



# The Informant

The Official Publication of the San Diego Police Officers Association  
Volume XXXIX, No. 9  
September 2019

## In this Issue:

- > Member Spotlight:  
Officer Efren Peregrina  
Officer Matthew Paniagua  
Pg. 6
- > Unit Highlight:  
SDPD Emergency Negotiations Team  
Pg. 12
- > The Retired Fire & Police Association  
Pg. 17
- > Pension Corner  
Pg. 20
- > Alzheimer's San Diego  
Pg. 23



**San Diego Police Officers Association**  
 8388 Vickers Street      858.573.1199 (Office)  
 San Diego, CA 92111      858.573.1574 (fax)  
 sdpoa.org



Jack Schaeffer  
President



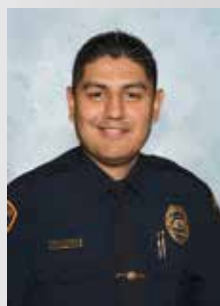
Tom Bostedt  
Vice President



Terry Hoskins  
Secretary



Jim Mackay  
Treasurer



Brian Avera  
Director



Kayla Evans  
Director



Keelan McCullough  
Director



Paul Paxton  
Director



Jared Wilson  
Director

**SDPOA Committees and Committee Chairs**

<b>Legal</b>	Bostedt (Chair)
<b>Political Action</b>	Avera/ McCullough (Co-Chairs)
<b>Retirement</b>	Avera (Chair)
<b>Business &amp; Governance</b>	Wilson (Chair)
Bylaws & Policy	
Administration	
Parliamentarian	
<b>Member Relations</b>	Bostedt (Chair)
Member Communication	
Member Relations	
<b>Public Relations</b>	Paxton/ Mackay (Co-Chairs)
Informant	
Website	
<b>Special Events/Scholarship</b>	Bostedt (Chair)
<b>Budget &amp; Finance</b>	Mackay (Chair)
<b>Labor Management</b>	Wilson (Chair)
<b>Armed Services</b>	Hoskins (Chair)

**SDPOA Charity Fund Committees  
and Committee Chairs**

<b>Charity Fundraising</b>	Mackay (Chair)
<b>Memorial</b>	Bostedt (Chair)
<b>Budget &amp; Finance</b>	Mackay (Chair)

**Editorial and Advertising Information**

Erika Vroom, Editor  
 858.573.1199  
 editor@sdpoa.org

**Editorial Policy**

The views or opinions expressed in The Informant are not necessarily the opinions of the San Diego Police Officers Association, the San Diego Police Department or any official body or agency of the City of San Diego.

We encourage article ideas and photographs about or of interest to our members. Article abstracts, photos, story ideas, suggestions, letters to the editor, commentaries and information may be submitted in person, by mail or by e-mail to the editor.

Freedom of expression is assured within the bounds of good taste and the limits of available space.

Our target audience is law enforcement, specifically POA members of the San Diego Police Department.

**Deadline**

All copy and advertising must be submitted by the tenth of the month prior to the anticipated publication month; e.g. July 10 for the August issue. Content submitted after that date may be considered for a later issue.

*© San Diego Police Officers Association. All rights reserved. No part of this publication may be reproduced or transmitted in any form without the prior written permission of the publisher.*



[Connect with us!](#)



[facebook.com/sdpoa](https://facebook.com/sdpoa)



[@SDPOA](https://twitter.com/SDPOA)



[@SanDiegoPOA](https://instagram.com/SanDiegoPOA)



[youtube.com/user/sdpoa](https://youtube.com/user/sdpoa)



[sdpoa.org/sdpoa-podcast/](https://sdpoa.org/sdpoa-podcast/)

# In this Issue

President's Message	5
Member Spotlight: Officer Efren Peregrina and Officer Matthew Paniagua	6
25 Year Watch Award Recipients	8
Officer of the Shift Award Recipients	9
Chaplain's Corner	11
Unit Highlight: SDPD Emergency Negotiations Team (ENT)	12
SDPOA Discounted Tickets	14
SDPOA Store	15
The Retired Fire & Police Association	17
UC-7: El Costeño	19
Pension Corner	20
Alzheimer's San Diego: Our Growing Epidemic and Our Solution	23
In Remembrance	25
Recent Member Retirements	26
On the Road	27
Board Minutes	28
Classifieds	29
Foundation Minutes	30

Drive it now.  
Pay for it later.  
Period.



Serving Those Who Serve Us

You know that car you've been dreaming about? Well, it's time to stop dreaming and start driving. CAHP Credit Union makes it easy with exceptionally low rates and no money out of pocket for 90 days.

- Auto loan rates as low as 2.99% APR\*
- No payments for 90 days

Learn more and apply today!  
Visit [cahpcu.org](https://cahpcu.org) or call  
**800.542.2247.**



YOUR SAVINGS INSURED TO \$500,000 PER ACCOUNT  
AMERICAN SHARE INSURANCE  
This institution is not federally insured,  
or insured by any state government.

\*APR=Annual Percentage Rate. Your current rate program may not go below 2.99% APR (Annual Percentage Rate) floor. All loans granted on approval of credit (OAC). This offer is not valid on existing CAHP Credit Union loans. Offer subject to change at any time. Some restrictions may apply. All rates are expressed as Annual Percentage Rate (APR). 2.99% APR is based on a 24-month term, 91-100% loan-to-value (LTV), FICO score 750 or higher, for vehicles model year 2018 or 2019. Estimated monthly payment per \$1,000 borrowed at 2.99% APR for 24 months is \$42.98.

# EARN UP TO 20,000 POINTS\*

Our Visa® Platinum Rewards Credit Card comes with exceptional benefits.

## LIMITED TIME OFFER

Earn **20,000 points** after making \$2,000 in qualifying purchases within the first 90 days.

Earn **10,000 points** after making \$1,000 in qualifying purchases within the first 90 days.



APPLY TODAY

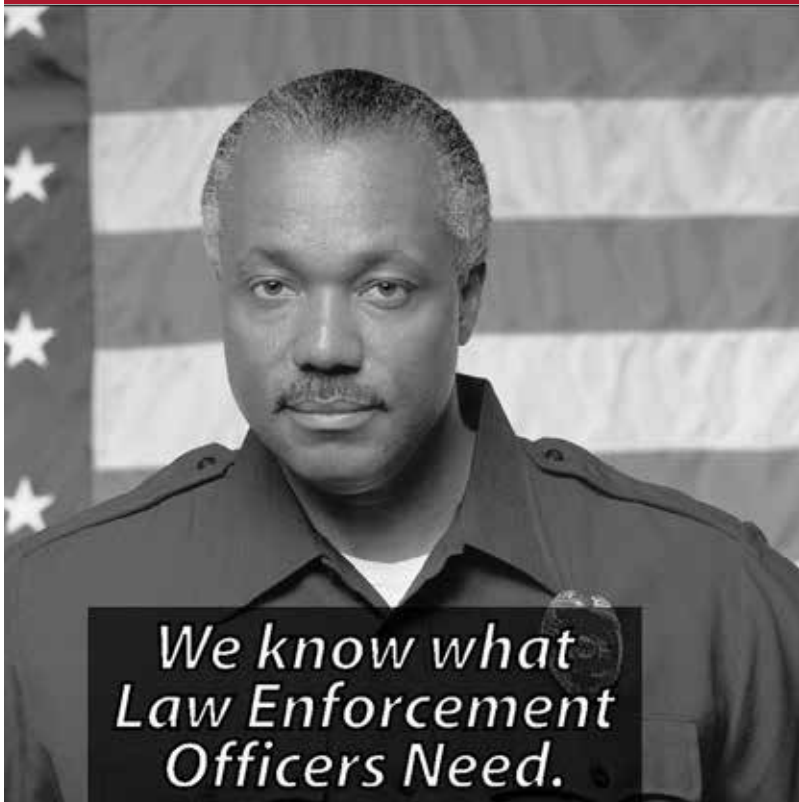
Visit [WheelhouseCU.com](http://WheelhouseCU.com)

Call 619-297-4835



\* Bonus Point Offer available on new Visa Platinum Rewards Credit Card accounts only. Limit one Bonus Point Offer per member. Accounts must be opened by October 31, 2019 to be eligible. Qualifying purchases must be made within 90 days of account opening. Cash advances, balance transfers, and returns do not qualify. Visa Platinum Rewards cardholders will have 10,000 or 20,000 bonus reward points added to their existing reward point balance once qualifications have been met. Bonus Points will post on the 15th of the month following the end of the initial 90 day period. Membership is required.

Insured by NCUA



*We know what  
Law Enforcement  
Officers Need.*

The Law Offices of  
**Scott A. O'Mara**

If you have been injured on the job or in a vehicular accident, you may have more rights than you realize.

Call the **Law Office of Scott A. O'Mara** to ensure you receive the quality representation that you deserve. We have assisted law enforcement in matters pertaining to personal injury, Workers' Compensation, and retirement for 36 years.

