

The Magazine of the
FBI National Academy
Associates

NATIONAL ACADEMY



ASSOCIATES

Sept/Oct 2016 | Volume 18, Number 5

EYE MOVEMENT DESENSITIZATION AND REPROCESSING THERAPY

PLUS | *Rich Ryan STRONG*
2016 Memory Roll

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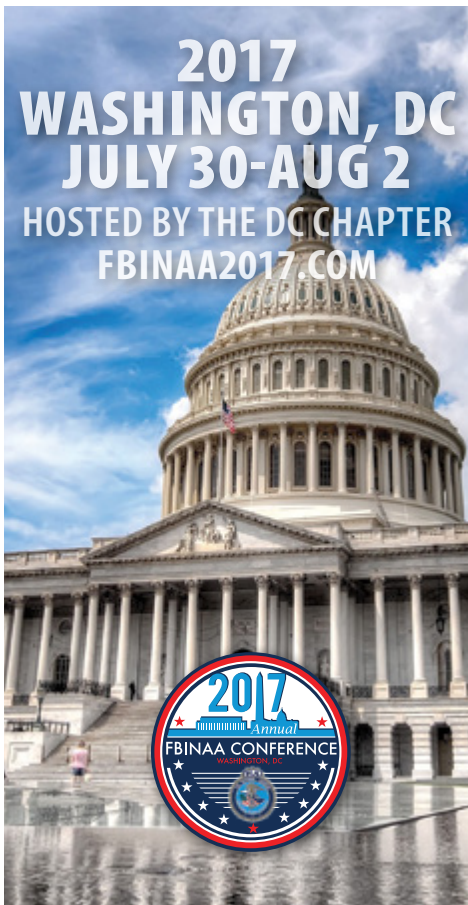
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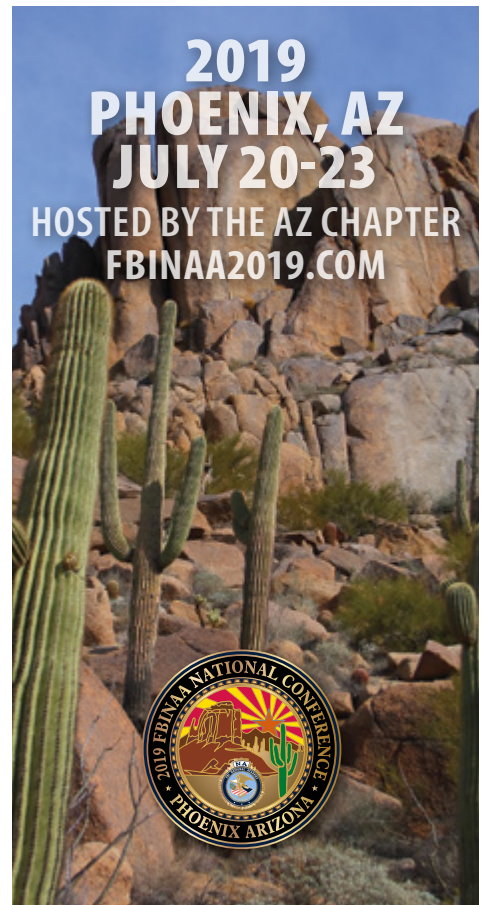
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FBINAA ANNUAL TRAINING CONFERENCES | SAVE THE DATE

Sept/Oct 2016
Volume 18 • Number 5

*The National Academy Associate is a publication of
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Steve Tidwell / Executive Director, Managing Editor

Ashley R. Sutton / Communications Manager

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The National Academy Associate is published bi-monthly
by the FBI National Academy Associates, Inc.,
National Executive Office, FBI Academy, Quantico, VA 22135.

