

DEPUTY SHERIFFS' ASSOCIATION OF SAN DIEGO COUNTY

SILVER STAR

JULY 2021



INSIDE

2021 SCHOLARSHIP AWARDS | SHERIFF'S MUSEUM BALLOT

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DSA MEMBER STEPHEN CORNWELL (Rancho San Diego station) poses with a Bahamas Police vehicle during his recent vacation. Thanks for bringing the *Silver Star* along on what was surely an epic trip!



DSA MEMBER MICHAEL POWER (Valley Center substation) trades patches with a Bozeman Police Department officer on a recent trip to Montana.



DSA MEMBER ANTHONY O'BOYLE (Alpine station) and his son enjoying Opening Day at Petco Park last month. The sold-out game did not disappoint!



2021 DEPUTY SHERIFFS' FOUNDATION SCHOLARSHIP awardees pose with DSA Director Danielle Benjamin at a recent DSA member meeting. Read more about these hard-working students on pages 13-15. Congratulations to all 2021 graduates!



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aheckman@dsasd.org

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 Submissions that are racist, sexist, or unnecessarily inflammatory or offensive will not be published.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:

No place on the beat is out of reach! Fallbrook patrol deputies patrol the mountains on the San Diego/ Riverside county border. Photo submitted by Deputy Dennis Reid, Fallbrook Patrol.

SILVER STAR

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Deputies are integral to our communities. With elected officials pushing to change the law enforcement profession and media outlets failing to tell the whole story, the Deputy Sheriffs Supporters' Club was created as an avenue by which members of the public can express support for law enforcement.

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PRESIDENT'S REPORT

DAVID LEONHARDI

Over the past several months, the DSA has been exploring the idea of purchasing and operating the William B. Kolender Sheriff's Museum in Old Town. On June 10, I presented the DSA board of directors with a purchase price which was agreed to by the Honorary Deputy Sheriff's Association. The price was well below the appraised value of the museum, and in my opinion, is a deal that seems too good to pass up. Ultimately, the DSA board voted 7-0 to send a ballot to the membership with a recommendation to support a purchase of the museum.

I am an advocate for moving forward because I believe there is amazing potential and future benefit to our members and to our organization. A decision by our board to embark on this venture will undoubtedly result in many changes and additional duties. It will take a team effort to be successful. Part of the reason I support this endeavor is because I strongly believe in the ability of our DSA staff team, led by our CAO Rachel Parrott, to create something very special at the museum.

The Sheriff's Museum is currently owned and operated by the Honorary Deputy Sheriff's Association. The HDSA has done a great job creating and maintaining the museum, which has become a popular attraction in Old Town for tourists and locals alike. The HDSA is a great organization and wonderful resource to the Department and deputies by aiding and ensuring our folks have all the equipment they need. HDSA members are citizens who care about us, our profession, and making sure we have the tools we need to do our jobs well. But HDSA members are not deputy sheriffs. They have been recording and preserving our history just because they see the importance and value in doing so. I believe it's *our* responsibility as deputies to do those things, which is why I see the DSA as a natural fit to own and operate a museum honoring our past.

I want to assure our membership that the DSA board did not take this decision lightly. Each of our directors was provided well over 200 pages of information to review, including profit/loss statements, an inspection report, an appraisal, and a detailed business plan. The board considered all

these factors and decided to move forward and ultimately purchase the museum, pending approval by our membership.

There are several potential benefits to our organization and individual members. Some may view a purchase of the museum as an investment. While I am not an expert in real estate and won't pretend to be, many believe owning a building in the middle of a tourist hub like Old Town is a great investment regardless of the business operations. I believe there is immense potential for the DSA to make the museum an asset for all of us.

For instance, I envision a place where we can organize field trips for school age children to come learn about the history of our department and the positive things law enforcement does for the community. I believe the museum would be a great place for us to host events, heighten awareness of the things we do, and improve public relations with our communities. I also envision it as a place where DSA members can bring their families to learn our history at no cost. We have many ideas to build upon the success of the museum, make it our own, and turn it into something each deputy can take pride in.

As I said before, I am an advocate for this venture. I hope the DSA can embark on this journey and that the membership votes to make that possible. Having said that, I also mentioned that this venture will take a team effort. Earlier this month, the DSA mailed a ballot to the membership so that each member can cast their vote on whether to purchase the museum or not. The DSA has created an informational slide deck to explain the vision, costs, benefits, and goals so that our members can make an informed vote. We also value transparency, and in that spirit, we have created a webpage (www.dsasd.org/museum) where Class 1 Active DSA members can access the museum building inspection, property appraisal, and other applicable materials. These are, of course, proprietary documents that should not be shared.

If any member has questions, concerns, or general comments on this topic, please reach out to me. I'm happy to help and I look forward to hearing from you! ★

4S Ranch
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CAC WET Team
Jared Birrenkott

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South Bay Detentions
David Gerald

Valley Center
Brian Simpson

Vista Station
Matthew Harrel

Interested in becoming a station rep? At least one rep is needed per team. Email info@dsasd.org for more information.

MEMBER BALLOT: Purchasing the HDSA Sheriff's Museum

Cast your vote and return your ballot to the DSA by deadline



The DSA board voted to send a ballot out to the membership regarding the purchase of the HDSA Sheriff's Museum and Educational Center. Ballots were mailed out in early July.

The ballot deadline can be found in the letter that accompanied the ballot. Contact the DSA if you did not receive your ballot, or if you misplaced or damaged your ballot and need a replacement.

Please review the informational materials on the museum purchase at www.dsasd.org/museum. There you'll find links to the building inspection report, building appraisal, business plan, and budget documents, as well as a detailed slide deck outlining the considerations that have gone into this decision. Member login is required to access this page.

For all other questions or inquiries, please email info@dsasd.org. We look forward to sharing the results of the membership vote after the ballot deadline.

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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

July 8 | 5:30 p.m.

August 12 | 5:30 p.m.

Member meetings have resumed in person. Join us on the second Thursday of each month at 5:30 p.m. for a meeting and dinner.

Wave Waterpark Family Fun

July 16 | 4:30 - 8:30 p.m.
Wave Waterpark in Vista

Join us for our first in-person member event of the year at the Wave Waterpark. Purchase tickets (\$5/ person) online at www.dsasd.org/wavewaterpark.

DSA Dinner Dance

August 14 | 5:00 p.m.
Hilton La Jolla Torrey Pines

See flyer on page 19. Tickets and information at: www.dsasd.org/dance

Memorial Golf Tournament

September 20 | 9:00 a.m.
Bernardo Heights Country Club

Learn more and register at: www.dsasd.org/golf

DSA DATES

WAVE WATERPARK FAMILY FUN
July 16 🚫 *4:30-8:30 p.m.*
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WWW.DSASD.ORG/WAVEWATERPARK

Silver Star Correction:

The byline for the May article about the Memorial Wake should have read: submitted (not written) by Danielle Benjamin. From Danielle:

The Memorial Wake is organized and presented as a group effort by the entire Memorial Wake committee. Committee member Clyde Kodadek spends a great amount of time gathering information on the incident related to the Americanism Award. His attention to detail gathering information and witness statements about the incident is impressive to any seasoned investigator. Clyde has been writing the description of the incident related to the Americanism Award for many years and our presentations would not be the same without him. ★



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DEPUTY SHERIFFS' ASSOCIATION OF SAN DIEGO

HOW TO MAKE THE MOST OF YOUR DSA MEMBERSHIP

<p>IF YOU'RE A STUDENT, TAKE ADVANTAGE OF OUR TEXTBOOK REIMBURSEMENT OR SCHOLARSHIP PROGRAM</p> <p>Potential Dollars Saved in a Year: \$300-\$4,300</p>	<p>REQUEST REIMBURSEMENT FOR A CHARITABLE DONATION</p> <p>Potential Dollars Saved in a Year: \$150</p>
<p>ENTER TO WIN A TRIP TO THE STATE OR NATIONAL LAW ENFORCEMENT MEMORIALS</p> <p>Value: \$750-\$1,750</p>	<p>SWAP A REGULAR DATE NIGHT FOR THE DSA DINNER DANCE</p> <p>Potential Dollars Saved in a Year: \$100</p>
<p>SHOP AT THE DSA STORE FOR ALL YOUR DUTY GEAR NEEDS</p> <p>Potential Dollars Saved in a Year: \$100</p>	<p>GRAB ICED COFFEE & SNACKS ANYTIME YOU VISIT THE DSA</p> <p>Potential Dollars Saved in a Year: \$25</p>
<p>USE THE DSA NOTARY SERVICE</p> <p>Value: \$100</p>	<p>TAKE ADVANTAGE OF DSA MEMBER EVENTS DURING HALLOWEEN & CHRISTMAS</p> <p>Value: \$100</p>

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.

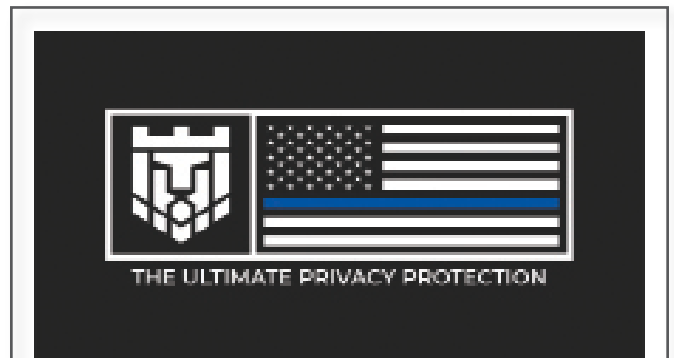
Tell Your Story

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).

JOIN US AT THE

DSA Dinner Dance

AUG
14

Hilton La Jolla Torrey Pines
TICKETS & INFO:
www.dsasd.org/dance

5:00
PM

Discounted hotel room rates until July 16. Visit link for more information.