**619-583-1199**

Making a false or fraudulent Workers' Compensation claim is a felony subject to up to 5 years in prison or a fine of up to \$50,000 or double the value of the fraud, whichever is greater, or by both imprisonment and fine.

Automobile & Motorcycle Accidents  
Bodily Injury • Workers' Compensation • Death Claims  
Retirement Law • On & Off Duty  
Hip Replacement Claims



**1-800-LAW-1199**  
**www.LAW1199.com**

# President's Message



**B**ack to school is upon us. For those of you with school-aged children, congratulations on your new found freedom!

It appears our home buying assistance program is about to get started. There will be meetings available for members interested in buying homes over the next few weeks. This will be the first step in the process.

At these meetings, you will be able to make appointments to meet with home buying/financial experts whose job it will be to get you into the program that will fit either your individual and/or family's needs. There is approximately \$1 million put aside for down payment assistance. This assistance will come in the form of a five year, 0% interest loan that can be up to 10% or \$50,000 down, whichever is less. To qualify for the down payment assistance, members must purchase a home in the City of San Diego. The experts will also be ready to assist with other programs that may better fit specific needs. Even if you are not able to currently qualify for a mortgage, the experts will prepare a plan to set you on the right track to buying a home in the future. We will be posting on our website, as well as by eblast, the specific dates and times of the meetings.

From July 21-23, 2019, I attended the Inaugural PORAC Legal Defense Fund (LDF) Conference with our two lead legal representatives: Diana Hodges and Mark Brenner. PORAC provided valuable training in the area of legal defense for police officers. This seminar highlighted the importance and value of being members of this large legal defense fund. Several examples from across the country emphasized much of the successful work that is being done on behalf of law enforcement officers. The LDF not only

provides legal assistance, but arranges for experts in many different fields to assist in the defense of officers during these challenging societal times.

Recently, I was contacted by a few members who were concerned about notes from the OPS meeting. To clarify, no agreement has been made with the City yet on comp time changes. We have been in negotiations with the City since the beginning of the year and at this time are unsure on how this is ultimately going to be resolved. The POA's position has been to allow as much flexibility as possible to our members while conforming to IRS rules. Once an agreement is reached, we will notify the membership.

In mid-August, we recognized the 27th and 28th Regional Academies at their 25 Year Watch luncheon. As always, this was a fun event in which many members from different assignments were able to spend some time together and catch up. 25 years is a significant milestone. Congratulations to all.

San Diego Gas & Electric (SDG&E) once again demonstrated their valuable support of the POA. For the second time this year, they awarded us with a generous donation at the Going to Bat for San Diego at the San Diego Padres Game. Thank you SDG&E!

The deadline to apply for a Director position on the POA Board is Friday, September 27, 2019. If you are interested in becoming a board member, please get your applications in. Elections will take place in the fall. Good luck to all applicants.

Take care,

Jack Schaeffer

*Evergreen Tree Specialist*  
Certified Arborist WE-3509-A

*Edward Gross*  
Owner

Complete Tree Service  
Complete Removal, Lacing, Trimming,  
Stump Grinding

619-850-9583 Cell  
edg0@cox.net  
evergreentreespecialist.com

New Pkg

**LIVING TRUST**  
Law Enforcement Price  
**\$595.00**  
In-Home Appointments Available  
Includes Wills and Powers of Attorney

**RONALD A. HAUSER**  
Attorney at Law  
(619) 206-3811  
(619) 319-5171

◆ PROBATE SERVICES AVAILABLE ◆



# Member Spotlight

By Erika Vroom, Editor

Officer  
Efren Peregrina

Officer  
Matthew Paniagua



was out of the Academy. He has worked varying assignments such as Western Patrol, Beach Team, and now NPD. Matt happens to be following on the same path, which was completely unintentional. Though the officers are now partners and excel at their career, their backgrounds could not be more dissimilar.

Efren was born and raised in neighborhoods of Sherman and Logan Heights, within the city of San Diego. He credits the fact that he was able to stay out of the gang life to his mom for enrolling him into the beach schools opposed to the inner city schools during his youth. In his late teens, he spent a lot of time outdoors on the baseball fields with the kids in his neighborhood. One day, he was approached by two officers; one of which is SDPD Detective John Howard. Detective Howard conversed with Efren and upon learning that Efren would like to become a police officer, Detective Howard encouraged Efren to apply once he met the eligible age. Efren recalls, "I told them I can't because being a police officer is hard. Detective Howard replied, 'Well have

With the ever-changing societal stressors and perils that have become prevalent for the law enforcement profession, it can be crucial to have someone who is "on your team" and watching your back. For law enforcement officers, having a steady partner while on the job can be useful in many ways, aside from safety in numbers. Take, for example, the ability to have one partner complete the paperwork, while the other partner is navigating the police cruiser to the next call. For Officers Efren Peregrina and Matthew "Matt" Paniagua of the San Diego Police Department (SDPD), the above scenario is an everyday status quo.

In March 2018, SDPD created the Neighborhood Policing Division (NPD) in order to standardize protocols, address neighborhood concerns, and collaborate with organizations to clean up the City. Efren and Matt are two of the many SDPD officers who are currently assigned to the NPD. They have grown to be an unstoppable duo as a KING unit. While Efren was hired with SDPD in 2001, Matt did not join the department until 2012. For Efren, after 18 years on, he has managed to stay at Western Division from the moment he

you tried it?' I say well no, and he says, 'then you should try it before you say that it's hard.' Then he started to tell me what police work entailed and noted that since I was good with the kids in the neighborhood, I could be an asset as a police officer in the community."

That conversation planted a seed in Efren's mind and encouraged him to think about what the future would entail if he pursued a career in law enforcement. At the time, he was fresh out of high school working at the Balboa Naval Medical Center and the Naval Training Center prior to its transformation into Liberty Station. In coming from a single-parent household, Efren began these jobs at the age of 16 so as to help his mom out. Fast forwarding six years, Efren and his wife Christina decided that it was time for Efren to find a job that would support his family in the future. Although one may think it would have been then that he applied to SDPD, this was not the case. Efren decided to first apply for the United States Postal Service. After applying there, he moved on to SDPD where the application, testing, and hiring process progressed rapidly until he hit his background check. Though it took a year and a half to hear back, Efren was officially offered a position with SDPD.



For Matt, his journey to becoming employed with SDPD was much different. Matt grew up in Lancaster, California. After high school, he moved south and attended college at California State University, Long Beach. There, he obtained his bachelor's degree in Finance. He used his college degree by pursuing a career as a Series 7 Licensed Financial Advisor. As a financial advisor, Matt focused on investment risk, taxation, equity, etc. Though Matt was initially interested in his job, he realized that he did not see a future in it. "I was going stir crazy sitting in an office. So one day I thought to myself, what is the opposite of this?" Matt recalls.

He quickly found a career that was the complete opposite: law enforcement! In order to get a taste of the work that goes into being a law enforcement officer, Matt did a ride along with the Los Angeles Police Department (LAPD). His ride along went so smoothly, that he applied to LAPD as well as SDPD. At the time, SDPD happened to be preparing for a large academy. This fact helped progress the procedure rapidly and within three months, Matt was fast-tracked through the hiring process. Fresh out of the Academy, he was assigned to Western Division on the Neighborhood Resource Team (NRT), prior to NPD.

So how exactly did Efren and Matt become partners? They were placed on the same team previously but had not been partnered up since, at the time, Matt was still completing his phase training and Efren had a partner. When his partner decided he was ready for a new assignment, Efren was asked by his Lieutenant to think about who he would like to be his new partner. "At that time, Matt was very young. He was in my squad for a little bit previously, but had rotated

to another squad," Efren explains. He requested Matt Paniagua. His Lieutenant told him that was not doable since Matt was still on probation. "I used to hear him on the radio," Efren says, "he was contacting everybody at the pier, he was proactive, and I told [my lieutenant] we need Matt Paniagua on our team." After riding by himself for a little, his lieutenant managed to get Matt on their team and eventually partnered with Efren. "From there, that's how 'Matt and Efren' began."

For anyone who knows Efren and Matt, they know that one does not work without the other. 2019 marks four years as partners on the same squad. Efren, with

his time on, has fine-tuned his skills on the streets, while Matt has managed to master the art of writing reports. Together, Efren and Matt have received awards such as the Exceptional Performance Citation for most arrests and much more. On an individual level, Efren and Matt have both received awards such as Officer of the Shift for Western Division as well as Commanding Officer's Citations. Matt is also a POST certified bike instructor as well as assists with training the new recruits who are coming to NPD the concept that he developed of Proactive Enforcement. He created a menu class with a full curriculum to teach the skills needed to initiate contact with the community and to clean up a neighborhood through the use of Quality of Life techniques.

