DSA with negotiations in 2023. There are two separate proposals. One would be a three-year contract including one survey per year, totaling \$22,000 per year. The second would be a one-time salary survey comparing the detentions classification to other detentions programs in the state, costing \$16,000.

MOTION/Morabe, SECOND/Garcia to approve up to \$22,000 per year for the three years’ salary survey from Advanced Enterprises. Motion unanimously carries.

MOTION/Morabe, SECOND/Shawcroft to approve up to \$16,000 for a one-year Detentions salary survey by Advanced Enterprises. Motion unanimously carries.

- 3) **CONSENT CALENDAR:**

a) Minutes from February 11, 2021

b) Retirements

i) John Davis – 27 years of membership (25 as class 1) - \$5,800

ii) Travis Greene – 21 years of membership (20 as class 1) - \$4,600

iii) Nicholas Maryn – 30 years of membership - \$7,500

iv) Lucy Masterson – 17 years of membership - \$3,600

v) David Moss – 32 years of membership - \$8,400

vi) Samuel Sheppard – 32 years of membership - \$8,400

vii) James Stathes – 18 years of membership - \$3,900

viii) Laura Whalen – 24 years of membership - \$5,700

ix) Don Wood – 12 years of membership - \$2,400

x) Blanca Zarate – 21 years of membership (20 as class 1) - \$4,600

xi) Franklin Hyde, Jr. – 18 years of membership - \$3,900

MOTION/Sanders, SECOND/Garcia to approve the consent calendar with amendment adding in retirement xi. Motion unanimously carries.

- 4) **PRESIDENT’S REPORT: Leonhardi**

a) VDF Incident

i) President Leonhardi spoke about an incident that occurred

at VDF. The board discussed the photo that was put out by the department’s media relations showing results of the assaulted deputy. Leonhardi advised the board that he did reach out to the deputy regarding the photo and the deputy confirmed that he gave permission for it to be posted. The directors talked through the mixed views on the posting and feedback received from deputies. Director Garcia acknowledged the Department’s response and their PR role of bringing awareness to the public of the realities deputies face.

- ii) On the topic of the assault, the board voiced concerns regarding staffing levels at detentions facilities.

(1) Leonhardi advised of how Assistant Sheriff Ray has met with the board advising that one of the main issues is the number of deputies currently out TTD.

(2) Castillo, Leonhardi, and Benjamin went to VDF after the incident to check on the deputies and ask how things were going and what was needed. The feedback from deputies was mostly related to staffing, which is more of a complex issue, but it was also advised that VDF does not currently have working food flaps; broken control panels are also an issue. Leonhardi and Castillo made a list of the voiced concerns to present to DSB Command.

(3) Director Shawcroft gave a demonstration of how staffing is managed on any given day and the issues facilities face. He discussed that, though they are supposed to have a staff of 41-42 per shift, 5-6 of those staff are assigned to transportation or medical runs and therefore are out of the facility, sometimes for entirety of their shifts. Attorney Steiner stated that to file a grievance regarding a safety/staffing issues, we should be able to provide records of staffing during officer safety incidents.

(4) Morabe suggested submitting a public records request for the staffing logs.

(5) Leonhardi stated he would put that on his list to ask command first, and if it’s not something they can do, the DSA could look into a public records request at that point.

b) Staff training

i) Communication Coordinator Alex Heckman needs to attend an Adobe training seminar.

MOTION/Morabe, SECOND/Shawcroft to approve \$1,700 for staff training seminar. Motion unanimously carries.

- 5) **VICE PRESIDENT’S REPORT: Castillo**

a) No report.
- 6) **SECRETARY/TREASURER REPORT: Benjamin**

a) Retirement fund investment transfer

i) The DSA budget for retirement needs an adjustment due to an unbudgeted increase in member retirements.

Motion/Benjamin, SECOND/Lewis to transfer \$50,000 from the UBS retirement investment account into the SDCCU retirement cash account. Motion unanimously carries.