Deputy Sheriffs' Memorial Golf Tournament Seeks Volunteers for September 20 Event

Various volunteer shifts available from 6:00 a.m. to 4:00 p.m. Contact the DSA info@dsasd.org for more information.



An Inside Look at the DSA

by DSA Chief Administrative Officer Rachel Parrott

July is one of my favorite months of the year. I love that it officially feels like summer; plus, 4th of July celebrations are some of my favorite events. The DSA team is also looking forward to kicking off summer with our first post-pandemic member event, which is slated to take place at the Wave Waterpark in Vista on Friday, July 16 from 4:30-8:30 p.m. Tickets are almost sold out, but you might be able to snag some of the last few on the DSA website at www.dsasd.org/wavewaterpark. Hope to see you in the lazy river!

Last month, we celebrated National Donut Day on June 4 by dropping off donuts to a few of the units throughout the Department to celebrate. We hope our members know we are thinking of them and we are here to support them, even in small ways, like providing every cop's favorite snack.

If you missed it in the meeting minutes, the DSA Board approved President Leonhardi's request to purchase a DSA BBQ trailer. While I won't attempt to describe the trailer in detail, as I won't do it justice, suffice it to say the BBQ is fully-loaded and will allow the DSA (a.k.a. David Leonhardi, Cliff Rinder, and any other smoker/BBQ connoisseurs on the Department) to cook for stations, facilities, units, DSA events, and the wider community. Production of the trailer takes quite a while, but we are tentatively planning for a late August arrival. All that said, keep an eye out for a DSA-hosted barbecue coming to a station or facility near you in late fall 2021 or winter 2022!


I've said it before, and I'll say it again: the DSA needs station representatives! A station representative is the liaison between

the DSA and your team or unit to ensure members are hearing about important updates, upcoming events, benefits, and programs. As many of our more senior representatives retire, we are in need of representatives from every single station, facility, courthouse, and unit throughout the Department. By signing up to be a station representative, you receive a gift card to the DSA store and you are entered into a raffle at each member meeting you attend. What's the catch, you ask? All we ask is that you provide an updated email address so the DSA can send you important updates to share with your teams at briefings as well as attend DSA member meetings on the second Thursday of each month, either in person or via zoom. To sign up to become a station representative or to get more information, please contact us at info@dsasd.org or reach out to DSA Director Danielle Benjamin directly.


The DSA Dinner Dance is back and scheduled for August 14 at the Torrey Pines Hilton. We are incredibly excited for this year's entertainment, the beautiful location, and honestly, just to have a large number of members back in the same room together enjoying dinner, dancing, and everything else the Dinner Dance brings. Most importantly, if you wish to stay at the venue the night of the Dinner Dance or make a staycation out of the event, the DSA room block is open until **July 16!** If you have not booked your room already, hurry before it's too late by going to www.dsasd.org/dance and clicking on the Passkey link provided. The DSA room block rate is \$159/night plus taxes and fees. We hope to see many of you there as we continue to bring back our beloved DSA member events.

Lastly, the DSA board voted on June 10 to send a ballot out to the membership regarding the purchase of the HDSA Sheriff's Museum and Educational Center. Ballots were mailed out in early July and are due back soon. Please make sure you are checking your mailbox for your ballot and be sure to contact the DSA if you did not receive one, or if you misplaced or damaged your ballot and need a replacement. The DSA has numerous informational materials regarding the museum purchase which can be found at www.dsasd.org/museum. For all other questions or inquiries, please email info@dsasd.org. We look forward to sharing the results of the membership vote next month, so be sure to watch your email inbox too.

Happy July! ★



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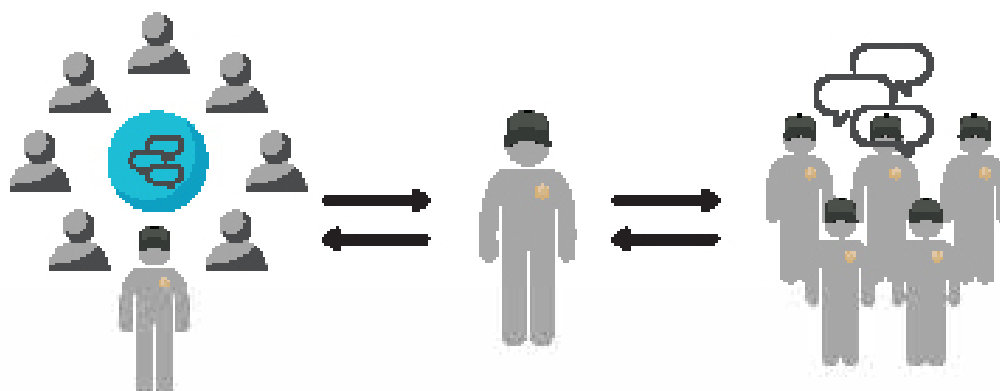
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DSA STATION REPS NEEDED!

REPRESENT THE DEPUTIES ON YOUR TEAM

Station representatives are essential to the mission and the efficiency of the Association. At least 1 representative per team is needed.



WHAT DOES A DSA STATION REP DO?

Relay information from DSA meetings to the DSA members on your team and work location

Provide input on command requests

Post DSA event + program flyers at your work location

Help brainstorm ideas for social events, wellness events, community + public relations

Write a station report for the Silver Star or provide content for the DSA's social media channels

REQUIREMENTS:

- Current DSA member in good standing
- Attend virtual or in-person member meetings on the second & fourth Thursdays of each month

WHAT'S IN IT FOR YOU:

- Serve your fellow deputies
- First to know important association information
- Up to \$150 in gift cards to the DSA Store depending on participation

FOR MORE INFORMATION, CONTACT DANIELLE BENJAMIN

DBENJAMIN@DSASD.ORG

WWW.DSASD.ORG/STATION-REP-PROGRAM



DEPUTY SHERIFFS' FOUNDATION 2021 SCHOLARSHIP AWARDS



STEVEN CAGIGAS

My name is Steven Cagigas and I have been a San Diego County Sheriff's Deputy for a little over eight years. I am currently assigned to the Lakeside Patrol Station. In 2020, I decided to pursue a master's degree and enrolled in the University of San Diego's (USD) Law Enforcement and Public Safety Leadership (LEPSL) program. If all goes well, I should receive my master's degree toward the end of this year.

I would like to express my thanks to the Deputy Sheriffs' Association and the San Diego County Deputy Sheriffs' Foundation for awarding me this generous scholarship. Thank you to the Sheriff's Department's tuition reimbursement program for the financial support it provides toward educational goals. I appreciate the support, financial and otherwise, that the DSA and the Department give to deputies seeking to further their education. I encourage my peers to take advantage!

MEMBER AWARDS



KEOKI CAVACO

Hello, I am Corporal Keoki Cavaco and I am currently assigned to the George Bailey Detention Facility. I have been with the San Diego County Sheriff's Department for approximately four-and-a-half years and have enjoyed every minute of my time as a deputy. When I am not working, you can find me playing softball or golf, or enjoying an ice-cold craft beer. I enjoy watching baseball and am currently a Padres season ticket holder.

I am of Hawaiian/Filipino decent and was raised around big family atmosphere. As a kid, there was always a family get-together and we were taught that family comes first. My little brother is a professional baseball player and my sister works in real estate. I have a niece that is 10 years old and a nephew who is 6. I love spending time with them and watching them grow.

I am enrolled at the University of Phoenix where I am pursuing a degree in Criminal Justice Administration. I plan to use my degree to further advance my career within the department. I plan to be the first person in my family to complete a college degree. I am grateful to be chosen as a recipient of a DSA scholarship as it will help offset some of the financial burden of putting myself through college.



CHRISTOPHER NEUFELD

I am originally from Sacramento and moved down to Southern California when I joined the Marine Corps in 2004. I ended my active-duty time in late 2009 and decided I wanted to continue to serve my community by becoming a law enforcement officer. I graduated from the San Diego Regional Academy in the summer of 2012, following completion of my Associates Degree in Criminal Justice, through Mira Costa College.

Currently, I work out of the North Coastal Station as a Patrol Deputy and K-9 Handler. During my tenure with the department, I have also served as a Field Training Officer, a Special Response Team Sniper with the Special Enforcement Detail (SED), and have worked out of Vista and Valley Center.

I continue to partner with SED to respond and assist as needed for high-risk incidents as a K-9 Handler. I am still in the Marine Corps as a reservist. I'm a Gunnery Sergeant with the First Civil Affairs Group on Camp Pendleton. I'm currently in my eighteenth year of service. I also currently volunteer as a Team Lead with the North Coast Church Safety Ministry.

I will soon graduate from National University with a Bachelor of Science in Criminal Justice Administration. My wife, Kelley, and I share our home with K9 Vigo, black Labrador Finnley, and German Shepherd Moxie. We enjoy road trips to National Parks, camping, and hiking throughout San Diego County. I am truly grateful to receive this scholarship.

LINE OF DUTY AWARDS

In addition to awarding member scholarships, the Deputy Sheriffs' Foundation awards nine scholarships in memory of the nine San Diego County Sheriff's deputies that have died in the line of duty. Dependents of Active & Retired DSA members are eligible to apply. Learn more at www.dsasd.org/foundation/scholarships.

Congratulations, graduates!



JOVIN JUSTICE FERNANDEZ ADAMOS II

Hello, my name is Jovin Justice Fernandez Adamos II and I am a graduate of Mater Dei Catholic High School. I am honored to be the son of Lt. Adamos and very grateful to be a recipient of the DSA scholarship. This award will go towards my higher education at CSU Fullerton, where I plan to study Civil and Environmental Engineering with the hopes that I may one day make an impact to reverse the effects of our climate crisis.