When asked what they enjoy most about their careers presently, Efren praises Matt and states how having a partner that he has been able to click with has been imperative to his success when policing the community. For Matt, he explains how much he has loved the work itself. "We started a project





# 25 YEAR WATCH CEREMONY



## JANUARY - JUNE 1994 ACADEMIES



### *Congratulations Recipients!*

Ronald Bailiff  
Scott Barnes  
Scott Bartolomei  
Tina Bassett  
David Bautista  
Henry Castro  
John Cochran  
Constandinos Delimitros  
Anthony Dupree  
Joseph Durand  
Julie Epperson  
Michael Gottfried  
Tracy Guaderrama  
Cynthia Hanna  
Robert Heims  
Ruben Hernandez  
Daniel Higdon

Dana Hoover  
John Howard  
James Hunter  
John Huys  
Carlos Lacarra  
Alberto Leos  
Kazimierz Lewak  
Kevin Macon  
William Martinez  
Laura McLean  
Renee Menard  
Derek Miller  
Douglas Miller  
Matt Novak  
Jose Perez  
Bernie Piceno

Michael Pidgeon  
Marcelo Populin  
Michael Ramsay  
John Reif, Jr.  
Larry Robertson II  
Fausto Romero  
Jeffrey Salinas  
Michael Shiraishi  
Randall Skinn  
Blair Stephens  
Lorraine Tangog  
Dana Taylor  
Michael Usrey  
Michael Vargas  
Tina Williams  
Kevin Wong  
Joseph Yamane



# OFFICER OF THE SHIFT AWARDS



**JANUARY 12, 2019 - MAY 17, 2019**



Each shift change, the SDPOA organizes an awards breakfast to recognize the outstanding service, dedication, and professionalism from the exemplary officers of the San Diego Police Department. This recognition comes from their peers and supervisors. The SDPOA is honored to continue to organize the Officer of the Shift awards ceremony and we are thankful for the work of each one of our award winners.

## *Congratulations recipients!*

**Investigations I – Karin Gustafson**  
**Northeastern – Justin Garlow**  
**Southeastern – Joel Voss**  
**Southern – Irving Rosas**  
**Eastern – Michael Wagner**  
**Mid-City – Ricardo "Ricky" Escalante**  
**Northern – Holland Tafoya**  
**Central – Jordan Vina**  
**Northwestern – Adrian Negron**  
**Traffic – Carlos Amezcua**  
**Western – David Surwilo**  
**Investigations II – Michael Sherbondy**  
**Operational Support – Casey Gini**  
**Training & Employee Development – Troy White**  
**Neighborhood Policing – John Luellen**

# 18<sup>th</sup> Annual “Terry Bennett Memorial” Police Motorcycle Training and Competition



## “Del Mar Fairgrounds”

2260 Jimmy Durante Blvd, Del Mar, CA 92014

**September 20-21, 2019**

Proceeds to benefit



Come watch highly skilled Police Motorcycle Officers from throughout the southwestern United States as they test their skills in a spirited competition. Officers, families and friends, and the general public are invited and encouraged to attend.

Thursday, September 19, 10:00am – Scenic Training ride to both Julian (Stop for lunch) and Palomar Mountain.

Friday, September 20, 07:00-4:00pm – Police Motorcycle Practice/Training Day

Saturday, September 21, 07:00am-4:00pm – Police Motorcycle Competition

For more information, or to make a donation, visit [www.SDCMOA.com](http://www.SDCMOA.com) or contact Bob van Wulven @ (619)990-5604, email [bob4614@sbcglobal.net](mailto:bob4614@sbcglobal.net), Jerry Kriebel @ (619)517-6379, email [jkriebel@pd.sandiego.gov](mailto:jkriebel@pd.sandiego.gov), or Rusty Nelson @ (619)851-4322, email [rusty.nelson@sdsheriff.org](mailto:rusty.nelson@sdsheriff.org)

Host hotel: Hilton San Diego/Del Mar

15575 Jimmy Durante Blvd  
Del Mar, California (858)792-5200

Camping available at the Fairgrounds

Reservations required, contact Loren Bailey @ (760)703-6877, email [baileyclan5@gmail.com](mailto:baileyclan5@gmail.com)



# Chaplain's

## ORNER



By Mike McBride  
San Diego Police Department  
Chaplain

### Isolation in a Sea of People

**“Two are better than one, because they have a good reward for their toil. For if they fall, one will lift up his fellow. But**

**woe to him who is alone when he falls and has not another to lift him up! Again, if two lie together, they keep warm, but how can one keep warm alone? And though a man might prevail against one who is alone, two will withstand him- a threefold cord is not quickly broken. Ecclesiastes 4:9-12**

Turkey Creek Jack Johnson: [Why] you doin' this, Doc?  
Doc Holliday: Because Wyatt Earp is my friend.  
Turkey Creek Jack Johnson: Friend? Hell, I got lots of friends.  
Doc Holliday: I don't.

I find this 10 second scene from the 1993 classic, Tombstone, to be a beautiful narrative on friendship. In it, we see the true devotion of a friend willing to give his life for another. But what I find even more profound in this scene is the value of Holiday's one true friendship contrasted with Johnson's "lots" of friends. It seems many, maybe even a majority, of people today live with a plethora of friends, or relational contacts, while never experiencing the satisfaction of having a true confidant.

Last month, Chaplain Herb Smith wrote on the dangers of depression. This month, I'd like to consider the dangers of isolation in a profession that is filled with relational contacts.

Since joining as a chaplain two years ago, one of the things that has impressed me most about the department is the breadth of relationships across so many divisions. In a department of thousands, it often seems that everyone knows everyone.

Like Johnson in Tombstone, I suspect most of you would say, "I got lots of friends." I also know that there are many of you who, like Holiday, would say, "I don't." To those who identify with Johnson, I'd like you to consider a distinction brought out in the book, Leadership on the Line, Staying Alive Through the Dangers of Leading (2002).

In it, the authors distinguish between what they call allies and confidants. Allies, they say, "are people who share many of your values, or at least your strategy, and operate across some organizational or factional boundary." Allies, however, "cannot always be loyal to you, they have other ties to honor." Confidants, on the other hand, "have few, if any, conflicting loyalties. They usually operate outside your organization's boundary, although occasionally someone very close in, whose interests are perfectly aligned with yours, can also play that role." In law enforcement, your job depends on you having many allies. Allies are good and necessary. But allies are not enough for emotional health. Your overall well-being depends on having a few true confidants, those with whom you have established a level of trust to be able to work through the most difficult issues in life together. Confidants are rare gems of friends and the most vital for life.

To those of you who would say, like Holiday, "I don't," I hope you have experienced something of a friendship like Wyatt Earp's. Holiday was fully known, failings and all, and still deeply loved by his friend. To have a few close friends, confidants, is more precious than an army of allies. In that regard, Holiday was richly blessed. (Though that in no way justifies some of his less ethical actions.)

I'm still relatively new to the law enforcement community. What I know much better is the church community, and especially pastors. I see some parallel dangers for pastors and law enforcement. First is thinking that a long list of relational contacts can satisfy our need for meaningful connection. Pastors and police have long lists of contacts, but for various reasons we cannot go deep in reciprocal friendship with many on that list.

A second danger is mistaking an ally for a confidant. Share the wrong thing with the wrong person and it can be tough to recover. Please don't hear what I'm not saying. I am not advocating hiding wrong-doing from the department. Rather, all of us face difficult decisions that are not black-and-white. All of us wrestle with feelings of guilt for things we wonder if we could have done better. All of us consider promotions and job changes that require a degree of confidence. All of us need people to help us process these things without fearing reprimand or job insecurity.

At this point, let me just ask you some frank questions. Who are your confidants? Can you name them? Are they reciprocal relationships? Are they not only loyal, but honest? Are they willing to say the hard things without fear of losing the friendship?

Many live an entire life without anything close to that type of friendship. If you don't have confidants, what relationships have that potential? Pursue them. Find the people who are trustworthy with a little and give them more. Be trustworthy with a little and see who will give you more.

There is a lie that keeps many of us in isolation. It is this, "If I was fully known, I could never be fully loved." You have faults. You may not even be that easy to love. Yet here's an irony, often we look right past our best options for friendship because we can't get past another person's faults.

Allow me to share two related closing thoughts. First, if you identified your spouse or significant other as your only true confidant, you are probably in as much danger of isolation as if you had none. A spouse should absolutely be a confidant. But even the best marriage cannot carry the full weight of a stressful job like law enforcement. Marriage and romantic relationships are wonderful, but they can become easy paths to further isolation.

Second, even our closest confidant cannot know everything about us. Only a God who made us and sustains us can know everything about us. Knowing everything about us, God showed his love for us in this: "For one will scarcely die for a righteous person- though perhaps for a good person one would dare even to die- but God shows his love for us in that while we were still sinners, Christ died for us" (Romans 5:7-8). Friendship requires forgiveness, and forgiveness is always costly. Forgiveness is absorbing a debt owed to you. Those who have some idea of how much they have been forgiven are often more able to forgive others (though not always, see Matthew 18:21-35). If you have experienced this friendship from God, extend it to someone you know who may be experiencing isolation. If you are in a place of isolation, the people in Wellness – Focus, Peer Support and Chaplains – are all good places to find support. But far more valuable than any of these services are a few true confidants.