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Submissions may vary in length from 500-2000 words, and
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Jan/Feb	12/1	2/28
Mar/Apr	2/1	4/30
May/Jun	4/1	6/30
Jul/Aug	6/1	8/30
Sep/Oct	8/1	10/30
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On the Cover:
Eye Movement Desensitization and Reprocessing (EMDR) therapy was developed by Dr. Francine Shapiro in the late 1980s. EMDR is a therapy option of accelerating the brain's natural repair time for PTSD, phobias, anxiety, depression and pain

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ASSOCIATION **PERSPECTIVE**

by Joey Reynolds

Greetings!

As I write this message to you, our membership, I am sitting in an airport on my way to another event where I have the honor of representing all of you as your President. I can't tell you how much I appreciate your support and what an honor it is to serve this prestigious association. Past President **Barry Thomas** warned me that this would be an incredibly busy year for me but I had no way of knowing just how busy.

My tenure so far has been an amazing opportunity to connect with our members, our **Strategic Alliances** and our **FBI Partners** in the US as well as Europe. This is a busy time for our association; many chapters have their fall re-trainers scheduled, we had a Session graduate and a new Session start, and your Executive Board and Executive Office Staff hosted our annual IACP reception and board meeting. I am also proud to formally announce that both our store and Executive Office are back on the FBI Academy Campus. Many thanks to the **FBI Training Division** and our own **Executive Office Staff** for all the hard work during the transition.

I had the pleasure of attending the graduation ceremonies for the 265th Session in September. Please join me in congratulating our new members and please make them feel welcome as they start plugging into this great network of law enforcement professionals. I also had the privilege of addressing the 266th Session at the official welcoming as they began their National Academy experience. The excitement on the faces at both of these sessions took me back to my own experience 20 years ago as I attended the 184th Session.

This year the FBI National Academy Associates was highlighted at IACP in San Diego. We were part of a focused program on IACP TV. Thanks to Chief **Jon Belmar**, St. Louis County Police, Major **Mike Adams**, Charlotte-Mecklenburg Police, FBI Assistant Director **David Resch** and the FBI NA Training Unit staff for jumping in and making the video happen. We also had an incredible reception at IACP in San Diego aboard the USS Midway with over 750 members attending where we were able to fellowship, catch up on old friendships and make new ones.


If you attended our annual conference in St. Louis you know that my focus during my year as president is "*Community Engagement*." I feel strongly that we, as the most prestigious law enforcement executive leadership association, have to take a more proactive role in changing the perception of the law enforcement profession in our communities. We only have to look at what recently happened in Charlotte, NC to see that we have a lot of work to be done. It broke my heart to see a beautiful city like Charlotte being vandalized and officers of the Charlotte-Mecklenburg Police Department being injured as they did their duty in such a professional way to protect the city they love. We have many members and friends who are members of this great police department and on a more personal note, I have a son who is a proud officer of the Charlotte-Mecklenburg PD.

I am glad to announce that our new "*Community Engagement Committee*" is up and running under the great leadership of Past President **Barry Thomas**. We have committee members from our association as well as community groups including **Boys and Girls Clubs**



of America, the Afterschool Alliance and Billy Graham Evangelistic Association Rapid Response Team. All have committed to working hand in hand with our members to develop strategies and best practices that will help our member agencies and law enforcement partners better serve the communities we are sworn to protect.

On a sad note, just as we did in the academy sessions we mourn with our members and families who are in mourning. Such is the case with **Francisco Cisneros**, a proud graduate of the 180th Session and a member of the Latin America/Caribbean Chapter. Francisco Cisneros was the Police Chief in the City of Chihuahua, Mexico and was active in counterterrorism and counternarcotics investigations. He was gunned down by assassins as he left his home. Francisco Cisneros was an active member and recently attended the Latin America/Caribbean Conference in Santiago, Chile in May of this year. We ask that you keep his family and friends in your thoughts and prayers and we hope those responsible can be brought to justice.

In closing, during this difficult and extremely busy time for the law enforcement profession, we must continue to work together in order to remain strong and meet the challenges we face. As the great **Winston Churchill** said, "*Success is not final, failure is not fatal: it is the courage to continue that counts.*" Let us have the courage to continue to improve our profession for the benefit of the communities we serve. 