During my years at Mater Dei Catholic High School, I learned how to be a leader both in the classroom and on the field. I completed three Honors classes and two Advanced Placement classes while participating in Varsity Football, being first line for Varsity Lacrosse and still maintained a 4.25 GPA.

I proudly started the first Filipino Cultural Club, carried out my duties as an officer for the international organization, Key Club, and Associated Student Body and participated in an Environmental Science internship. I have acquired beneficial skills and knowledge throughout my high school experience that I will apply towards making a substantial change in the world and advocate for a more sustainable environment. I promise to make the DSA and my father proud. Thank you for this opportunity!



HALEY BANKS

My name is Haley Banks and I am more than grateful for the opportunity to accept the Deputy Sheriff Lonny Gene Brewer Scholarship Award. I am 17 years old and graduating from Liberty Charter High School in Lemon Grove. High school has been an incredible experience for me, and I've had the privilege of participating in both sports and leadership; however, I'm excited to graduate and begin the next chapter of my life.

I am planning on attending Grand Canyon University in the fall to study forensic psychology. One of the main things that I am going to miss in California, however, is my family. My dad has worked for the Sheriff's Department for over 17 years now and I would like to thank him and everybody else who works for SDSO. In my free time I enjoy reading, painting, playing piano and guitar, and singing.



RYAN CRAIG

My name is Ryan Craig, and I am graduating from Mission Hills High School in San Marcos. Academically, I am a member of the National Honor Society, an MHHS Cardinal Scholar, and an Honor Grad with an overall 4.2 GPA. Athletically, I have been a Varsity Lacrosse Team Captain and the President of the Mission Hills Lacrosse Club for three years.

For the past two years, I have volunteered at Saddles In Service, a program for law enforcement, active duty military, and veterans who work with rescued horses for mental health wellness and healing.

This fall, I will be attending The Citadel, The Military College of South Carolina, where I will study Cyber Operations. I am very appreciative to Detective Aaron Boer for taking the time to share his Citadel experience with me, allowing a more in-depth view of this great college opportunity.

Thank you to the San Diego County Deputy Sheriffs' Foundation and the association members for this award. Lastly, I want to thank my family and supporters for their encouragement to work hard towards my goals in life. I look forward to the possibilities!

2021 DEPUTY SHERIFFS' FOUNDATION SCHOLARSHIP AWARDS

LINE OF DUTY AWARDS



SHILEY DAVID

I would like to thank the San Diego County Deputy Sheriffs' Foundation for the incredible recognition of receiving a 2021 academic scholarship named in honor of Deputy Sheriff Theodore Beckmann, Jr. My name is Shiley David, and I graduated as Valedictorian from Tri-City Christian School. I also had the honor of being Robotics Captain and Debate Club President. In my free time, I enjoy participating in musical theater. My favorite roles include Jasmine in Aladdin, Bulda in Frozen, Sister Berthe in The Sound of Music, and Anna Maria in Godspell. Additionally, I love to volunteer in the surgery department at the Tri-City Medical Center and as a scenario role player at the Palomar Police Academy.

In the fall, I will be majoring in Neuroscience, minoring in Spanish, and following the Pre-Med track at the University of California, Los Angeles (UCLA). Summer medical programs, such as the Advanced Emergency Medicine Program at Stanford Medical School and the Psychology and Neuroscience Program at Harvard Medical School, have encouraged me to pursue a career in medicine. Now, I eagerly await the day I am on the frontlines, providing patients with the care they need, especially to law enforcement like my dad, a proud 19-year veteran of the San Diego Sheriff's Department. I am incredibly humbled to accept this scholarship and am grateful to the Deputy Sheriffs' Foundation for this tremendous recognition!



PAIGE MANSELL

Paige Mansell recently graduated from Fallbrook High School, where she earned numerous awards including the December 2020 Student of the Month award, the Cyber Security and Hacking Student of the Year award, as well as numerous honor roll awards. She also participated in numerous extracurricular activities like Model United Nations and the varsity swim team.

Paige spends her free time gardening, playing video games, painting, and doing puzzles. She loves animals and nature and enjoys archery and hiking.

To pursue higher education, Paige will be attending the University of California San Diego in the fall, where she will major in neurobiology. She hopes to attend medical school after receiving her bachelor's degree, and aims to become either a forensic pathologist or orthopedic surgeon after she completes her schooling.



KELA MORENO

My name is Kela Moreno. I'll be graduating from Vista Murrieta High School and continuing my education at Texas A&M University - Corpus Christi. I will be graduating Vista Murrieta High School top one hundred in my class out of eight hundred seniors.

I played on the varsity volleyball team where we earned the Division 1 state championship title in 2019, and still holding the title to this day due to the pandemic. When I attend Texas A&M University - Corpus Christi I will be majoring in nursing and playing beach volleyball. I started taking interest in beach volleyball in eighth grade, and started to competitively play my sophomore year of high school. I currently practice in Del Mar at Wave Beach Volleyball Club in preparation for my collegiate athletic career.

When I'm not playing beach volleyball, I enjoy spending time with my family and friends. Whether we hang out at the beach or at home, I always love sharing a good laugh with my favorite people.

Honoring our fallen by investing in the next generation



MERLY ORTIZ

My name is Merly Ortiz and I am the daughter of Deputy Sheriff Jorge Ortiz. I recently graduated from Sweetwater Union High School with Highest Honors as a CSF Sealbearer and with a GPA of 4.50. While at Sweetwater, I excelled in academics as well as being involved in my school's community. I have represented my school proudly as an athlete for the cross country and softball teams. I was actively involved in school clubs as well, serving as secretary for the California Scholarship Federation, a member of The National Society of High School Scholars, the AVID program, the TRIO program, and the American Sign Language Club. Outside of school, I have practiced karate for the past 15 years. One of my greatest honors is representing the USA in international competitions including the World Championships in Slovakia as a USA team member. I also serve as an assistant black belt instructor to children at UCSD's karate program.

This fall I will attend the University of California San Diego to study English Literature with a concentration in Education to someday become a high school English teacher. I want to thank the Deputy Sheriffs' Association for recognizing my hard work and granting me the Patrick Steven Coyle scholarship. I would also like to thank my father and the many law enforcement officers out there who work countless hours every day, risking their lives for the safety of our communities.



DEZIANNA PATMON

I am honored to be receiving the Deputy Sheriffs' Foundation scholarship in honor of Thomas A. Fay. My family history in the Sheriff's Department spans many years, and I truly respect and appreciate all the hard work and courage that is exemplified in the line of duty. Growing up I took part in various sports and activities and learned that I had a passion for softball. Throughout my four years at Patrick Henry High School, I have maintained good grades, earning honor roll all four years. I have also participated in varsity softball for four years and varsity golf for two years. I try to be active in my community by volunteering at softball camps, not only teaching young girls softball basics, but also lessons such as hard work and discipline.

I will attend North Carolina A&T State University in the fall where I look forward to furthering my education and playing Division 1 softball. I plan on majoring in kinesiology, specifically exercise science, in hopes of becoming a sports physical therapist.

The life lessons of the San Diego Sheriff's Department that my family has instilled in me shaped the individual I am today. I strive to take these lessons to the east coast to continue to be a leader amongst my peers. The Department has been a huge part of my life and I will always aim to represent the law enforcement community well.

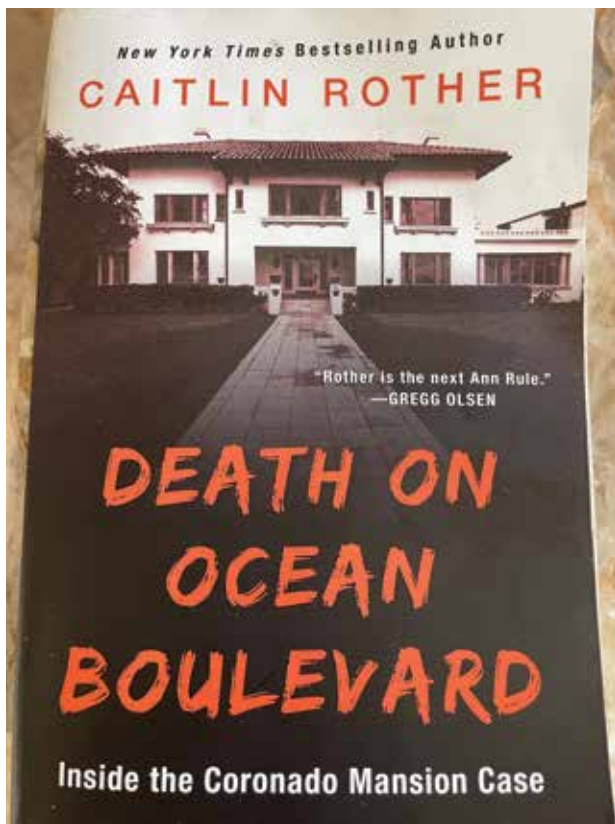


SHANNON STEMPER

My name is Shannon Stemper. I'm graduating from Ramona High School this year with a 4.2 GPA. In the fall, I will be attending Grossmont College and then transferring to a four-year university to earn a master's degree in nursing. I would like to thank the DSA for awarding me with this scholarship. My dad, Jim Stemper, was a deputy for 30 years and retired in March of last year. I have learned a lot from watching him over the years: respect for others, how to listen to others, and how to put God first. My family is a huge part of my success in high school and I am thankful for all of the love and support that they have given me over the years.

Through my years in high school I have been involved in Red Cross, Ignite, girls Lacrosse, and I was a leader in the National Honor Society. I have also been heavily involved in my church and community service. I have been in Girl Scouts since kindergarten and I'm currently working on my gold award, the highest award that I can get in Girl Scouts.