*Mike McBride serves as chaplain at Central Division and is the founding pastor of Parkside Church in San Diego. He, his wife, Mandy and their kids enjoy hiking, rock climbing, reading and spending time in the evening with friends and neighbors on their block. You can contact him at [mike@parkside.org](mailto:mike@parkside.org).*

# Unit Highlight | SDPD Emergency Negotiations Team

By Erika Vroom, Editor



The ability to negotiate is a fine-honed skill that requires an ample amount of training. Although it is a common misconception that a negotiator must possess the ability to talk, listening is the key component to being successful. Within the San Diego Police Department (SDPD), the Emergency Negotiations Team (ENT) is qualified to listen at a higher degree in order to deescalate critical incidents through negotiation. Their focus is providing assistance during crucial occurrences in order to assist in managing times of crises as well as develop important intelligence and risk assessments for incident commanders during highly volatile situations.

The SDPD ENT was founded in 1976 with a team of four detectives and two sergeants that worked as “Hostage Negotiators.” While the early years were considered primitive in their technology and preparation techniques, or lack thereof, the idea was to communicate via bullhorn to barricaded suspects with weapons or hostages. Fast forward forty-three years and you have a highly trained hybrid of SDPD personnel that works in conjunction with outside agencies as partners of the ENT. These agencies include the Federal Bureau of Investigations (FBI), the Naval Criminal Investigative Services (NCIS), and the California Highway Patrol (CHP). Further,

SDPD Chaplains and SWAT serve as negotiator liaisons. The team’s current leadership includes Lieutenant Romeo De Los Reyes as the Commanding Officer and Lieutenant Jason Weeden as the Executive Officer. Sergeant Wes Albers is one of the longest-standing members of the unit and is currently the Staff Sergeant for the unit. Within ENT, there are three teams that are led by Detective Sergeants Jose Chavez, Chris Cameron, and Ken Impellizeri, respectively.

While the ENT teams rotate in order to provide year-round coverage, they are all trained through the FBI’s Crisis Negotiation Unit. The unit specifically follows FBI practices and protocols. “By doing so, the relationship between ENT and the FBI has progressed at length,” explains Lieutenant De Los Reyes. The FBI SWAT team often invites ENT members to partner with them on calls that take place at a federal facility or a military base in order to have a second set of negotiators on scene. This partnership gives SDPD ENT a foot up on the national level of critical incident negotiations. “We strive for 40 hours of annual negotiation-specific training,” states Sergeant Albers. By enforcing this standard and taking the lead in skill base amongst other local agencies, the ENT open their meetings up to law enforcement agencies throughout the region in order to share information and allow them to benefit





**Above:** The SDPD Emergency Negotiations Team holding a training session so as to keep their skills up-to-date.



**Above & Below:** ENT in action during call-outs for jumpers at two different locations.



from the activity that ENT encounters each month.

The ability to negotiate as a law enforcement officer has become so imperative that each SDPD academy graduate and each newly promoted Sergeant is required to complete a three-hour instructional course on critical response. Though critical response is a major job duty, that is not the only task for ENT. Other tasks include de-escalation call-outs for “jumpers” – those who are essentially making a life or death decision. Through the techniques of developing trust and active listening, ENT team members try to empathize with the person whom they are attempting to pull in from the ledge. “Out of all of the calls we go to,” according to Sergeant Albers, “approximately 95% them resolve peacefully without any loss of life in a matter of four to six hours.” Being extremely humble about that fact is important, because ENT does not interpret their cases as “wins” or “losses”. Instead, ENT feels that since they only attempt to influence a person’s decision, they know the outcome is truly up to the person they are speaking with.

As with any profession, there are challenges that ENT encounters on a varying basis. Common challenges include ensuring that each time a callout takes place, everyone on the team is ready to go from 0 to 100 at a rapid rate. Due to the nature of the calls, ENT requires use of all skill sets including but not limited to problem solving, information gathering, and development of possible solutions as calmly and efficiently as feasible. To counteract said challenges, Lieutenant De Los Reyes notes, “The experience level on [ENT] is extensive due to the multiple agencies that we work with.” By having a multi-level intelligence clearance between the FBI (federal), NCIS (military), and SDPD (local), the SDPD ENT team is considered one of the most powerful critical incident teams on the West Coast. When ENT finds themselves in a situation where they may need assistance, their resources through those agencies are virtually unlimited.

Just as having varying agencies provide support for ENT on a call, the internal support that comes from a close-knit team is instrumental to ENT’s success. The duties of the job can weigh heavy on each member, even if they feel they are prepared. Routine talks are essential.

In closing, ENT welcomes all who would like to join the unit with open arms. This team allows for its members to directly influence a person’s life in a positive way. By talking someone down from the ledge or ensuring that they avoid causing harm to themselves and others is impactful. Being a part of the solution is truly rewarding.



# SDPOA STORE



The destination for San Diego Police goods & gifts!

8388 Vickers Street  
San Diego, CA 92111  
858.573.1199  
sdpoastore.com  
Monday - Friday  
8:00 a.m. - 5:00 p.m.

Scan with your smart phone to shop online at our store web site!  
sdpoastore.com



Be sure to follow us on Facebook!



SDPOA Member

# Attraction DISCOUNTS

## sdpoa.org

Online ONLY



In Store ONLY



Prices, limitations, and availability provided through sdpoa.org to members ONLY.





FEATURED ITEM OF THE MONTH



YOUTH TANK TOP

SIZES 2-6  
\$13.00 +TAX

SIZE 8  
\$15.50 +TAX

**SAVE THE DATE!**  
Members Only  
~ Uniform Sale ~  
September 20<sup>th</sup> & 23<sup>rd</sup>

**Great Prices On MEN'S UNIFORMS**



**WOMEN'S UNIFORMS**



*\*Special Member Only Pricing!*

Shirts are representative of the department authorized and color is not indicative

**Popular items in stock at the SDPOA Store:**

SDPD Cinch Pack  
\$12.90

Lanyards  
\$3.00

SDPD Car Pins  
\$3.50

**\*\*\*Items listed may be subject to tax\*\*\***

We Carry:



Spyderco





# NATIONAL UNIVERSITY PUBLIC SAFETY PROMISE

Justin G., Class of 2019  
Military Veteran

**AT NATIONAL UNIVERSITY, WE'RE PROUD TO SUPPORT PUBLIC SAFETY PROFESSIONALS WHO PROTECT AND SERVE OUR COMMUNITIES EVERY DAY.**

**National University offers exclusive benefits for public safety professionals and civilians, such as:**

- 25% scholarship toward 100+ degree programs
- 10% scholarship for dependents
- Accelerated BS in Criminal Justice Administration, Homeland Security, and Public Administration when credit for prior learning, such as CA POST Police Academy, is applied

**WISC**  
Senior College and University Commission



**NATIONAL  
UNIVERSITY**

Veteran Founded. Nonprofit.

**NU.EDU/INFORMANT**

© 2019 National University 19-WES-1167



# The Retired Fire & Police Association: Benefits of Membership

By Tony Hancock and Dave Hall  
President and Past President of the RFPA

For most of you retirement is a long way off...maybe not even on your radar. For others it might be just around the corner. When that time does come you will probably be inundated with choices to make regarding your retirement benefits. You will also have the opportunity to join one of two organizations that represent city of San Diego retirees: the Retired Fire & Police Association (RFPA) which represents only "sworn safety members" (Firefighters, Police Officers and Lifeguards from the City of San Diego) and/or the City of San Diego Retired Employees Association (REA) which accepts any retiree from the City of San Diego, the Airport Authority or the Port District. The RFPA also accepts those safety members who have entered DROP. The RFPA currently has over 2,000 members, approximately two-thirds of which are retired SDPD.

The RFPA is a member of a Retiree Issues Task Force, which includes the REA and the retirees' representative to SDCERS, retired SDPD Lieutenant Charlie Hogquist. We meet regularly with key staff members from SDCERS and with the City's Risk Management Department to advocate on behalf of our retirees with issues of concern to them. Working collaboratively with these other organizations we have made good progress in maintaining and safeguarding the retirement benefits we have all become accustomed to.

One of the subtle benefits belonging to the RFPA is the opportunity to meet and socialize with those whose careers started before ours. What becomes immediately apparent are the men and women who preceded us made the organizations that we served what they are today. There is the strand of helping and serving others that is woven into the fabric of the RFPA. Many of us whose careers have concluded bring those memories with us into today. Sharing those memories serves as a historical background for how our departments evolved over the years. That evolution took place due to the efforts of our fellow retirees. And, they are an interesting group to socialize with.