God Bless!

Joey Reynolds
President



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CCC CHAPTER CHAT

The intent of this column is to communicate chapter news. Announcements may include items of interest, such as member news, section activities, events, training calendar, special programs, etc. Refer to the editorial submission deadlines, particularly with date sensitive announcements.

Submit chapter news/high-resolution digital .jpg or .tif photos with captions to: Ashley Sutton, Communications Manager
ph: 302.644.4744 | fx: 302.644.7764
asutton@fbinaa.org



(L-R) John Barber – Mobile PD, Mobile, AL, Donny Shaw – Madison County SO, Madison, AL, Roger Stanton – SAC FBI Birmingham Division, Harry Long – Hoover PD, Hoover, AL, Jon Archer – ALEA, Prattville, AL, John Sample – Shelby Co DA’s Office, Birmingham, AL.

ALABAMA

■ Birmingham Division SAC, **Roger Stanton**, was at Quantico last week for a class and the Alabama NA Session 265 guys got him out running with them.



(L-R) Ken Tanaka, Russell McKinney.

CALIFORNIA

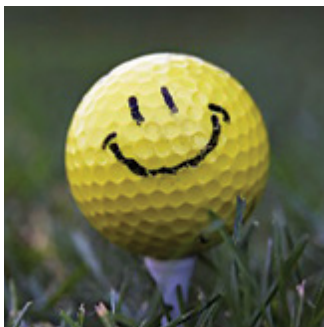
■ The 2016 California Chapter Annual Advanced Trainer and Conference was held in Monterey, California and hosted by our committee chair, 1st Vice President **Ken Tanaka**. This conference was attended by more than 200 participants with our President **Russell McKinney** moving the conference forward.



Tom Uretsky and Kevin Jensen

We were honored to have National Executive Board President, **Joey Reynolds**, National 2nd Vice President **Johnnie Adams** and Past National President, **Doug Muldoon** attend our chapter conference.

A conference favorite of playing golf was held at **Del Monte Golf Course** which is the oldest golf course on the west coast established in 1897. Del Monte is known for its tricky slopes and challenging obstacles. A new twist to this year event was introduced by **Tom Uretsky** (NA 186) who coordinated this



Yellow Brick.

must be hit by each player at specified holes to its completion. If the ball is lost, you lost your brick and out of the competition.

The chapter was honored by the attendance of Past President **Rick Buvia** from Monterey. Rick is a graduate of the 120 session and was President of the California Chapter in 1997.



A winning foursome!



(L-R) National President Joey Reynolds, 1st V.P. Ken Tanaka, 3rd V.P. Daman Christensen talking with Rick Buvia.

event. Each team was issued a yellow golf ball that represented a yellow brick. This yellow brick

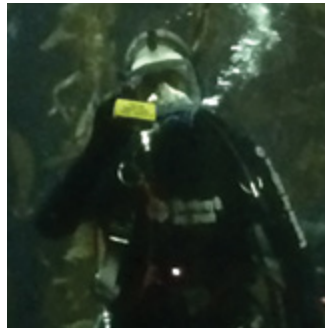
An election was held and the new 4th Vice President Elect from the San Francisco Division

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Brenda Afdal (FBI Sacramento) and Sylvia Hagle-Spilman (FBI San Francisco and the Diver.



The Diver got into the NA Spirit and produced a miniature "Yellow Brick" from his feeding bag.



Reception

is **Craig Chew**. Craig is a graduate of the 248th Session and employed by the Alameda County District Attorney's Office.

Conference attendees enjoyed an exclusive evening tour of the famous **Monterey Bay Aquarium** arranged by Tom Uretsky. The Diver did a special night time feeding for the attendees.

The presentations were well attended with speakers from across the country and Europe. Presentation on *Global Terrorism, Leadership Perspectives and Life after Law Enforcement* were the highlighted topics. The President's Reception was a hit with the macaroni and cheese bar featuring items as mac, cheese, lobster and shrimp, mac, cheese bacon and chicken and more.