Again, thank you to the DSA for awarding me with this scholarship and in that, supporting me in my pursuit of a higher education and a degree that will allow me to help make a difference in the lives of others. I am excited to see what the future holds for me.



Book Review: *Death on Ocean Boulevard*
by Russ Moore

Death on Ocean Boulevard details the 2011 death of Rebecca Zahau at the Spreckels Mansion in Coronado. Author Caitlin Rother documents the case from the beginning, when Coronado Police received a 9-1-1 call from man saying he had found a woman who had hung herself. San Diego Sheriff's Homicide Detectives are called in and begin to investigate this unusual case to its conclusion, which eventually ends in civil court.

Rother documents the tragic events of Rebecca's wealthy boyfriend's son being gravely injured while under Rebecca's care, to the boy dying days later, and ultimately Rebecca either kills herself or is murdered by hanging naked off a second story balcony inside the mansion. The case weaves in and out of theories on how Rebecca is killed, why or why not she would want to kill herself, and whether or not someone else may have had motive to kill her.

Rother does a very thorough job of researching the material and interviewing all the parties who would agree to talk with her. She does not interject her opinion into the theories and leaves it to the reader to draw their own conclusions from the facts and evidence presented. Obviously, being a proud retired member of San Diego Sheriff's Department, I am biased because I know all the investigators and the quality of their work. I found it laughable the theories of incompetence by the detectives involved. I would highly recommend *Death on Ocean Boulevard* to all fans of true crime.

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The Zwibel family has provided over 30 years of exceptional service in San Diego, with three generations in both Jewelry and Law Enforcement.

Why Self-Acceptance is Crucial When You're Fighting Depression

Reprinted with permission from Dr. Margaret Rutherford. Originally published January 2, 2021 online at www.drmarginrutherford.com.

WHAT DOES DEPRESSION FEEL LIKE?

Andrew Solomon, a journalist and author who has suffered with severe depression wrote, "The opposite of depression isn't happiness, but vitality."

This makes so much sense; when you're not depressed that doesn't mean you're constantly happy, but instead you have a general reserve of energy and enthusiasm upon which you can draw. Sure you can have bad moments and feel down, but there is a life force that hums under the surface, keeping you feeling capable and giving you a sense of purpose as you face your days.

For those with depression, your vitality might have vanished rather suddenly, perhaps due to a horrific loss or trauma. Or maybe it's slipped away slowly, the natural result of stress, conflict, or increasingly loud inner voices chanting that you're worthless or unacceptable.

Your body might hurt. There might be a yawning emptiness inside that seeps into what you think and feel. "I don't care," begins to come out of your mouth. A lot.

You want this to be gone; you remember days where you had vibrancy but those times seem to belong to another person in another world. You want the old you back and wish you could snap your fingers and have this oppressive lethargy and disinterest vanish and be forgotten forever. But what if I suggest to you that you have to accept your depression before you can heal from it?

You hate feeling the way you do, and you hate what depression has taken from you. So why would you want to accept something that's so devastating? Does self-acceptance mean you give up trying to change back to the old you?

No, it doesn't.

THE ROLE SELF-ACCEPTANCE PLAYS IN HEALING FROM DEPRESSION

Think for a moment about the people you love. You've most likely loved them not only for their talents, their wit, or their caring, but you've also accepted their vulnerabilities. You know they get impatient, or they can't cook, or they get nervous at parties. You've understood their battle with insecurity or self-doubt. You've accepted the entirety of their being. That's love. That's what knowing someone, truly knowing them, is all about.

Self-acceptance is the act of doing that same thing for yourself. Your strengths are not all of who you are, nor are your vulnerabilities. No one single fact about you entirely defines you.

So why is accepting depression so vital? Because it means you're no longer denying it but rather you're seeing it for what it is.

Acceptance is very different from apathy or resignation. Self-acceptance means identifying your strengths and your vulnerabilities, the total package that makes you you. It is an honest appraisal of the where you are right now, acknowledging this without pretending things are otherwise.

You have to accept having cancer before you can fight it. You have to accept an addiction before you can find the humility to admit its power over you. And you have to accept depression before you can learn to understand and alter its hold over your mind.

So you can find yourself again. ★

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Baha & ASSOCIATES

SDCERA Update

by SDCERA Trustee David Gilmore

At the June 2021 SDCERA Board of Trustees meeting, we reviewed the *Strategic Plan for the Fiscal Year 2022*. It was well developed and is a good read. It is posted on the SDCERA website (www.sdcera.org) under the Board of Retirement Meeting Agendas.

There were several highlights that will directly affect members. There is a key component that we are each encouraged to provide: **a current email address**.

Part of the strategic plan involves business process improvements, focus on governance, and technology implementation to improve our networks, but some changes are more on the front side of SDCERA. Highlights include the development of a member portal, electronic signatures, and improving member communications.

A while back, a member reached out to me and asked why their personal annual tax form could not be accessed via a download. It was a good question. The tax form in a downloadable format is one of the many planned improvements in the new portal. Additional information


such as beneficiary changes, submitting retirement applications, and modeling retirement outcomes are also planned via the portal.

Electronic signatures are in the plan as well. The team at SDCERA realizes that there are a few key forms that need signatures, and they are planning to provide an electronic signature process to handle it.

Incorporated into the plan is to improve customer service via different methods: integrated voice response, extended service hours, additional training for SDCERA staff, and surveys to gather more member feedback.



One key to it all is for each of us to provide a **current email address**. That will help us stay in the loop. So, for now, I encourage all of us to take a look at the website at www.sdcera.org. Look at the Strategic Plan and be ready to make the most of the member portal when it opens for business. ETA? Fiscal year 2022!


Thanks again for your support at SDCERA and be safe. ★



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10-4 Station M

by Shannon O'Neil-Huntoon, Communications Center

I am a couple months into this Station M “2.0” article, and I think it’s going pretty well. Several of you have reached out via email or stopped me in the halls to say you’re glad I’m back and tell me about what you thought was funny in the last entry! I really want to thank you all for that. My intention is always to bring a smile or, dare I say, some more awareness to all the different things that we happen upon here at the Communications Center.

Besides patrol, I think dispatchers get exposure to the widest cross section of, not only the public, but also the various divisions within the San Diego County Sheriff’s Department. So, how do we deal with it all? Three words: organization, organization, organization.

Show me a good dispatcher, and I will show you someone who has probably put a label on their label maker. Uncle Ben once told a young Peter Parker, “...with great power comes great responsibility.” (Okay, I know Churchill kinda said it first, but let’s face it: Spiderman has a better outfit and a *much* stronger franchise.) No matter which origin story you support, I will shamelessly steal these historic words to segue into my motto: “...with great dispatching comes great OCD.” Dispatchers have to organize everything, except perhaps our own lives. This is because when things go sideways (and they always go sideways), it is our faith and utter commitment to policies and procedures that allow us to execute our duties to the best of our ability. That credo carries over to our daily lives; I am not going to say my closet is organized by color and by sleeve length...that would just be crazy, right? Right?! But I will say, when it comes to gathering up the stories that fuel this particular article, I have files. I have files within files that are cross-indexed to...you get the idea. Most of them are broken down by these file headers:

- And You Thought You Were Having a Bad Day
- Job Security
- Holidays
- Animals
- Love Those Deputies

That last category is my inspiration for this month’s installment. I cannot tell you how many times a bad dispatch day has been broken up or mitigated by a deputy who broke from the constraints of the two-line disposition and let their fingers fly across the keyboard in an act of pure catharsis. Also, I would like it known I have been known to thank, give credit to, and make cookies for those who seek me out with just such dispositions. Shameless bribe, or act of appreciation? Who cares?! So, as promised, what follow are a few tidbits that popped up to brighten many a dispatcher’s day. Walk this way, won’t you?

ON A LONG DARK KNIGHT

Just about everything we do in Communications is recorded. Phone calls, radio transmissions, data entries – they’re all logged, cataloged, and stored. It’s also worth noting that there are no do-overs in dispatch.

There is no correcting of typos or fixing of a fumbled broadcast. No, once you’ve hailed “fif-tippy paul two” on the air, it’s out there for life. That said, to go out on the air and say something off the cuff or off-script on *purpose* is kinda epic. It means you’re brave; it means you’re strong; it means you have the better union contract. Even if you are just ribbing your dispatch.

The North Coastal station has its share of hot calls, but it also has a fair share of quiet moonlit nights when there is nothing to keep you company out on patrol but the rhythmic sound of tires on asphalt and the hum of a patrol radio. In circumstances such as this, a dispatcher must know that *everyone* is hearing every word they say. They also need to know that Hell hath no sense of humor like a deputy trying to amuse himself at zero dark thirty.

A monitoring company called in the report of trespass at a local construction site. Seems they monitor the site after hours via video surveillance and had just observed an unauthorized vehicle pulling onto the site. The call was broadcast, including the details that the footage was in black and white (so limited on description of the car), and that there was a seven-minute delay in the receipt of the footage. The deputy responded, probably contemplating his next caffeine infusion, and after a quick loop of the lot, cleared the call as GA or “gone on arrival” to indicate the suspicious parties were no longer on the scene. Duty served and property protected, our hero could go forth with clear conscious to yonder 7-11 for a well-brewed reward. A little over seven minutes later, another call for the same location and for the same circumstances was entered; a suspicious two-tone vehicle was seen driving through the construction site shining a bright light. The dispatcher, just as tired as said deputy, voiced the call without doing the mental math only to be met with the deputy’s response on the tactical channel. It was tinged with both sarcasm and a tonal united front of the equally tired, “Umm, yeah. That was...me...go ahead and close it...again.”