- b) The Vanguard Ultra account is currently not producing, so UBS account representative Mark Sikorski has suggested moving it into another account.

Motion/Benjamin, SECOND/Lewis to allow Mark Sikorski to transfer

Vanguard Ultra Account to an appropriate investment account with UBS. Motion unanimously carries.

- c) UBS Update

i) The current investments for 2021 are up 3.73% and the total portfolio investments are at \$9.9 million year to date.
- 7) **COMMITTEE REPORT**

a) **FINANCE/BUDGET: Benjamin**

i) No report.

b) **PORAC: Garcia**

i) Director Garcia advised that the PORAC Symposium and golf tournament have been cancelled.

ii) In the first week of March, the vote for the George Floyd Justice and Policing Act will take place.

iii) Illinois Governor signed the anti-police HB 3653 into law. PORAC stated to be on the lookout for this type of legislation in other states and for people looking to leave Illinois and head elsewhere.

c) **POLITICAL ACTION: Leonhardi**

i) Shirley Weber’s daughter, Akilah Weber, has emerged as a possible contender to succeed Assembly Member Shirley Weber for the 79th Assembly District next year.

ii) The DSA has an opportunity to participate in a political poll and survey regarding the 79th assembly district.

MOTION/Sanders, SECOND/Castillo to approve up to \$10,000 from PAC Fund for the assembly district survey. Motion unanimously carries.

- d) **NEGOTIATIONS: Castillo**

i) Update for negotiations.

(1) Discussed in closed session.

e) **MEMBER EVENTS: Rinder**

i) No report.

f) **MEMBERSHIP: Garcia**

i) No report.

g) **DONATIONS: Sanders**

i) Future donations

(1) Sanders has requested a change to the donation form.

ii) CSB Donation Request for Wellness Speaker

(1) CSB has asked for \$150 to have a wellness speaker come in for in memory of the one-year anniversary of the death of an employee.

MOTION/Sanders, SECOND/Morabe to approve \$150 CSB wellness speaker request. Motion unanimously carries.

- h) **BYLAWS/STANDING RULES: Morabe**

i) Committee ratification

(1) President Leonhardi appointed and the board ratified the following for the Bylaw/Standing Rules Temporary Committee: Dawn Morabe, Robb Shawcroft, Danielle Benjamin, Derek Sanders, Brian Bentley, Justin Cole, and Tim Richards.

i) **MEET & DISCUSS/CONFER: Castillo**

i) No report.

j) **SCHOLARSHIPS: Lewis**

i) Kaleidoscope scholarship software proposal

(1) The DSA would like to migrate over to an all-online scholarship platform. The portal will roll out for the 2022 scholarships.

MOTION/Sanders, SECOND/Lewis to approve \$1,000 for Scholarship portal build out and a yearly cost. Motion

unanimously carries.

- k) **PEACE OFFICER MEMORIAL: Benjamin/Morabe**

i) San Diego Law Enforcement Memorial update

(1) The county memorial event has been cancelled, but the Honor Guard will be doing a tribute like done in 2020. They are currently working on the monument, so the budgeted line item of \$1,000 for the memorial will be sent to help with the monument.

l) **LEGAL DEFENSE: Castillo**

i) At the last legal defense meeting, attorneys Rick Pinckard and Brad Fields brought up concerns regarding a recent shooting incident involving lots of deputies, in which there was an extensive delay to the interviewing process. They recommended to deputies in critical incidents to hold off on statement/homicide interview for 24-48 hours. This is to ensure that attorneys and deputies are not out in the field for long periods of time and mentally fatigued when providing their statements.

m) **SICKNESS AND DISTRESS: Rinder**

i) Relief Case #2021-02

(1) Discussed in closed session.

MOTION/Rinder, SECOND/Lewis to approve relief case #2021-02 as discussed in closed session. Motion unanimously carries.

- ii) Relief Case #2021-03

(1) Discussed in closed session.

MOTION/Rinder, SECOND/Garcia to approve relief case #2021-03 as discussed in closed session. Motion unanimously carries.