We would like to thank our vendors and sponsors for their support to make the conference a great success.

On the final day the conference held our installation banquet. The highest award presented to any member is the **California Chapter Resolution**. 4th Vice President **Eric Sonstegard** and his committee present two awards. The first was to **Scott Pearce** (NA 154) for his commitment to the California Chapter and his service as Chapter Historian for four years. The second Resolution was presented to **Bill Deasy** (NA 87). Bill has attended every California Conference for 45 years since his graduation



4th VP Eric Sonstegard and Bill Deasy.

from the National Academy and attended most of the National Conferences. It is members like Bill who are the heart and core supporters of our association. Thank you Bill for your continued commitment and always being there.

The conference concluded with our keynote speaker Former Secretary of Defense **Leon Panetta**. Secretary Panetta's presentation was powerful, insightful, and very relevant to the issues of today. His speech was well received followed by a standing ovation. Thank you Secretary Panetta for your excellent presentation and you time to take numerous photographs with our members. (Photographs should be available through the California Chapter website)

FLORIDA

■ During the **annual Summer Conference of the Florida Police Chiefs Association**, Satellite Beach FL PD Retired Chief **Lionel Cote** (115th Session) and Holmes Beach FL PD Retired Chief **Jay Romine** (184th Session) were inducted into the Florida Police Chiefs Association Wall of Honor for their contributions to the FPCA. Both are Past Presidents of the FPCA.

■ Congratulations to Chief Deputy **Bob Johnson**, graduate of Session 241, on his recent election to Sheriff of Santa Rosa County.

■ Congratulations to Chief **Robert Randle** who is retiring on November 4th after more than 36 years of service with the Gulf Breeze Police Department.



California Executive Board and members of the National Executive Board.

FUTURE STATE EVENTS

■ The **California LEEDS Seminar** will be held in Oxnard, California at the **Mandalay Beach Embassy Suites** from May 8 through May 11, 2017. Please contact **Eric Sonstegard** at eric.sonstegard@oxnardpd.org for details.

■ The **California Chapter Advanced Training** will be held at the **Hyatt Regency Mission Bay** in San Diego, CA, from August 30 through September 01, 2017. Please contact **Mike Barletta** at Michael.Barletta@sdmts.com.

GEORGIA

■ Garden City, Georgia police chief **David L. Lyons**, Session 196, was named Chief of the Year by the Georgia Association of Chiefs of Police at their 2016 Summer Conference. Lyons has been



David L. Lyons

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CHAPTERCHAT

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chief of the department for fourteen years and was President of the association 2013/2014.

KANSAS/WESTERN MISSOURI

■ Hello from the Kansas-Western Missouri Chapter in the middle of the country! We wanted to extend a huge 'congrats' to the Eastern Missouri Chapter for hosting a fine conference this past July!

■ We also have a retirement from our Chapter we wish to honor!

Major Steve James, Session #248, retired September 26, 2016

from the Olathe, KS Police Department after serving in law enforcement for 32 years! Major James began his career in law enforcement in 1984 and has served his entire career with Olathe PD! He is most proud of his career and stated he 'just loved being a cop!' He has no plans for the immediate future and is going to enjoy retirement! Thanks to Major James for his many years of service to the Olathe community! Well done, sir, and we wish you many enjoyable days ahead!



Steve James

LOUISIANA

■ Congratulations to **Gerald Sticker** who was promoted from Captain to Chief of the Mandeville Louisiana Police Department on August 11, 2016.



Gerald Sticker

Chief Sticker was a graduate of the 245th NA class.

MARYLAND/DELAWARE

■ On Monday, August 15th, the FBINAA MD/De Chapter held its **annual golf tournament** at the **Championship Bulle Rock Course** in Havre De Grace, Md. We had a full tournament as 144 golfers enjoyed a hot day on the course with friends and family.