One face palm and a laugh-laden acknowledgement on tac, the dispatcher cleared the call and sat back for the inevitable. The gates opened and the computer messages poured in. Some were just the gentle LOLs of the forgiving; others came in with a bit more spice, with things like, “Mike Drop!” or “Doh!” All being said, that little bubble of serendipitous humor made the next hour infinitely more bearable for all. With the demands of professionalism and customer service, you can’t always say what you want to say. Yet, one night, along comes this titan, this captain of industry who steps up to the plate on a long dark night. This may not be the deputy we deserve, but he is the deputy we need.

SWIFT THINKING

Sometimes you don’t even need a reporting party for a great disposition. Check out this gem that A deputy put himself out on without even telling his dispatcher.

Driving by and saw residential garage door open. The door was open with a very expensive mountain bike [in full view]. I rang the doorbell,

but no one answered. I left a note on the vehicle in the garage and pushed the automatic door opener. I ran like a cheetah to get out prior to door closing.

Well look at this flamin'-hot defender of the neighborhood – and we all know it ain't easy bein' cheesy. Thank you, sir, for your efforts to protect our property and entertain our dispatchers. See y'all around the snack machine!

ONE SMALL STEP FOR MAN, ONE GIANT LEAP FOR THE BRO CODE

Sometimes the funniest calls come out of absolutely nowhere. Most of the service calls generated for patrol come through the Communications Center via the 9-1-1 lines or our non-emergency number. Yet there are times when the Joe Shmoes of the world will creep up alongside an unsuspecting deputy and pounce! Ah yes, the ol' field flag down. These are like the Cracker Jack box of service calls – you never know what you are going to get. Might be a quick question about a sign-off ticket, a simple request for directions, or it may be someone who is convinced you need to know everything that has ever happened to them since 1850 so you can better help them understand if that \$500 in Walmart gift cards they bought for the Nigerian prince was, in fact, a scam. All things are possible, under the sun and in public service, but I doubt anyone would have expected *this* question.

It was a bright and sunny morning when a unit was approached by a young man holding a cell phone. Seems the young man had a troubling alert pop up on his smartphone and wanted a deputy's advice on how to handle it. The disposition says it all:

Male flagged me down reference an [adult entertainment] website he clicked on while using his phone. The site took him to a screen which claimed to be the FBI stating he had to pay a fine for watching [adult entertainment]. The male was concerned and worried! I advised him it was a scam and helped him erase his browser history. Once it was gone the man walked away happy knowing the FBI was not after him for watching [adult entertainment].

Assuring him it was not a scam is one thing, but the browser history maneuver?! That's just legendary! The bro code is alive and well in east county. Barney Stinson would be so proud. And let us not leave this story without a reading from said Book of Bros:

"A Bro is always entitled to do something stupid, as long as the rest of his Bros are all doing it." – Barney Stinson, The Bro Code

DEPUTIES...AND FOOD, WITH INTEGRITY

Sometimes the deputies will pull out all the stops and you will see dispositions that literally go on for pages at a time. In my career as a training officer, I have often told trainees that the longer the disposition, the more irritated the deputy, or the more ridiculous the call. Maybe

"irritated" isn't the best word for it, but there is a direct correlation with unusual or unrealistic expectations by a reporting party and dispositions that require one to scroll...and scroll...and scroll again! Personally, I think the lengthy dispositions act as a catharsis, a way to get the ridiculousness out of your head and onto the page, leaving you open to the next service call. Lord knows that's one of the things I get from this article. So please enjoy the following. It is the deputy's disposition after being dispatched to a suspicious fast-food container. WARNING: the following may cause you to have hunger pains and a desire to head out to a nearby eatery.

As I went on scene, I noticed a brown paper bag in the street marked with the word "CHIPOTLE" in bold lettering. After blocking off the street to prevent other vehicles or pedestrians from possibly encountering the fast-food, I cautiously approached the bag at angle, making sure to remove my hat and sunglasses beforehand so as not to startle the bag. I spoke to the bag in a soft, calming tone. I then inspected the bag further, and found it contained a savory burrito filled with steak and/or chicken. The burrito was still warm to the touch. I glanced around and called out, "Does this belong to anyone?!" My question was met with a deafening silence. I considered devouring the burrito myself, but I had recently had my breakfast. Plus, it did not have guacamole. I mean, seriously, who doesn't pay the extra \$1 for the guac? Seeing no other viable options, I chose to dispose of the burrito and the suspicious fast-food bag into a nearby dumpster. Yes, it was a Chipotle burrito...and I threw it away.

Savage! According to their advertising, it's not just a burrito. It's a foil-wrapped, hand-crafted, local farm-supporting, food culture-changing cylinder of deliciousness!! Pretty sure that bumps this up to a felony abandonment!

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. I will do my best to answer any and all questions! Shannon.ONeilHuntoon@sdsheriff.org ★





DEPUTY SHERIFFS' MEMORIAL GOLF TOURNAMENT

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Chaplain Connection

by Chaplain Herb Smith

THE LORD IS NEAR TO THE BROKENHEARTED AND SAVES THOSE WHO ARE CRUSHED IN SPIRIT (PSALM 34:18)

I have either led with that verse or referenced it many times over the years I have contributed to this column. There are others like it in scripture that touch deeply with the benevolent heart of a God Who genuinely cares for us. Yet, for me, this verse always catches me up to the astonishing idea that my relatively insignificant life means something to Him.

I just finished watching the sun go down over the ocean with my wife. The reassurance and refreshment of a sunset never escapes me. The enlivening sea breeze, the exhilarating smell of the briny air, the sight of such an immense ocean, and the power of our sun that keeps it all going. We watch as it puts us to bed with the promise of a new day in the morning and the faithfulness and grace of a Creator Who made it all and infinitely surpasses it all. We walked the beach earlier in the morning, and I casually walked over sediment made of ancient shells, probably many times older than the history of man itself. I thought of a God Who was there then, too – the same then as He is now. How exceedingly small and finite I am, yet how immensely complex and wonderfully made as well.

All of this while trying to comprehend the how and why of two beautiful lives, Ryan and Jamie Park, so quickly and tragically ended. This sunset was one they did not get to see or know; this was a day they did not get to have. The reason why seems beyond knowing. It rides upon my mind and heart how two such fine people could be lost in that way. Their extraordinary lives together had just begun, and then they were not. As you read this, a month has passed, and no doubt their honored services as well. Yet it will still be uneasy on our hearts. Their memory, their workplaces, their cases, their relationships and experiences with all who knew them, will still bring pause and tears. We will ever wince and weep as we remember them and fail to comprehend time and again why such a tragedy had to happen.

I recall the ancient story of Job in the Bible where he was stricken with tragedy at so many levels in his life, all relatively at once, and not because he was particularly evil or deserving, but quite the opposite. Terrible losses of children, reputation, wealth, and health, not for judgement against anything he did particularly, but for a greater purpose in the realms of heaven he could never have comprehended. God never gave him an answer as to why, but did educate him on how God is God, and we are not, and ultimately restored Job many times over.

What I do know is that, though God could have averted this tragedy, He

did not. So, I weep until that eternal moment when I finally learn why.

“Blessed are they that mourn, for they shall be comforted” (Matt. 5:4). Jesus spoke this in his recorded sermon on the mount. To be comforted, you must have a heart that you are willing to have broken, which also means you’re willing to love at the risk of losing that love. The biggest risk we take in all our relationships is a willingness to sacrifice our heart, should that relationship be lost somehow. That is the deepest part of the gift of our love, and that commitment to love is often tested. As we persevere through the pain of those tests, sometimes unto total loss, inexplicably our heart is restored, yet with an even larger and greater capacity to love deeply, thoroughly, completely and without fail, and this even more clearly reflects the heart of God through us. When we do, it is God Who then ministers to us, to become even greater conduits of His unending love. “He heals the brokenhearted and binds up their wounds” (Ps.147:3). Without Him it is impossible to love anything, even ourselves, in the way we should. We seek after and value love because it conveys to us that we are fully known, and yet still loved. Because of that, Jesus later said, “Come to me, all who labor and are heavy laden, and I will give you rest” (Mt.11:28). Our heaviest burdens are carried in the heart, but the only way they can be truly alleviated is by “Casting all your anxieties on Him, because He cares for you” (IPet.5:7). Life is a gift. We did not earn it. We have it for a season, and it returns to the One Who gave it, yet all for the good of His own.

God created the beauty of the earth in general revelation to point to His glory and power. And at the pinnacle of that creation are us all, made in His image to reflect His goodness in our choices, decisions, and sacrifices. When we embrace His Spirit to do so, what is good, true, and beautiful then animates us as well. In this way, the earth is “filled with the knowledge of the glory of the Lord, as the waters cover the sea” (Hab.2:14).

Ryan and Jamie now belong to eternity, and what is good, true, and beautiful in this world was bettered by their lives. God took them, for reasons we cannot know this side of forever, but in the loss of them here, we are enlarged in our love, for them, each other, and the precious and short life we have left. God grant us all the grace we desire to love like that and drink in its passion with every ocean sunset.

This is my final column to you as your chaplain. It has been an immense privilege to serve your hearts these many years. God has enlarged my heart many times over by the gift of your love and friendship. I will always be grateful for your touch, and I will always love you dearly.

My flesh and my heart may fail, but God is the strength of my heart and my portion forever (Psalm 73:26) ★

TEN 7

by Greg Reynolds

“When the Legend Becomes Fact, Print the Legend”

July quote: “If you’re not barefoot, you’re overdressed.” It’s finally the halfway point in 2021. Some pearls of wisdom from Earl Wentworth: “Someone’s therapist knows about you”, and, “In 20 years our country will be run by people homeschooled by day drinkers.”