Retired Detective Lieutenant Tom Giaquinto conducts classes for Police recruits in the academy regarding the history of the SDPD. That's a good indication of the department's support and value of its history for new officers. In some sense, the RFPA provides a similar platform for continuing those discussions...keeping the history alive. What we have done over our many years of service is as important today as it was in years past.

One of the goals of our organization is to provide opportunities for our members to socialize with each other in a relaxed, informal atmosphere. We offer three

luncheons a year that are "free" to our members. At a fourth luncheon, held in October, we invite spouses and significant others to join us at a venue such as the Bali Hai or Tom Hams Lighthouse. There is usually a small fee to attend this event. This time we are joined by the Chiefs of the Fire and Police Departments along with the CEO from SDCERS. Each shares a short message with the latest news from their respective department.

Dues to belong to the RFPA are just \$2.00 per month by payroll deduction from your retirement check. We'd like to add that we all have a choice as to which retirement organization we choose to belong to. Both the RFPA and the REA allow you to take advantage of the services of the San Diego Public Employees Association (SDPEBA) and the benefits of membership in both retiree organizations are very similar, but there is no comparison when it comes to the socializing aspects...especially the luncheons.

Other services provided by the RFPA include access to our membership roster, survivor's benefit info, an activities calendar and the services of Hand-In-Hand, a group of dedicated volunteers who assist the families of our retirees after the death of a loved one. In March of each year we hold a Remembrance Day Service at El Camino Memorial Park where we honor all retired Fire, Police and Lifeguards who "answered their last call" in the previous year. Last year we honored forty-one of our brothers and sisters and there were well over 200 guests in attendance. Senior staff members from SDPD, SDFD and Lifeguards were also on hand. Other participants included the Police Honor Guard, a Fire & Police helicopter flyover and bagpipers from both the Police and Fire Departments.

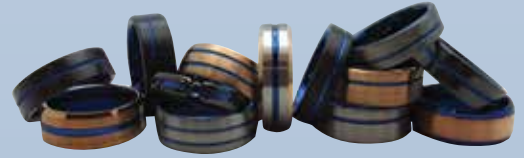
So, as you begin to contemplate what you might do when it's time for you to retire, we hope you will consider becoming a member of the Retired Fire & Police Association. We were incorporated on April 19, 1948. Along with our members we support several charitable organizations, many that directly or indirectly affect our members and the departments we served, including STAR/PAL, the POA Widows and Orphans Fund, the SD Firemans Relief Association, Sports for Exceptional Athletes, the Susan B. Komen 3-day Walk and many others. All these activities are supported by donations, many made by our members.

If you should have any questions or you would like more information please contact our Secretary, Kathy Healey, at [retiredfp.police@gmail.com](mailto:retiredfp.police@gmail.com).



# Diamonds Ltd.

FINE JEWELERS



*Specializing in*

**Diamonds ♦ Custom Design**

**Repair ♦ Re-Purposing ♦ Appraisal**

Diamonds  
Gemstones

Gold & Platinum  
Manufacturing

Restoration  
Stone Re-setting

Laser Repairs/Weld  
Engraving

Don't forget your POA Discount!



**Gold, Jewelry and Estate Buyers,  
cash paid on the spot**

*Any quantity, any condition,  
in strict confidence.*

*Bonus paid for larger diamonds*

**DiamondsLTD.com**  
Navajo Rd & Fletcher Pkwy  
in the CVS center



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

## ★ GO SOLAR AND ROOFING AMERICAN STYLE ★

**POLICE OFFICER DISCOUNT**

**\$500 OFF\***  
NEW SOLAR PANELS

CONTACT US!  
**(858) 877-9700 SemperSolaris.com**

**+ 30% FEDERAL SOLAR TAX CREDIT\***

**+ \$0 DOWN & ZERO PAYMENTS UNTIL 2020\***

**+ SAVE UP TO \$2000 ON A NEW ROOF**

**LOCAL & VETERAN OWNED**

**CO-OWNER FORMER USMC OFFICER KELLY SHAWHAN AND HIS FAMILY**

**CO-OWNER JOHN ALMOND AND HIS FAMILY**

**SOLAR PANELS**

**PROUD TO OFFER FROM TOP MANUFACTURERS**

**Panasonic HIT**  
MADE IN THE USA, BUFFALO, NY

**Silfab**  
MADE IN THE USA, BELLINGHAM, WA



**ROOFING**

**SAVE UP TO \$2000 ON A NEW ROOF**

**50 Year Platinum PROTECTION**

**Semper Solaris™**



**TESLA BATTERY BACKUP**

**POWERWALL**

**TESLA POWERWALL™ AVAILABLE CALL NOW!**

**CALL NOW!**  
**(858) 877-9700**  
**SemperSolaris.com**

\*Thirty percent tax credit based on eligibility, consult your tax advisor. On approved credit. Maximum savings based on size of roof. New customers only. Some restrictions apply. Expires: 07/31/19. CSLB #978152





# UC-7:

Highlighting cop-friendly eateries in the City of San Diego that provide a full meal for under or around \$10.00 using a strict 5-badge rating system.

## An Anonymous Eater

### El Costeño

3690 Murphy Canyon Rd.  
San Diego, CA 92123  
(619) 389-5331



Photos courtesy of Yelp

Dog days of summer anyone? Winter is definitely not coming soon... Frozen lakes have given way to lush blue waters glistening through long days punctuated by the red flags of our San Diego sunsets. Despite the blaring golden orbs of summer I have to say I'll take the warmth over the Arctic freeze we had earlier this year. Two weeks of rain is acceptable, but 2 months should be strictly prohibited in my book. But I digress...I've found a next big thing in hidden places to find good food, gas stations, giving a whole new meaning to "fueling up."

El Costeno is located at 3690 Murphy Canyon Road, (619) 389-5331 inside a Chevron Gas Station. They are open 6-8 Monday through Friday, and 8-5 Saturday and Sunday. El Costeno is still fairly new, so their hours are subject to shift slightly. They takes cards, they have a small parking lot, and a few outdoor tables; taking lunch to-go is a good idea. Jacob and I ate at El Costeno on one occasion for this article, but it's located a stone's throw from traffic court, so we'll be back.

The "specials" menu board listed the Torta Cubano (\$8.50), as the owner's favorite, so I obliged. This was a delicious concoction containing carne asada, ham, sausage, fried egg, cheese, chipotle sauce, sour cream, lettuce, tomato, and avocado. Just a light snack that lasted me two meals. This torta was piled high enough to be considered well

beyond the confines of a patrol vehicle. The ingredients speak for themselves of course. The owner crammed several wonderful foods and topped them with a fried egg, and I must confess this is a brilliant idea. The broken egg yolk becomes something of a rich sauce.

Jacob D decided on the Al Pastor Burrito (\$7.25), another "light snack" of a meal that we probably could have split. This burrito was packed full with a hearty amount of meat, onion, and guacamole to satisfy the pickiest fans of a properly constructed burrito. The meat was seasoned perfectly and Jacob was very pleased the spice level was not overwrought, so the rich flavor of the pastor really took center stage. Jacob was so impressed he ordered a second one to take home.

El Costeno is a solid choice for the cop who wants a hearty meal (or two) for a VERY fair price. Since it's located inside a gas station off the 15 freeway, you can stop off on your way to or from traffic court to gas up your POV and have a solid meal. I am giving it 3.75 badges.



# Pension

# CORNER



By Lou Maggi  
SDCERS Trustee

When was the last time you thought about your SDCERS beneficiary designations? Over a year ago? Five years? The day you enrolled in SDCERS? Maybe never? Beneficiary designations may seem like a chore you can put off or do once and forget about, but the truth is you should review your beneficiary designations at least once a year to make sure they reflect your current circumstances. For example, beneficiary designations probably aren't the first thing on your mind when you get married or divorced, have a child, or lose a loved one, but these are all defining life events that may affect who you want to receive your pension benefits when you die.

The San Diego Municipal Code, Article 4, Division 7, Death Benefits, provides San Diego police officers with three types of death benefits if they die before retiring, and the eligibility requirements are very specific for two of the three types. **If a police officer dies and has not designated their surviving spouse as their sole pre-retirement death benefit beneficiary, then the officer's surviving spouse will not be eligible to receive the lifetime Death While Eligible or Industrial Death Benefit, even if all other eligibility requirements are satisfied.**

**Active Death Benefit** – Paid upon the death of an officer who is not yet eligible to retire and whose death is not related to work. This benefit is a refund of the officer's retirement contributions, plus interest, and up to six months of one year's salary. This benefit is a set amount determined by San Diego Municipal Code formula, and not a lifetime benefit. The benefit will be paid to the officer's designated beneficiary(ies). If no beneficiary has been named, SDCERS will pay this benefit to the officer's estate or, if the estate is not required to be probated, then distributed in the following order of priority: 1) surviving spouse, 2) children, 3) parents, 4) siblings, or 5) next of kin.