- iii) Member assistance

(1) Discussed in closed session.

MOTION/Rinder, SECOND/Castillo to approve \$1,000 member assistance as discussed in closed session. Motion unanimously carries.

- 8) **UNFINISHED BUSINESS**

a) No report.
- 9) **NEW BUSINESS**

a) Server upgrade for DSA

i) Approval for an additional \$900 to upgrade DSA server.

MOTION/Castillo, SECOND/Shawcroft to approve additional \$900 for server upgrade. Motion unanimously carries.

- b) BBQ/Smoker for WTU

i) The Weapons Training Unit requested a BBQ.

MOTION/Shawcroft, SECOND/Lewis to approve up to \$500 for WTU BBQ. Motion unanimously carries.

- 10) **GOOD OF THE ASSOCIATION**

a) Morabe addressed board meetings and how they will look moving forward. The board agreed that, being that they have opted to meet in person for their board training, they can meet in person for future board meetings. However, members will only be able to attend via Zoom to keep in line with COVID safety protocols.

11) **ADJOURNED: 3:23 P.M.**

President David Leonhardi called the Meeting of the Board of Directors to order on March 11, 2021 at 2:01 p.m.

ROLL CALL OF DIRECTORS:
Present: Benjamin, Castillo, Garcia, Lewis, Morabe, Leonhardi, Rinder, Sanders, Shawcroft
Absent:

Members in Attendance:
Aaron Brooke
Heather Garcia

Upon motion by Sanders, Second by Castillo, and passed by unanimous vote, the March 11, 2021 meeting of the Board of Directors entered into closed session at 2:02 p.m. for confidential communications to include Alex Heckman, Rachel Parrott, Fern Steiner and Monique Wengeler.

- 1) DISCUSSION:
- a. Legal defense request

b. Relief Case #2021-04

MOTION/Castillo, SECOND/Shawcroft to come out of closed session at 3:08 p.m.

- 1) APPEARANCES:
- a) Lieutenant Mike Rand came to the board and thanked everyone for the contributions in December by the DSA to the Lemon Grove community.
- 2) CONSENT CALENDAR:
- a) Minutes from February 25, 2021

b) Director Expense Report

c) Retirements

i) Jason Ballard– 24 years of membership - \$5,700

ii) Daniel Barnes – 26 years of membership - \$6,300

iii) Patrick Gardner – 33 years of membership - \$8,850

iv) Richard Haar – 25 years of membership (22 as class 1) - \$5,400

v) James McFarland – 23 years of membership - \$5,400

vi) Antonio Padilla – 22 years of membership - \$5,100

vii) Kevin Price – 30 years of membership - \$7,500

viii) Arturo Ruiz – 19 years of membership - \$4,200

ix) Telly Garcia – 19 years of membership - \$4,200
- MOTION/Morabe, SECOND/Benjamin to approve the consent calendar with amendment adding in retirement ix and adding Derek Sanders to the Bylaw/Standing Rules Temporary Committee. Motion unanimously carries.
- 3) PRESIDENT’S REPORT: Leonhardi

a) Museum Update

i) President Leonhardi advised of a conversation with the HDSA about moving forward. Leonhardi stated that the DSA will be sending concerns from the inspection and they will be getting quotes.

ii) Director Morabe asked if the HDSA can do a physical inventory, stating that she was advised that there is inventory currently in the museum that does not belong to the HDSA and belongs to the department. Including there being over 100 firearms.

iii) Director Rinder asked Director Morabe how that information was obtained. Morabe advised she would not disclose that. Rinder stated that Morabe had emailed his Sergeant at WTU asking for that information.
- iv) Morabe advised that is why she reached out to Leonhardi after getting the information.

v) The board discussed potential issues that could occur with loaned items from the department. Leonhardi advised he will be looking into the loaned items and getting an inventory list from the museum. It was also discussed that any issue that comes up be presented to Leonhardi or the board beforehand to avoid duplicate work.
- 4) VICE PRESIDENT’S REPORT: Castillo

a) No report.