The tournament was played in honor of Deputy First Class **Mark Logsdon** of the Harford County Sheriff's Office. Mark and his colleagues always joined us for this event and his presence on his department and our Chapter will be missed. Harford County Sheriffs showed up strong and had numerous teams playing for Deputy Logsdon.



■ On September 10th, 2016, the MD/De Chapter held our **annual Navy Tailgate/Football Game** in Annapolis Maryland. A record 172 people showed up for the eve, including 45 current attendees from current session in Quantico representing States around the Country, as well as an officer from Guam. Everyone enjoyed the beautiful day to include, hamburgers, hot dogs, a roasted pig, lots of beverages, lots of give-a-ways and an exciting game between NAVY and UCONN which ended with Navy as the victors but a game that went down to the wire. (Go to our Flickr Page for more photos)

■ On June 30th, 2016 the **Maryland/Delaware Chapter Executive Board** met for a luncheon with recent graduates



265 attendees Lt. Michael Van Campen – Newark PD (DE) and Lt. Andrew Powell – Riverdale Park Police (MD). (Not pictured but attending are Lt. Justin Baker – Howard County PD (MD), Sgt. Keith Benton – Dorchester County Sheriff's Office (MD)).



Colonel John E. Gavrilis accepts the National APTA Gold Award for Rail Safety and Security on behalf of all the hardworking men and women of the MTA Police Force from Administrator Paul Comfort.

from Session 264, and the candidates of Session 265 who began their journey in Quantico, Va in the beginning of July.

MARYLAND DEPARTMENT OF TRANSPORTATION'S MTA WINS NATIONAL APTA GOLD AWARDS FOR RAIL SAFETY AND SECURITY

■ The **Maryland Department of Transportation's Maryland Transit Administration (MTA)** recently received the **American Public Transportation Association's (APTA) 2016 Gold Award** for Heavy Rail Security and Light Rail Safety.

The MTA was the security winner for its **Zone Enforced Unified Sweeps (ZEUS)** program at **APTA's 2016 Rail Conference**. The MTA is one of the safest

transit systems of the top 12 transit agencies in the country, with the lowest Part I crimes on its system for 2014 and 2015. The ZEUS program helped contribute to an 11 percent reduction in these crimes from 2014 to 2015. Also, the MTA had a 49 percent drop in Part I crime since 2007.

NEBRASKA

■ The FBINAA Nebraska Chapter held a **Fall Luncheon/Training** on September 22, 2016 at the Sarpy County Sheriff's Department. Sheriff **Jeff Davis** (155) hosted over 60 Chapter members who enjoyed a BBQ lunch and a motivational presentation by University of Nebraska Baseball Coach and former Major Leaguer **Darin Erstad**. Coach

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EYE MOVEMENT DESENSITIZATION AND REPROCESSING THERAPY

Marc Gonzalez

OFFICER SAFETY AND WELLNESS

The Executive Board of the FBI National Academy Associates is dedicated to furthering the conversation on officer safety and wellness issues that impact the law enforcement profession. Moving forward, members can expect articles in each Associates Magazine that highlight challenges that are inherent to the profession and present solutions to those looking to enhance their own personal resiliency or that of their agencies.

Introduction: Eye Movement Desensitization and Reprocessing (EMDR) therapy was developed by Dr. Francine Shapiro in the late 1980s. EMDR is a therapy option of accelerating the brain's natural repair time for PTSD, phobias, anxiety, depression and pain.

How we process stress:

Many individuals that have suffered a traumatic incident and suffer from post-traumatic stress have constant obsessive thoughts of the traumatic incident in their mind's especially when they are idle during the day. As we sleep, our subconscious mind's try to work out issues during our dreams. This is a process for repairing and protecting our brain's from issues that may be troubling in life is through rapid eye movement (REM) dreaming. When this trauma processing does not work in a brain it may go into a "mental shock". The brain cannot repair itself through the normal sleep patterns of rapid eye movement. EMDR replicates REM of dreaming working on repairing the brain from issues similarly for people that have experienced a destructive event.