**Death While Eligible Benefit** – Paid upon the death of an officer who is already eligible to retire when they die and whose death is not related to work. The monthly value of this benefit is approximately 50% of what the officer would have received as a monthly pension benefit if they had retired on the date of death, paid in the form of:

## Update Your Beneficiaries - It's Important!

- A lifetime monthly payment to the surviving spouse who is married to the member and named as the primary beneficiary at the time of the member's death,
- Or if there is no surviving spouse, then paid in equal shares to the member's minor children until each child reaches the age of 18.

Please note that if the officer leaves behind a spouse who was not named as the sole beneficiary, the surviving spouse will not be eligible to receive the lifetime benefit even if all other eligibility requirements are satisfied. However, if the officer leaves behind minor children, then the children will be eligible to receive this benefit until they turn 18, regardless of the officer's beneficiary designation.

**Industrial Death Benefit** – Paid upon the death of an officer who is not yet eligible to retire and whose death is due to proven work-related causes. The annual value of this benefit is approximately 50% of the officer's salary, which is paid in the form of:

- A lifetime monthly payment to the surviving spouse who is married to the member and named as the primary beneficiary at the time of the member's death,
- Or if there is no surviving spouse, then paid in equal shares to the member's minor children until each child reaches the age of 18.

Please note that if the officer leaves behind a spouse who was not named as the sole beneficiary, the surviving spouse will not be eligible to receive the lifetime benefit even if all other eligibility requirements are satisfied. However, if the officer leaves behind minor children, then the children will be eligible to receive this benefit until they turn 18, regardless of the officer's beneficiary designation.

As you can imagine, it may take a while to sort out who gets what if you die without updating your beneficiary designations. Luckily, designating a beneficiary is quick, easy, and you can do it from home on the SDCERS website, at [www.sdcers.org](http://www.sdcers.org). Simply log in to your SDCERS Member Portal account and click "Beneficiary Information" from the left menu. (If you don't already have a Member Portal account, please register as soon as possible.) You will be able to name beneficiaries to receive different types of death benefits depending on if you are active, in DROP, or retired. You can designate both a Primary and an Alternate beneficiary for each death benefit. When you die, your Primary is first in line to collect the death benefit, while your Alternate receives the benefit only if the Primary is already deceased. For some death benefits, you can name multiple beneficiaries and designate a specific



SDCERS ID : Welcome, Change Font Size: [A] [A] [A]

[ Record displayed ]

### Your Beneficiaries

Remove Add Beneficiary

<input type="checkbox"/>	Name	Distribution Type	Relationship	Birth Date	Distribution Percentage	Beneficiary Type	Effective Date
<input type="checkbox"/>	Your Spouse	Pre-Retirement Death	Spouse/Domestic Partner	01/01/1970	100.00%	Primary	07/02/2019
<input type="checkbox"/>	Your Child	Pre-Retirement Death	Child	02/02/2007	50.00%	Alternate	07/02/2019
<input type="checkbox"/>	Second Child	Pre-Retirement Death	Child	05/05/2009	50.00%	Alternate	07/02/2019

**Please Note**  
Be sure to select the benefit type and ensure that all percentages for each benefit add up to 100%.

percentage of the benefit to each person. If you choose to do this, make sure your percentages add up to 100%. Lastly, you may also designate a trust to receive any death benefit that is not a continuance or an annuity.

As police officers, we put our lives on the line every day we go to work. We knowingly accept that risk when we put on the uniform, but our loved ones don't often have a choice in the matter. Planning ahead and keeping beneficiary designations updated are important ways to respect our families who support us every day. **Note:** You receive an Annual Statement of Benefits in the mail every year, which lists your current primary beneficiaries at the bottom. The fiscal year 2019 statements were mailed in August. Use this tool as a reminder to review and update your beneficiaries at least once a year!

*Every issue, I work with SDCERS staff to craft "Pension Corner," which is meant to pass on relevant information to department members and respond to frequently asked questions. If you have a topic you would like to read about, please email me at [Maggil@sdcers.org](mailto:Maggil@sdcers.org).*

**You're the Best...  
We Appreciate You!**

**STREETER  
PRINTING**

**858.566.0866**  
[streeterprinting.com](http://streeterprinting.com)

# Three Generations. One Mission.

Providing top-notch heating, cooling,  
and solar services to the San Diego area.



## Heating

Enabling you to steer  
clear of the chills.



## Air

Letting you beat the  
heat in a breeze.



## Solar

Helping you save the  
environment—and  
your expenses.



LAW ENFORCEMENT  
DISCOUNT

— UP TO —

# \$1,700

OFF A NEW  
HEATING & AIR  
INSTALLATION\*



LAW ENFORCEMENT  
DISCOUNT

# 10%

OFF UP TO \$500  
ON A NEW SOLAR  
INSTALLATION\*



**858.800.4474**  
**mauzy.com**

\* Valid on select systems only. Not valid with any other offers, promos or prior sales. Restrictions apply. Offers expire 8/31/19. Lic #759171





## OUR GROWING EPIDEMIC AND OUR SOLUTION

By: Dr. Roberta Flynn - Retired SDPD Sergeant  
and Alzheimer's San Diego  
6632 Convoy Court, San Diego, CA 92111  
858-492-4400

Did you know we are facing an epidemic in San Diego? According to Alzheimer's San Diego the statistics seem overwhelming, but there is something we can do. The following facts are gathered from Alzheimer's San Diego. Read on to learn what you can personally do to address this epidemic. Right now, there are over 84,000 people living with Alzheimer's or another form of dementia in San Diego County. It is in fact the third cause of death for San Diegans with more than 250,000 San Diegans caring for a loved one.

Alzheimer's is a fatal disease with NO treatment and NO cure. One in three seniors die with Alzheimer's or another dementia. Every 65 seconds, someone in America develops Alzheimer's. It is estimated that nearly 500,000 new cases of Alzheimer's disease will be diagnosed this year. It is the most expensive disease with \$259 billion spent on care in 2016. One in five Medicare dollars are spent on Alzheimer's. Unfortunately, unless something is done, by 2050, Alzheimer's is projected to cost over **\$1.1 trillion**.

Sounds pretty bleak doesn't it? And Alzheimer's is only the best known of many other types of dementia. But there is hope for our friends and loved ones suffering from this terrible disease that robs an individual of not only memory but their dignity and quality of life.

We are all part of the solution. Alzheimer's San Diego supports those with Alzheimer's and other dementias. The great news is that every dollar raised **stays locally** to fund Alzheimer's San Diego support and research. Right now, numerous local researchers are working feverishly to find ways to prevent, slow down, or cure this disease. When I attend forums where they present their progress, I always leave hopeful that a cure is closer. Some of the donated funds are provided to several of the most promising San Diego researchers. If one in three develop

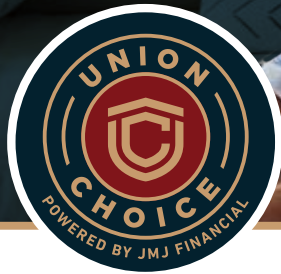
Alzheimer's or other dementias, that means 1/3 of us reading this article are at risk.

Funds for promising Alzheimer's researchers is only one way in which Alzheimer's San Diego assists the community. According to their website, this organization helps the community by offering classes and workshops; support and discussion groups; social activities and outings; Alzheimer's companions' respite; early stage support; memory screenings and coping with caregiving. But what can you do?


This is where you come in. On Saturday, October 19, 2019 at Balboa Park, Alzheimer's San Diego will have a walk to fund local Alzheimer's support and research. For the last 9 years, I have led a team of first responders: Stellar First Responders Team with a co-captain, Randi Kolender-Hock. We are asking you to first **DONATE** and then to **WALK** with us on Saturday, October 19th at Balboa Park. **Please help us reach our goal!**

Why I am so passionate about this endeavor? In 2010, after a series of falls, my husband suffered a traumatic head injury and brain bleed. This trauma triggered vascular and Lewy Body dementia (any advances in Alzheimer's research will eventually help other dementias). Having been a talented singer, when he lived at Stellar Care, a memory facility, he began producing beautiful paintings through an Alzheimer's San Diego supported program, "Memories in the Making." **To donate use this internet link: <https://alzsd.akaraisin.com/ui/walk4alz2019/participant/5128401> or mail a check to the above address with: "Stellar First Responders" in the memo line.**

★★★★★  
**MORTGAGES WITH**  
**ZERO**  
**LENDING FEES\***  
**DONE RIGHT FOR YOU!**



**ANNOUNCEMENT!**  
 California markets are growing at a rapid pace, the FED is holding rate hikes to trigger homeownership. Buying in or refinancing before rates go up early this year!