5) SECRETARY/TREASURER REPORT: Benjamin

a) UBS update

i) The current investments for 2021 are around \$10 million year to date.

6) COMMITTEE REPORT

a) FINANCE/BUDGET: Benjamin

i) No report.

b) PORAC: Garcia

i) The National Police Officer Memorial in Washington, D.C. has been postponed until October.

c) POLITICAL ACTION: Leonhardi

i) PAC meeting update

(1) PAC gave a 4:2 recommendation to endorse Leticia Munguia for State Assembly to represent the 79th District.

(2) CCLEA will be endorsing Munguia and is currently trying to get cop groups to raise \$150,000 for her race.
- MOTION/Benjamin, SECOND/Lewis to endorse Leticia Munguia for the 79th Assembly District. Motion unanimously carries.
- MOTION/Lewis, SECOND/Benjamin to approve \$25,000 to CCLEA’s SAC PAC. Motion unanimously carries.
- (3) DSA’s Sacramento Lobbyist Darrell Lucien gave a presentation regarding the current state of the assembly district elections and the importance of trying to maximize ability to get ahead of legislatures. The goal is to help fight against the anti-law enforcement bills in partnership with other labor unions across the state through strategic messaging to the public.

a) Director Morabe stated she would like to know exactly who and what the checks will be going to for the \$60,000 and asked why it isn’t coming from the PAC fund.

b) Wainio advised that it is more public relations, which would be going to multiple things such as op-eds, mailers, social media, paid ads, etc. and therefore is more appropriately withdrawn from the general fund.

c) Morabe asked if they could seek legal counsel prior to disbursing funds.

d) Lucien advised he can have his attorneys look over the plan and review legalities.
- MOTION/Garcia, SECOND/Lewis to allocate up to \$40,000 to be spent strategically towards incumbent California Legislators. Motion unanimously carries.
- MOTION/Sanders, SECOND/Lewis to allocate up to \$60,000 from General Funds to go towards public education, outreach and the like, contingent on review and approval by the attorneys. Motion unanimously carries.
- d) NEGOTIATIONS: Castillo

i) President Leonhardi and Vice President Castillo stated that they spoke to Commander Cinnamo advising of the approval of the salary surveys by the board. Leonhardi will be asking to receive the reports in October-November of each year.

e) MEMBER EVENTS: Rinder/Lewis

i) Memorial Golf Tournament

(1) Golf tournament volunteers will be meeting to discuss the upcoming event on Monday, March 15. If you would like to volunteer, please reach out to Rachel Parrott for more information.

f) MEMBERSHIP: Garcia

i) No report.

g) DONATIONS: Sanders

i) Alzheimer’s San Diego

(1) No action taken.

h) BYLAWS/STANDING RULES: Morabe

i) Standing Rules - Electronic voting and meeting recordings

(1) Morabe advised of a committee meeting held today. It was advised they will be putting together a draft for an amendment to the Standing Rules as related to electronic voting.

(2) President Leonhardi appointed and the board ratified member Aaron Meleen to the Bylaw/Standing Rules Temporary Committee.

(3) Morabe advised that Bylaws state the board meetings will be held the 2nd and 4th Thursday of every month, with the 2nd Thursday meeting held at 5:30 p.m. It was decided to wait a bit longer to see if guidelines change to go back to the original meeting times and allow members to attend meetings in person.

i) MEET & DISCUSS/CONFER: Castillo

i) No report.

j) SCHOLARSHIPS: Lewis

i) Scholarship Committee ratification

(1) Ratified by the board.

k) PEACE OFFICER MEMORIAL: Benjamin/Morabe

i) The National Police Officer memorial in Washington, D.C. has been postponed until October 13-17, 2021.

l) LEGAL DEFENSE: Castillo

i) Legal defense request

(1) No action.

m) SICKNESS AND DISTRESS: Rinder

i) Relief Case #2021-04

(1) Discussed in closed session.
- MOTION/Rinder, SECOND/Garcia to approve relief case #2021-04 as discussed in closed session. Motion unanimously carries.
- 7) UNFINISHED BUSINESS

a) Watch Commander Logs

i) Morabe inquired on the status of obtaining the watch commander logs.

ii) Leonhardi advised they have not been received, but they have asked the department to begin providing them. There will be a sit-down meeting with command coming up regarding staffing and the logs will be discussed further
- during that time.