This from Clyde Kodadek:

Its zero dark thirty, April 7, 2021. I’m on the road to San Diego. IT’S ON! My motto, “Have Shots - Will Travel”. I’m going to the east coast to celebrate “Christmas in April”, since COVID-19 cancelled my December 2020 family Christmas. At 0515 I met with Rick Ellington, my ride to the airport. It has been a year since COVID-19 cancelled Rick’s retirement party. Rick is hopeful it finally might happen in 2021. (It’s rescheduled for July 30, 2021, see below). At 0635 my Southwest flight was about to board. I got in position at A-26. The ladies in front of me confirmed their positions as A-24 and A-25. A-25 looked at me and asked, “Are you retired from the Sheriff’s Department?” I said, “Yes”. A-25 said, “You are Clyde Kodadek”. I said, “Yes”. Even with her mandated COVID-19 mask down, I admitted I did not recognize her. When she said, “Barbara Lore” I immediately flashed back to when we worked jail and patrol together. It was a great reunion! I had not seen Barbara for about 25 years. Barbara was on vacation, going to Boston. Barbara’s friend, aka: A-24, was identified as Heidi Doyle. Barbara is actively involved with Meals-On-Wheels.



She would love to have any retirees volunteer. You can volunteer on the website or get in touch with Barbara at blore@meals-on-wheels.org. What a great chance meeting of retired SDSO people!

The HDSA annual camping trip was held at Borrego Springs in May of this year. I traveled there for a day trip on the hottest day of the year, April 30, to visit with the desert rats who showed up. Their “camp out” was motorhomes and trailers parked in a very upscale gated RV park. Which goes to reason, why suffer when you don’t have to? Many good stories and much fellowship ensued over the weekend, and it is a must “camp out” trip that the Millers organize every year. Put it on your to-do list. Top row: Valinda Sutton, Marshall Kelsay, Rod Gilmore, Ray Miller, Al Collier, Ron Scheck, Mary Scheck, Jon Holmerud, Bill Burmeister,

Dennis Brugos, George Kneeshaw, Bob Plumbley. Bottom row: Doug Huse, Gordy Brooke, Bob Mars, Linda Barnett, Robbie Holmerud, Teresa Brugos, Chuck Lane, Gene Gillard.



Conrad Grayson sent me the following pictures and story about the early days in the SDSO Bomb and Arson Unit:

The over-the-hill group of the Bomb and Arson squad from 1970-2010. These Bomb Technicians spent until 1985 working without proper safety equipment such as ballistic bomb suits and bomb robots. These were the Bomb Squad pioneers when safety funds were very thin, but they did the job of disarming bombs and working some very dangerous fire scenes. Front row left to right: Robert Luke, Bill Kilpatrick, and Bill Cruzen. Middle Row: Bill Crigler, Conrad Grayson, and Ron McCracken. Back Row: Ronny Cox, “Catfish” Robert Williams, Pat Espinoza, and Don Needham.



Conrad also sent me a picture of the 1971 original Bomb and Arson squad consisting of Sgt. John Reeve, Dave Johnson, Dean Browne, and Carlos Lowe. This team completed the official Certified Bomb Technician Course at the U.S. Army Redstone Arsenal Hazardous Devices Course. Conrad replaced John as the Sergeant in 1977. I’m pretty sure that they did away with the Bomb and Arson height requirement in 1977. Just saying.



So, my wife and daughter came up with this terrible idea to spend a day at the Carlsbad Flower Fields at \$10 a head. I was able to come up with a multitude of reasons why I couldn’t go, such as watching old re-runs of SVU, teaching the cat to really care, and washing my new Ebike. No real deputy would go to flower fields, maybe SDPD or FBI retirees would, but no flower-admirers in our ranks! Imagine my surprise when one Michael Barletta sent me a picture of the flower fields he went to with his wife. Sigh. Anyway, this portion of the fields is of an American flag.



Newly-appointed cub reporter Gary Haigh found this old picture of the Lemon Grove Traffic Unit back in April of 1992. It shows the transition of the green and white traffic car to the black and white car. Pictured from left: Motor Deputy Gene Palos, Collision Investigator Deputy Pat “Maroon” Hartigan, Collision Investigator Deputy Van Joslyn, Traffic Sergeant Gary Haigh, Collision Investigator Randy Dibb, and Motor Deputy Franco Delrosario. What you can’t see in the picture, per Gary, is the step stool used by Palos to be able to mount his motorcycle. According to many people at the RDSA campout where Gene visited in his golf cart, they noticed that he also had to use a phone book to sit on when he drove the golf cart.



Ron Austin responded to my inquiries about the old Bostonia station. Ron said some awesome people were assigned there: Sgt. Kurt Ring, Sgt. Skip Armstrong, and Jerry Lipscomb. He also noted that some of the shy, introverted, and inconspicuous deputies, like Gordy Brooke, Frank Woods, and Scotty Dinger, to name a few, worked there. One wonders in what dictionary Ron found the words “awesome” or “shy” in the descriptions of these names?!

Ron also related that they handled Ramona Patrol out of Bostonia, and here’s how it worked: if you were a rookie, you paired up with your T.O., which in Ron’s case was Gordy Brooke or Frank Woods on Gordy’s days off. (We actually had two-man cars back then on night shift.) The patrol beat included Barona Indian Reservation at least twice a shift. They drove to Ramona via Wildcat Canyon and EOS back to Bostonia. On a side note, there was a large dip in the road in the middle of the reservation. Patrol speed through the reservation was determined by how fast you could drive through the dip without crashing. There wasn’t an office in Ramona, so the deputies shared a space at the courthouse. They would arrive, check the previous shift’s log book, patrol downtown Ramona, then head up to Santa Ysabel, over to San Pasqual, down to Poway turnoff, out to Ramona Country Estates, around the Ramona Airport, then grab a bite to eat in Poway, fill in the log book, and head down the hill for EOS. Bob Ramirez was assigned to the Bostonia substation from 1971-1973. The station was located on Broadway near North 2nd Street in El Cajon (a.k.a. the community of Bostonia).

Across the street was The Bostonia Ballroom, which was a landmark in East County. Next door was a small bar called The Mug. Some of his fellow deputies at Bostonia were: Skip Murphy, Frank Woods, Craig Henderson, Wayne Rathburn, Dennis Hartman, Errol Bratley, Johnny Cox, Frank Bird, Andy Anderson, Tom Bulow, Wayne Simmons, Ron Schweitzer, and Scott Dinger. Bill Kilpatrick came through with two Bostonia era pictures. The first is of the Bostonia station itself, and the second picture is of the Sheriff’s station which was located at Orange

and Main in El Cajon in the mid 1950s. Per Bill, this station was pre-Bostonia.



From Ralph Rinder: I’m Ralph Rinder, ‘99 retiree (Rural Enforcement). Information on the Bostonia Sheriff’s



Substation. It was across the street from the Bostonia Ballroom. I was stationed there from 1968 to 1972. This station serviced all of east county back then, working beats

from Ramona to Otay and Santee to Alpine. The station commander was Captain Quentin Cash, and second in command was Lieutenant Ed Bruha. The one sergeant I remember was Marlowe Rathbun. I worked beats from Ramona to the South Bay. I have a lot of fond memories with the various beats and the deputies I rode with. By the way, my training officers were Mike O’Conner and Ray Root. Also, John Maschka sent me more info on Bostonia. It was much more than a store front. It was the main patrol station for every beat south of Hwy 395, now I-15. Bostonia was a converted appliance store with a huge parking lot behind it full of pink patrol cars. Every car for east and south county worked out of this station. The beats were huge. Poway/Ramona were one beat, Santee/Lakeside, CDO/Spring Valley Mt. Helix Jamul was another, and then South Bay/Bonita/Otay Mesa. The only small beat was Lemon Grove/Vista La Mesa The Station was across the street from the old Bostonia Ballroom.

So, there’s your history lesson on the Bostonia station. Great work cub reporters!

Rick Ellington’s retirement party, which was postponed many times by COVID-19, is back on. Leah has reserved the Bayview Room at Marina Village for July 30, 2021 from 1730-2030. You can reserve by contacting Nancy Zuniga-Ryan (SDSO) at mail stop 0-238 or call her at (619) 454-9786. Send photos to Nancy.Chase@sdsheriff.org and stories to Clyde Kodadek at ckodadek@sbcglobal.net.

Remember to send me stuff at pv3and2@sbcglobal.net. Or I will have Catfish Williams come to your doorstep with his famous line: “Do you feel lucky?” ★

Minutes

President David Leonhardi called the Meeting of the Board of Directors to order on April 22, 2021 at 1:12 p.m.

ROLL CALL OF DIRECTORS:

Present: Benjamin, Castillo, Garcia, Lewis, Morabe, Leonhardi, Rinder, Sanders, Shawcroft

Absent:

Garcia arrived at 1:16 p.m.

Shawcroft arrived at 1:21 p.m.

MEMBERS IN ATTENDANCE:

Jeremy Sheppard

1) APPEARANCES

- a) Dr. Bob Brown and Assistant Sheriff Tony Ray
 - i) AS Ray and Dr. Brown came to the board to discuss an opportunity to partner with the NAACP to build bridges between law enforcement and the community. The project idea is to create ten commercial-like videos, directed towards youth, to inform and break those walls towards law enforcement.
- b) District Attorney Summer Stephan
 - i) DA Stephan came to the board and gave an update regarding the current situations the DA's office is facing with hearings and how they are overcoming them. Stephan advised that the courts are currently using Microsoft Teams to lead trials and it has been working for them; so much so that they are looking to continue doing remote as well as in-person arraignments. She advised that when they open fully in June, they will have a 30,000+ case backlog.
- c) Scott Trendel, Audit Review
 - i) The DSA Audit for the 2020 year is available for review. Please contact Louisa Hicks at lhicks@dsasd.org to set up an appointment to review.
- d) i:Que Mock Voting Presentation
 - i) Jonathan Hayes from i:Que walked the board through the new portal for members. This portal will allow members to update personal information and see current member benefits.