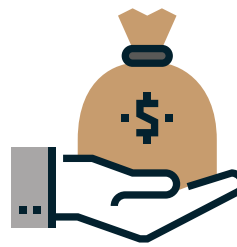
“ I had used Union Choice previously back in 2018. The professionalism and easiness of the procedure made it so that very little of my time was required. **I would definitely recommend Union Choice to anyone and especially with Law Enforcement.** ”

- LOS ANGELES COUNTY SHERIFF, **THOMAS B.**



**PURCHASE**

**FHA, VA, CONVENTIONAL LOANS,  
 AND NEW HOMEOWNERS**



**REFINANCE**

**DEBT CONSOLIDATION, AND HELOC**

**Get Approved Quickly and Your Rate Locked Now!**  
**[www.UnionChoice.com](http://www.UnionChoice.com) / 855.668.5626**

NMLS # 308153 NMLS # 167867 | Union Choice | 26800 Aliso Viejo Pkwy, Suite 200 Aliso Viejo, CA 92656 | Licensed by the Department of Business Oversight under the California Residential Mortgage Lending Act, Licensee Number 41DBO-46011 California Residential Mortgage Lending Act DBO 403 F427 | \*Per Consumer Financial Protection Bureau guidelines, Borrower must pay appraisal costs directly associated to each loan. Excludes Purchase Money.



# In Remembrance

**Robert J. McPherson**



**End of Watch: 30 September 1929**  
Officer McPherson was killed while attempting to break up a fight in City Jail.

**Henry J. Goodrich**



**End of Watch: 7 September 1940**  
Officer Goodrich was killed in a head-on traffic collision.

**Kimberly Tonahill**



**End of Watch: 14 September 1984**

Officers Tonahill and Ruopp were shot to death while citing suspects for alcohol violations.

**Timothy Ruopp**



**End of Watch: 16 September 1984**

**Ronald W. Davis**



**End of Watch: 17 September 1991**  
Responding to a domestic violence call, Officer Ron Davis was shot to death when the suspect tried to make his getaway.

# *Congratulations, Retirees!*

Thank you to all of our members who recently retired between

**July 16, 2019 and August 15, 2019**

for your dedication and service.

We wish you the best in your new chapter in life!

## *Detective Sergeant Philip Terhaar*

Hired July 20, 1990 ~ Retired July 27, 2019

## *Detective Christopher Kilby*

Hired February 2, 1990 ~ Retired August 1, 2019

## *Officer Paul Dagostino*

Hired October 17, 2008 ~ Retired August 14, 2019

# **ATTENTION POA MEMBERS: FILING FOR THE SDPOA BOARD OF DIRECTORS ELECTION IS NOW OPEN!**

Members interested in volunteering their time to serve on the SDPOA Board of Directors and who want to run for one of the three seats up for election this year must declare, in writing, their intention to do so. Candidates must be a member of the Association and have at least three years of service with the Department.

The filing materials must include a candidate's statement (200 word maximum) and a head-and-shoulders digital photograph. Candidates are encouraged to include their date of hire and current assignment. Candidates should write their declaration in Microsoft Word format and save it to a disk along with their photo in JPG format. The disk containing the candidate's statement and photo along with a HARD COPY of the statement must be turned into the POA office.

**The application deadline is:**

**1700hrs – Friday, September 27, 2019**

All candidates must submit their statement and photo to the POA by the deadline.

**There will be NO EXCEPTIONS.**

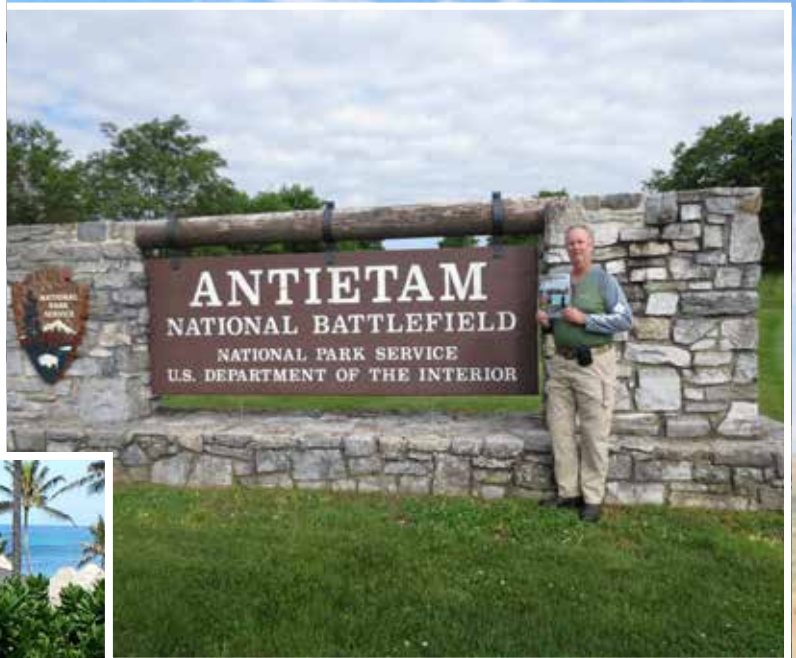
Please email [ksmith@sdpoa.org](mailto:ksmith@sdpoa.org) with any questions.

# On the Road

Proudly Presented by



Retired Detective John Riedel took a photo with a Police Officer in Belfast, Ireland.



Retired Sergeant Randy Eichmann at the entrance to the Antietam National Battlefield near Sharpsburg, Maryland.



Officer Fernando Rincon on North Shore, Hawaii.

If you have recently taken your copy of *The Informant* on the road with you, please share your pictures! If your picture is featured, the member who sends in the photo will receive a pair of movie tickets and our appreciation! Active and retired SDPOA members should send submissions to Erika at [editor@sdpoa.org](mailto:editor@sdpoa.org).





# SDPOA Board Minutes

Board of Directors Meeting

July 11, 2019

**Directors present:** Schaeffer, Bostedt, Wilson, Avera (arrived 0949, left 1236), Paxton (arrived 1215, left 1315), Evans, McCullough, Hoskins

**Directors excused:** Mackay

STATION DELEGATES IN ATTENDANCE:  
None.

MEMBERS IN ATTENDANCE:  
J. Gordanier

OTHERS PRESENT:  
R. Flynn, R. Kolendar, B. Fields, K. Smith (recorder)

**OPENING OBSERVANCES**  
President Schaeffer called the meeting to order at 0900 hours and Vice-President Bostedt led all present in the Pledge of Allegiance. There was a moment of silence for the Officers killed in the line of duty in the past. There were 13 officers killed in the line of duty Nationwide since the June board meeting. In the history of the SDPD there were 2 San Diego Police officers killed in the month of July. Oliver Hopkins (07/02/1915), Jonathan De Guzman (07/28/2016).

NON-AGENDA MEMBER COMMENTS:  
• None.

1. MEMBER PRESENTATIONS:  
• None.

PRESENTATIONS:  
• Retired member Roberta Flynn and Randi Kolendar approached the board and requested a donation for the first responder's team for the Alzheimer's San Diego Walk.  
**Moved to Charity**

2. PAC  
• McCullough reported regarding the last 2 PAC interview meetings.

**M/S Keelan/Bostedt to endorse Brian Maienschein. Wilson opposed. Mackay, Avera, Paxton absent. 5-1-3.**

• Discussion occurred regarding several other candidates and their status.

• Avera updated the board regarding AB 392 and SB 230.

### 3. PUBLIC RELATIONS COMMITTEE

a. Informant:  
• The Emergency Negotiations Team (ENT) Unit will be the unit highlight for September. The member spotlight for September will be shared by Efreñ Peregrina and Matthew Paniagua.

• Crime suppression team will be the unit highlight for October. The member spotlight for October will be Juan Lopez.

b. Website:  
• No report.

4. RETIREMENT  
• Avera reported regarding the important need for all members, active and retired, to update their beneficiary information with the City, Department, SDCERS and the POA.

5. MEMBER RELATIONS  
• Bostedt updated regarding a recent member request.

6. LABOR/MANAGEMENT COMMITTEE  
• Chief Guaderrama requested the board put together some information regarding some issues with the RDT's to submit for review and discussion.

7. LEGAL  
• No report.

8. SPECIAL EVENTS/SCHOLARSHIP COMMITTEE  
• The Scholarship brunch was a success. Congratulations to all students who received a Scholarship!  
• The 25 Year Luncheon is coming up as well as the Officer of the Shift event.

9. BUDGET-FINANCE  
• **M/S Hoskins/McCullough to approve the June's treasurer's report. Unanimous. Mackay absent. 8-0-1.**

### 10. BUSINESS & GOVERNANCE

### COMMITTEE

a. Administrative:  
• There was 3 email polls.  
• The POA Officers Lounge updating has been completed and looks great! Be sure and stop by to check it out.

c. Minutes:  
• **M/S McCullough/Wilson to accept the June 2019 Meeting Minutes. Unanimous. Paxton, Mackay absent. Bostedt abstained. 6-0-2-1.**

### 11. MILESTONE REPORT

• No report.

### 12. OLD BUSINESS

• No report.