8) NEW BUSINESS

a) East County Gang BBQ request

i) The East County Gang unit requested a BBQ.
- MOTION/Garcia, SECOND/Castillo approve up to \$500 for East County Gang Unit BBQ. Motion unanimously carries.
- 9) GOOD OF THE ASSOCIATION

a) Association Leadership Training - Morabe

i) Bobbit, Pinckard & Fields’ office held an association leadership training on Tuesday, March 9 and it was attended by Castillo, Morabe, and Sanders.

b) PERB pocket guide request - Morabe

i) Director Morabe wanted to ensure the DSA had the latest 2019 PERB pocket guidebook.

c) Vice President Castillo advised that he sat in on the DSA Command Staff meeting where they talked about different goals for DSB, including but not limited to:

i) Medical certification

ii) RMDF staffing numbers and the potential opening in March 2022

iii) VDF repairs on food flaps

iv) Purchasing additional tasers for the jail facilities

v) Permanent video in court rooms and jails
- 10) ADJOURNED 4:53 P.M.
- 30 Silver Star ★ May 2021

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- 

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MISCELLANEOUS



Selling two uniform items that were only worn once and have hung in my closet since 2010. Item #1 is a Flying Cross long sleeve permanent press shirt, size 17 neck, 35 sleeve. Item #2 is a New Generation light jacket, size M (rarely worn). Selling for \$15 each or \$25 for both. Cash only. Call or text retired Deputy Hugh Morgan, a.k.a. "Andy" at (619) 917-5856.

Toyota Tacoma Rough Country push bar with LED lights. Fits 2016-2019 Tacomas. Excellent condition; very low use. Comes complete with push bar w/ LED, mounting hardware, wiring & switch, precut air dam (not part of the original kit). Over \$450 invested. Yours for \$220. Call or text Brandon (949) 422-5707.

Uniforms For Sale. I medically retired from SDSO in 2015 and recently found some uniform pants and shirts in a dresser drawer. Never worn. I have 6 Elbco S/S shirts, size 2XL and 1 Flying Cross L/S shirt, size 20 neck and 34 sleeve. I also have 6 pair of Elbco wool pants, size 42R. The shirts will go for \$35 each and the pants for \$50 each. The shirts have SDSO patches and cloth strips with reinforced holes for name plates and badges. Three of the S/S shirts still have tags attached. I also have various other uniform shirts, both L/S and S/S from Elbco and Flying Cross, and pants, some Blauer with cargo pockets and other Elbco wool pants that are in very good condition. These are in varying similar sizes as above. Shirts will go for \$15 each and pants for \$20 each. Additionally, I have two Class A jackets in very good condition, 1 in 42L and 1 in 41R. Price on these is \$100 each. Small fee for shipping, since I now live in Northern California. I can send photos if interested. Any sales will require proof of SDSO employment before shipping. Contact Mark Tally at (858) 354-1634.

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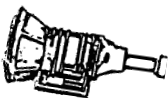
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This month's EOS was submitted by Deputy Michael Moeller. Visit www.steeltooth.com for more artwork and to purchase copies of your favorite cartoons. If you have lighthearted humor, hilarious photos, or even quizzes and games to share, please email all submissions to aheckman@dsasd.org. Submissions run as space allows and may be used in various sections throughout the Silver Star.





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DATES TO REMEMBER:

MAY	13	Board & Member Meeting
	15	Peace Officers Memorial Day
	20	Board Meeting
	31	DSA Closed / Memorial Day
JUNE	10	Board & Member Meeting
	24	Board Meeting

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