2) CONSENT CALENDAR:

- a) Minutes from April 8, 2021
- b) Retirements
 - i) George Garcia – 20 years of membership (21 as class 1) - \$4,300
 - ii) Maureen Perkins – 23 years of membership (21 as class 1) - \$5,000
 - iii) Ethel Bliss – 18 years of membership - \$3,900
- c) DSA Budget Report

MOTION/Sanders, SECOND/Benjamin to approve the consent calendar. Motion carries.

ABSTAIN: Garcia and Shawcroft

3) PRESIDENT'S REPORT: Leonhardi

- a) Meet and Discuss Meeting
 - i) President Leonhardi discussed the Meet-and-Discuss he and Vice President Castillo attended.
 - ii) Leonhardi stated the department advised that the language regarding spot checks may be changed, so the DSA will be awaiting a potential language change.
 - iii) They discussed the changes to policy regarding muting of BWCs. Leonhardi stated the policy says you can mute if

you are in a place of privacy. Otherwise, deputies should not be muting, unless they are able to justify their reason for doing so via CAD, the radio, etc.

- iv) Leonhardi advised of an issue DIS discovered during audits of deputies muting and then forgetting to unmute.
 - v) Castillo stated when DIS is reviewing cases they are noticing performance issues.
 - vi) The board then discussed issues with CAD and mismatching tags.
- b) NAACP Request
 - i) The board discussed the NAACP request that was received from Dr. Brown.

MOTION/Lewis, SECOND/Benjamin to approve up to \$5,000 for the NAACP project. Motion unanimously carries.

c) San Diego Union-Tribune Article

- i) President Leonhardi advised of an article that was written by the U-T and the op-ed Leonhardi and The San Diego Group wrote in response. The board discussed a specific piece regarding data presented in the op-ed. Directors Morabe and Lewis voiced that the specific verbiage needed to be improved and also cited. Morabe stated her concern that the comments made in the article were a sweeping generalization of the black community and were inappropriate. The board agreed that, moving forward, more careful consideration should be taken to ensure we are conveying the intended message.

4) VICE PRESIDENT'S REPORT: Castillo

- a) No report.

5) SECRETARY/TREASURER REPORT: Benjamin

- a) The current investments for 2021 are up 6.98% and the total portfolio investments are at \$10 million year to date.
- b) Account transfers from SDCCU to UBS

MOTION/Benjamin, SECOND/Morabe to transfer \$200,000 from the SDCCU general cash account to the UBS investment account. Motion unanimously carries.

MOTION/Benjamin, SECOND/Morabe to transfer \$150,000 from SDCCU Relief Fund to the Relief Investment account. Motion unanimously carries.

6) COMMITTEE REPORT

a) FINANCE/BUDGET: Benjamin

- i) No report.

b) PORAC: Garcia

- i) PORAC Chapter Update
 - (1) Director Garcia advised that PORAC is still discussing pending legislative bills and their positions on each bill.
 - (2) Discussed Lorena Gonzales's AB 66 to set standards on use of 'less lethal' force by officers.

c) POLITICAL ACTION: Leonhardi

- i) Legislative Update
 - (1) The San Diego Group's John Wainio updated the board regarding the 79th district. Wainio also gave an update regarding the public relations effort to date.
 - (2) DSA's Sacramento Lobbyist Darrell Lucien updated the board on the Assembly District 54 race.
 - (a) ALADS has asked for \$5,000 to go towards

polling for the Assembly District 54 race.

MOTION/Shawcroft, SECOND/Sanders to approve \$5,000 from the PAC fund to go towards. Motion carries.

AYES: Garcia, Lewis, Morabe, Rinder, Sanders, Shawcroft

NOES: Benjamin and Castillo

d) NEGOTIATIONS: Castillo

i) No report.

e) MEMBER EVENTS: Rinder/Lewis

i) No report.

f) MEMBERSHIP: Garcia

i) No report.

g) DONATIONS: Sanders

i) DIU Donation Request

(1) DIU has requested (3) gift cards totaling \$150 for the DSA store.

MOTION/Sanders, SECOND/Morabe to approve (3) DSA Store gift cards totaling \$150. Motion carries.

AYES: Sanders, Morabe

NOES: Castillo, Lewis, Shawcroft, Benjamin, Rinder, Garcia

ii) SEBA Donation Request

(1) SEBA requested funds to support their Fallen Heroes Fund.

MOTION/Sanders, SECOND/Garcia to approve \$1,000 for Fallen Heroes Fund. Motion unanimously carries.

iii) Personnel - Espresso Machine

(1) No action taken.

iv) SDPOA Golf Tournament

(1) SDPOA has requested support for their golf tournament.

MOTION/Sanders, SECOND/Morabe to approve \$500 to sponsor SDPOA Golf Tournament. Motion carries.

v) Saddles & Service Golf Tournament

(1) Tabled until the next meeting.

h) BYLAWS/STANDING RULES: Morabe

i) Electronic Voting Standing Rules

(1) Meeting will be held May 13th to discuss verbiage for the new electronic voting standing rules.

i) MEET & DISCUSS/CONFER: Castillo

i) No report.

j) SCHOLARSHIPS: Lewis

i) No report.

k) PEACE OFFICER MEMORIAL: Benjamin/Morabe

i) No report.

l) LEGAL DEFENSE: Castillo

i) No report.

m) SICKNESS AND DISTRESS: Rinder

i) No report.

7) UNFINISHED BUSINESS

a) No report.

8) NEW BUSINESS

a) RAPID POS System Upgrade

i) The store's POS system needs to be upgraded to avoid any

potential security risks.

MOTION/Shawcroft, SECOND/Benjamin to approve up to \$5,852 for the RAPID POS system upgrade. Motion unanimously carries.

b) Autism and Prostate Cancer Awareness Patch

i) Director Shawcroft advised he has looked into getting patches approved for Autism and Prostate Cancer Awareness months for wear.

MOTION/Sanders, SECOND/Lewis to approve up to \$50 for an Autism and Prostate Cancer Awareness patch. Motion unanimously carries.

9) GOOD OF THE ASSOCIATION

a) George Floyd Justice and Policing Act

i) Morabe advised the George Floyd Justice and Policing Act affects federal, state, and local law enforcement.

b) Virtual Use of Force Training

i) The Alameda DSA and Mastagni Law Firm will be holding a virtual use of force training on June 2nd and June 4th. Registration for the training closes May 28th.

c) Las Colinas BBQ Request

i) Morabe advised that Las Colinas is in need of a BBQ.

MOTION/Morabe, SECOND/Rinder to approve up to \$500 for a BBQ. Motion unanimously carries.

d) Windshield Replacement

i) One of the DSA vehicles has a crack in the windshield.

MOTION/Castillo, SECOND/Garcia to approve up to \$800 for a windshield replacement. Motion unanimously carries.

10) ADJOURNED 3:52 P.M.

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GHIO PANISSI
A LUTHERAN

President David Leonhardi called the Meeting of the Board of Directors to order on May 27, 2021 at 1:10 p.m.

ROLL CALL OF DIRECTORS:

Present: Castillo, Garcia, Lewis, Leonhardi, Sanders

Absent: Benjamin, Morabe, Rinder, Shawcroft

1) CONSENT CALENDAR:

- a) Minutes from May 13, 2021
- b) Retirements
 - i) George Garcia – 21 years of membership (20 as class 1) - \$300 additional
 - ii) James Kelley – 19 years of membership - \$4,200
 - iii) Matthew Mays – 15 years of membership - \$3,000
 - iv) Margaret Vick – 22 years of membership - \$5,100
 - v) William Uelen – 27 years of membership - \$6,600
- c) Budget Report

MOTION/Castillo, SECOND/Sanders to approve the consent calendar. Motion unanimously carries.

2) PRESIDENT'S REPORT: Leonhardi

- a) Greenhead Sporting Club Update
 - i) Leonhardi advised that Greenhead Sporting Club did an assessment of all their members. The DSA will need to pay for the assessment cost, which is \$2,000.

MOTION/Garcia, SECOND/Castillo to approve \$2,000 for Greenhead Sporting Club assessment cost. Motion unanimously carries.

b) June Reopening Plan

- i) Leonhardi met with Assistant Sheriff Frierson regarding the June 15th California re-opening. Leonhardi anticipates deputies will ask if they are required to continue wearing masks. AS Frierson advised that they still have to follow CDC guidance and wear masks, but they will be making a few changes that should be well-received. There will be a meeting held June 2nd and an email will be going out detailing the changes.
- c) Desmond Press Conference
 - i) Leonhardi advised that the counties receive federal relief money for COVID which the county decides how to distribute. Supervisor Jim Desmond's office wants to ask the county to designate \$40 million specifically to first responders and military who have experienced hardships due to COVID. The DSA was asked if anyone would be willing to speak at a press conference if affected by COVID, so an email was sent to the membership. However, only one response was received, and that person was unable to attend.

d) P&P 6.131 Update

- i) As a follow up to previous discussion, it was confirmed that the deputy writing the report is not responsible for checking with every deputy involved to check whether they muted their BWC or not. It is the deputy's individual responsibility to ensure they reported any muting in CAD.

e) D.C. Trip in October

- i) National Police Week has been moved to October 13-17. The DSA will be sending the winners from 2020 and 2021, as well as any director wanting to attend. Leonhardi reminded all that in recent years, the Department has not allowed anyone attending to use release time to attend.

f) WLLE Conference

- i) The Women Leaders in Law Enforcement Conference will be held this year and the Department will be sending 50 people. The Department has said they would like to get matching t-shirts for attendees and has asked if the DSA would sponsor buying the custom t-shirts.