### 13. NEW BUSINESS

• **M/S Schaeffer/Bostedt to send 4 directors (to be determined) to attend the PORAC Conference in November. Unanimous. Wilson, Avera, Mackay absent. 6-0-3.**

### 14. ARMED SERVICES

• Hoskins reported the upcoming Coast Guard birthday.

**Adjourned the general meeting into the Foundation meeting at 1124.**

**Adjourned the Foundation meeting into the general meeting at 1140.**

**Adjourned the general meeting into the Foundation meeting at 1338.**

**M/S Hoskins/Evans to adjourn meeting at 1419.**

**SDPOA Non-Members:**  
Allahwardy, Deshmay  
Alvarez-Tostado, Joshua  
Christman, Tyler  
Crumb, Katherine  
David, Antonio  
Ingram, Henry  
Irwin, Wade  
Porper, Joseph  
Rawls, Kenneth  
Slater, Thomas  
Sterling, Trevor  
Turner, Todd

where we were working hard to clean up the Ocean Beach area and found that with those efforts alone we were able to reduce radio calls by 50%," Matt states. Though interviewed for this article separately, the partners explain that the most rewarding parts of their careers coincide: they are able to give back and make a tangible difference in their community. Efren also believes that the future he has been able to provide for his family has been in large part thanks to his career in law enforcement.

Outside of work, Efren and Matt have differing hobbies. Both officers enjoys staying fit. Efren also loves being active in his daughters', Giselle and Clarissa, sports, such as baseball and soccer. He and Matt are extremely family oriented and like to ensure that since they work hard while on the clock, they enjoy the occasional day off as well. Additionally, when Matt is off duty, he and his wife, Susan enjoy being involved with their church. Since Susan sings, Matt has recently picked up the hobby of playing the violin since he clearly does not have Susan's vocals!

Together, a mixture of situational awareness plus technological savviness can equal an effective partnership, according to both officers. While each officer has paved their own paths to success in their careers, they still have so much more to give both individually and as a KING unit. I mean, when you find a pair of partners that can laugh and joke together at 0500 hours, how could they not be perfect together?!



## Classified Ads and Vacation Rentals

**Cemetery Plot for Sale** – El Camino Memorial Park cemetery plot for sale. Police Officers and Firefighters Memorial Lawn; plot located near top of Memorial in Plaza. Single space with right to purchase 2nd interment. El Camino asking price: \$10,000.00. Will sell for \$6,000.00. For more information, please contact Mary at 760-294-2700 or M51thompso@gmail.com.

**Cemetery Plot for Sale** – El Camino Memorial Park cemetery plot for sale. Police Officers and Firefighters Memorial Lawn; plot located near top of Memorial in Plaza. Double interment. El Camino asking price: \$15,000.00. Will sell for \$10,000.00. For more information, please contact Retired Detective Steve Chelby at 619-995-9716.

**K-38 Baja Mexico** – One bedroom ground level condo located at the popular K-38 surf location (1 hour from San Diego, 10 min south of Rosarito). Sit on the deck and watch the surf, surfers, and sunsets. Secure, gate guarded complex. Sleeps 4, California King bed in master and a queen murphy bed in living area. Fully equipped kitchen, BBQ, fireplace, outside patio table, and large sun deck. Perfect for a romantic weekend get-away or a week of surfing. Call Eric Johnson 619-651-7600, SDPD retired.

**Lake Havasu City, Arizona** – New vacation home in the heart of Lake Havasu City. The home has three bedrooms and two baths with an additional detached guest house furnished as a second master suite, making it perfect for two couples plus kids/guests. Amenities include full granite kitchen, in-ground pool and Jacuzzi, fireplace, 50" TV & entertainment center, BBQ, and lots of off-street parking. The home is 5 minutes from all attractions including London Bridge and the lake, golf, desert sports, and shopping! Available by the day or get the week discount. Great law enforcement rates. Call J.K. Hudgins, CIU 858-208-7828, or Chuck Arnold, ICAC 619-890-8527.

**Rosarito Beach, Mexico** – Just steps from the beach, beautiful ocean view with spectacular sunsets. Gate guarded, located at K38, a world-renowned surfing spot and only 20 minutes from the border. Outside fire pit and sun deck, living room, family room both with fireplaces. Two bedrooms, sleeps eight, two bathrooms. Enjoy the clear skies and stars at night, smell the ocean air and listen to the waves. Reasonable rates, come relax and enjoy! Only \$75-95/ night! Call Sandy Redding at 619-444-9174. DirecTv/ WiFi available.



# SDPOA Board Minutes

Foundation Meeting

July 11, 2019

**Directors present:** Schaeffer, Bostedt, Wilson, McCullough, Evans, Hoskins, Avera (left 1236)

**Directors excused:** Mackay, Paxton

**MEMBERS IN ATTENDANCE:**

None.

**OTHERS PRESENT:**

J. Stine, F. Ramirez, B. Fields, K. Smith (recorder)

**MEMBER PRESENTATIONS:**

- No report.

**PRESENTATIONS:**

- Jeff Stine and Francisco Gonzalez with Cover Now explained how the Cover Now Law Enforcement Emergency Fund works.

**CHARITY REQUESTS:**

- Request for POA to sponsor the SD Regional Teddy Bear Drive Golf Tournament. *M/S Hoskins/Schaeffer for \$500 for 1 foursome. Avera, Bostedt, Paxton, Mackay absent. Unanimous. 5-0-4.*
- Request for POA to sponsor the ALAD's Bob Hope Hermann Memorial Golf Classic. *Declined.*
- Request for POA to sponsor the first responder's Alzheimer's San Diego Walk. *M/S Bostedt/Hoskins for*

*\$2,000. Avera, Paxton, Mackay absent. Evans opposed. 5-1-3.*

- Request for POA to donate to the Cover Now Law Enforcement emergency fund. *M/S Schaeffer/Hoskins for \$5,000. Avera, Paxton, Mackay absent. Bostedt opposed. 5-1-3.*

**MEMORIAL COMMITTEE**

- Bostedt discussed the issue of the costs for paying for individual hotel rooms versus paying for 2 members. Bostedt will put some ideas together and report back.
- Evans has secured a block of rooms for the National Memorial.

**FUNDRAISING:**

- No report.

**MINUTES:**

- *M/S McCullough/Schaeffer to accept the June Foundation meeting minutes. Unanimous. Mackay, Paxton, Avera absent. Bostedt abstained. 5-0-3-1.*

**BUDGET FINANCE:**

- *M/S Hoskins/McCullough to approve the June treasurer's report. Unanimous. Paxton, Mackay, Avera absent. 6-0-3.*

**CHILDCARE:**

- Avera reported regarding the Kinder Care suggested plan for potential childcare through the

POA.

- *M/S Avera/Wilson to spend \$10,000 out of the POA charity childcare account for Phase 2 of the KinderCare Family Care Benefits Summary. Unanimous. Paxton, Mackay absent 7-0-2.*

**NEW BUSINESS:**

- Bostedt will check costs on uniform hats for members to wear when attending out of town law enforcement funerals.

**OLD BUSINESS:**

- None.

*Adjourned the general meeting into the Foundation meeting at 1124.*

*Adjourned the Foundation meeting into the general meeting at 1140.*

*Adjourned the general meeting into the Foundation meeting at 1338.*



**REMINDER:**

**The next Board Meeting is scheduled for  
Thursday, September 12, 2019  
at 9:00 a.m. in the POA Board Room.**

If you have a specific topic you would like to address with the board, please email Khristina at [ksmith@sdpoa.org](mailto:ksmith@sdpoa.org) by Thursday, September 5, 2019 to be added to the agenda.

If you'd like to sit in and listen to the discussion, but do not have a specific topic, please feel free to drop in.

---

---

**San Diego Police Officers Association Staff**



**Khristina Smith**  
Manager  
Executive Assistant



**Erika Vroom**  
Communications Coordinator  
Editor, *The Informant*



**Arni Page**  
Store Clerk



**Crystal Millburn**  
Receptionist

---

---



# The Informant

San Diego Police Officers Association  
8388 Vickers Street  
San Diego, CA 92111-2109

NONPROFIT ORG.  
U.S. POSTAGE  
**PAID**  
San Diego, CA  
PERMIT No. 2029

Change Service Requested

**ARE YOU MOVING? Please be sure to let the POA Office know.  
The Department does not inform the POA of any change of address.**

The San Diego Police  
Officers Association  
Thanks Our Generous  
Sponsors of  
The Informant!



cahpcu.org

The Informant is a proud recipient of the  
APEX Award for Publication Excellence



[Home](#) [About](#) [Foundation](#) [Media](#) [Contact](#) [Store](#) [Login](#) [Donate](#)

Members:

If you haven't done so, be sure to register for the SDPOA website in order to receive up-to-date information, access to discounted tickets and more!

EST. 1912

**SAN DIEGO**  
Police Officers Association

INTERESTED IN DIRECTLY SUPPORTING SAN DIEGO POLICE OFFICERS?

[PARTNER WITH US](#)