MOTION/Lewis, SECOND/Castillo to approve up to \$1,000 for custom t-shirts for the WLLE Conference. Motion unanimously carries.

3) VICE PRESIDENT'S REPORT: Castillo

- a) South Bay Jail BBQ
 - i) Castillo advised that South Bay Jail needs a BBQ.

MOTION/Castillo, SECOND/Garcia to approve up to \$500 for a BBQ. Motion unanimously carries.

4) SECRETARY/TREASURER REPORT: Benjamin

- a) No report.

5) COMMITTEE REPORT

a) FINANCE/BUDGET: Benjamin

- i) No report.

b) PORAC: Garcia

- i) Garcia advised the new PORAC building is almost




- completed.
- ii) SB 2 has moved on to the Assembly, which will be discussed in the PAC update.
- c) **POLITICAL ACTION: Leonhardi**
- i) PAC Update
- (1) SB 2 has moved out of the Senate with a couple of amendments, but nothing significant. Leonhardi stated it is still a very bad bill for law enforcement.
 - (2) Leonhardi discussed PORAC's main reason for not getting involved when the DSA opposed Akilah Weber because Akilah is supported by Senator Toni Atkins and they needed Atkins on SB 2 amendments. Leonhardi stated that Atkins testified in strong support of SB 2 and he does not believe she will be much support in opposition of the bill.
 - (a) Garcia added that at the last meeting in Sacramento it was mentioned Atkins was working on changes for PORAC and that the Governor's office was not pleased with what was being presented and would step in to make changes before the Governor signed it.
- ii) Leonhardi advised that they are still waiting on the candidates for the Sheriff's race.
- iii) At the next PAC/Board meeting, Mayor of San Marcos Rebecca Jones will be coming in to ask for an endorsement.
- iv) Leonhardi advised of another potential candidate who may request the DSA's endorsement, Brian Pepin. Pepin is running for City Council and has Mayor Steve Vaus's endorsement.
- d) **NEGOTIATIONS: Castillo**
- i) No report.
- e) **MEMBER EVENTS: Rinder/Lewis**
- i) Wave Waterpark Event
- (1) The DSA Wave Waterpark event will take place on Friday, July 16 from 4:30 p.m. - 8:30 p.m. Tickets will be \$5 per person and available for purchase for Active and Retired members online at: www.dsasd.org/wavewaterpark
- ii) Dinner Dance
- (1) The Dinner Dance will be held Saturday, August 14 at the Torrey Pines Hilton, and tickets are available online at: www.dsasd.org/dance
- iii) BBQ Competition
- (1) Once we receive the completed BBQ trailer, the DSA would like to use it to host a BBQ competition for members. The hope would be to get a few guest judges and roll out the new trailer by having the competition and getting members and their families to participate.
- f) **MEMBERSHIP: Garcia**
- i) No report.
- g) **DONATIONS: Sanders**
- i) Ontario POA Donation
- (1) No action taken.
- ii) San Marcos BBQ
- (1) Director Sanders advised San Marcos station has requested a BBQ. Sanders stated if the cost goes over the \$500, he will cover with his director funds.

MOTION/Sanders, SECOND/Garcia to approve up to \$500 for the San Marcos BBQ. Motion unanimously carries.

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

- i) No report.
- i) **MEET & DISCUSS/CONFER: Castillo**
- i) No report.
- j) **SCHOLARSHIPS: Lewis**
- i) No report.
- k) **PEACE OFFICER MEMORIAL: Benjamin/Morabe**
- i) No report.
- l) **LEGAL DEFENSE: Castillo**
- i) No report.
- m) **SICKNESS AND DISTRESS: Rinder**
- i) No report.
- 6) **UNFINISHED BUSINESS**
- a) No report.
- 7) **NEW BUSINESS**
- a) No report.
- 8) **GOOD OF THE ASSOCIATION**
- a) No report.
- 9) **ADJOURNED 1:38 P.M.**



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CONGRATS & ANNOUNCEMENTS



Arlo Jack Riddell

Deputy Clinton Riddell (San Marcos) and his wife Ashley welcomed their third child, **Arlo Jack Riddell**, on March 30, 2021 at 11:18 hours.



Weston Zachary Frank

Deputy Frank (Rancho San Diego) and family welcomed their son, **Weston Zachary Frank**, on May 22, 2021 at 4:57 a.m. He was 6lbs 11oz and 19 ½ inches.



Ethan Charles Martinson

Detective Jenny Martinson and her husband James welcomed a baby boy **Ethan Charles Martinson** on April 8, 2021 at 10:12 a.m. He was 9lbs 2oz and 20 ¾ inches. Ethan joins his big sister Hallie Rose and big brother James Andrew.



Reid Garron Elmone

Deputy Austyn Elmone (Rancho San Diego) and his wife Jenna welcomed their second son, **Reid Garron Elmone**, on May 5, 2021. Congratulations!

WAVE WATERPARK FAMILY FUN



Friday, July 16
4:30-8:30 p.m.

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Remington 1100 Competition shotgun. Great for trap. 12 ga, 30" barrel with 5 external chokes. Exterior looks new. Minor wear on internal bluing. Adjustable comb. Butt plate is adjustable for cast, camber and drop. Butt plate has springs to reduce recoil. 3/4-inch spacer added to butt plate for taller shooters. This is the softest shooting 12 ga ever. Photos, descriptions and reviews are on the Internet. \$900. Jim Wilterdink, phone 619-507-6039, jimwilt3@hotmail.com.

Remington 700 ML (Muzzle Loader 50 caliber). Excellent condition very low use. Upgraded to 209 shotgun primers and TruGlo sights. Comes with: 209 Primer (180), Bullets (130) (250-490 grain), Black powder (3 types), Black powder pre formed (95), CO2 discharge tool, Rifle case, all for \$550. Call or text Brandon at (949) 422-5707.

REAL ESTATE

900sq ft detached studio for rent in Poway. Washer/ dryer, furnished, and all utilities included. No pets allowed. \$1450 a month. If interested text (619) 623-8474.

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

MISCELLANEOUS

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.

Brand new Class A jacket for sale. Never worn. Size 42 S (short). \$175. Call or text Ron at (760) 214-3122 for more information.

WANTED

[NEW] Retired deputy looking to purchase a 150th anniversary San Diego County Sheriff's Ruger Vaquero with oak presentation case. Contact John Klimek at (760) 586-5638.

VACATION RENTALS

[NEW] Big Bear Cabin vacation rental. 2 bedrooms, 1 bath / 4 beds, sleeps 6 people. Back deck with BBQ and front deck with hot tub. <https://www.airbnb.com/h/bearcubcabin>. Text Stacey at (619) 208-9011 or Derek at (714) 401-1006 if interested. 15% law enforcement discount on nightly rate.



SUBMITTING A CLASSIFIED AD:

Send up to 500 characters and a photo (optional) to Silver Star editor Alex Heckman via email at aheckman@dsasd.org.



wellness resources

SDSD Chaplain Program Director Bill Trok (760) 445-8668

Department Chaplains provide support for emotional and faith needs for San Diego Sheriff's Department employees.

COPLine (800) 267-5463 | copoline.org

Confidential, 24-hour hotline answered by retired law enforcement officers.

Employee Assistance Program Anthem Blue Cross (888) 777-6665 | anthemEAP.com

A resource for assisting the employee and eligible family members with managing problems at home and at work. No-cost, professional, and confidential.

National Suicide Prevention Lifeline (800) 273-8255 suicidepreventionlifeline.org

Text "BLUE" to 741-741 to connect 24/7.

Safe Call Now (206) 459-3020 | safecallnow.org

Confidential, comprehensive, 24-hour crisis referral service for all public safety employees, all emergency services personnel, and their families, nationwide.

SDSD Peer Support (858) 565-5200 | SDSL Intranet

Peer to peer support with personal or professional problems. Contact via Sheriff's Communications Center at the number above.

The Counseling Team International (800) 222-9691 | thecounselingteam.com

Confidential mental health professional employee support for sworn, non-sworn, and their respective immediate family members. Work or personal issues. No cost.

Fire Captain Ryan J. Mitchell's First Responders Behavioral Health Support Program (833) 983-4778 sdfirstrespondersprogram.org

Free, confidential space for San Diego County first responders to seek behavioral health services 24/7, 365 days a year.

Simple Recovery's First Responder Wellness Program (888) 443-4898 firstresponder-wellness.com

For first responders struggling with alcohol, substance use, or mental health issues.

Signs of Post Traumatic Stress Disorder

- Efforts to avoid thoughts, feelings, or conversations associated with the trauma
- Efforts to avoid activities, places, or people that arouse recollection of the trauma
- Inability to recall an important aspect of the trauma
- Markedly diminished interest or participation in significant activities
- Feeling of detachment or estrangement from others
- Restricted range of affect (e.g. unable to have loving feelings)
- Sense of foreshortened future (e.g. does not expect to have a career, marriage, children, or normal life span)
- Difficulty falling or staying asleep
- Irritability or outbursts of anger
- Difficulty concentrating
- Hypervigilance
- Exaggerated startler response
- Flashbacks

Source: COPLine

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To place a classified ad for a service or business, please contact Alex Heckman at aheckman@dsasd.org for rates and information. Retired members receive a discounted rate.

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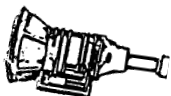
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This month's EOS was submitted by Deputy Michael Moeller. Visit www.steeltooth.com for more artwork and to purchase copies of your favorite cartoons. If you have lighthearted humor, hilarious photos, or even quizzes and games to share, please email 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:

JULY	5	DSA Closed / Independence Day
	8	Board & Member Meeting
	16	Wave Waterpark Family Fun
	22	Board Meeting
AUG	12	Board & Member Meeting
	14	Dinner Dance
	26	Board Meeting

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