The possible manifestations of traumatic incidents and how EMDR may help:

Trauma can create other issues such as phobias or fears; such as fear of driving. The patient may obsess that they may be involved in a car crash with the resultant anxiety this may cause. What EMDR can do is change these negative thoughts to positive thoughts. Or in the case of a sexual assault victim, when later discussing what happened during a session, thoughts of reliving a sexual assault can change to being on the beach on a nice warm sunny day. Some patients have benefited from just one session. There are in-

dividuals that have suffered from severe post-traumatic stress and depression for many years which may require multiple sessions.

Indications:

This type of therapy has been used for post-traumatic stress and other mental health issues such as depression, anxiety, where medications and alternative therapies may not have produced desired results.

The process:

The process includes making the patient comfortable while the therapist and patient review issues they will work on during the session. There are more specific steps in this process, but for our purposes I will describe the basics. The therapist may hold 2 to 3 fingers or a pointer approximately 6 inches from the patient's eyes. While the patient is thinking about their traumatic issues, the therapist will move their fingers or pointer back-and-forth horizontally while the patient is focusing mentally on the trauma and the fingers or pointer simultaneously. This process takes approximately 5 minutes from relaxing the patient, having them think about the issues at hand, attempting to move their eyes back-and-forth mimicking the same eye movements in dreamlike REM sleep, to discussing what was experienced. This is then repeated within a session which may last anywhere from 60 to 90 minutes.

The ability of EMDR to produce a desired result:

There have been some critics of EMDR especially in the early years if it's inception. There are significant studies now that give credence and scientific basis to this form of therapy and it has been accepted by the standard mental health factions as an alternative treatment as effective as psychotherapy. It is important to note that a trained clinical therapist has to work diligently with their patients and it should be understood that this is not a quick fix. It does appear to accelerate healing compared to traditional therapies.

Who can perform EMDR:

There are many clinicians that are trained to perform EMDR therapy. It is important that a lay person not attempt this procedure. Only a licensed, trained and certified therapist in the mental health community should perform this as an untrained person could do more harm than good. There is a good warning to heed, "Don't try this at home".

Finding the right therapist:

It is important to find a good therapist who can rule out other issues and work with the patient to better identify and accommodate other underlying issues. It would be good to discuss these types of therapies with your physician. It is important to understand that if one therapist does not work for you, obtaining a second opinion or even a third opinion is not unreasonable.

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RICH RYAN STRONG

Denis Linehan

Rich Ryan is a Captain with the Irondequoit Police Department in New York State,
Rich has been in Law Enforcement for 25 years, prior to Irondequoit PD,
he served with the New York State Police and the Livingston County Sheriff’s Office.

Rich is a career COP, he loves the job, his expertise is in Training and K9. A career goal of his was to attend the FBI national Academy, he even attended some training events by the New York State/E. Canada Chapter while waiting for his opportunity to attend.

Rich was notified by the Buffalo FBI Office that he would be attending FBI National Academy Session # 263, From January 11, 2016 to March 18, 2016. At his in-briefing at the Buffalo office Rich was incredibly excited, he was so proud to be going to Quantico. He knew even before he left, that the National Academy is the most prestigious Law Enforcement training in the world, and that it was much more than ten weeks in Quantico. Rich was the perfect candidate, he would be that guy that stayed involved, attended events and conferences, and included his family.

When Rich arrived at the National Academy he met his roommate **Denis Linehan** from

Nashua, New Hampshire, they became instant friends, neither realizing at that moment just how close they would become. From day 1 of the academy Rich and Denis hit it off, of course their common love for New England sports helped a lot! As they attended classes and PT their friendship grew stronger and many within their session were convinced that they knew each other prior to meeting at the academy. On day 3 Rich and Denis walked into the counselor’s office and as they did their section counselor pointed at them and said, “There they are, those two,” exclaiming this to another counselor in the office. They looked around and she said, “no, you two.” When they asked what she meant and she stated, “You two have already been identified as the first to be thrown out of here.” They laughed and went back to class.

Rich settled in like we all did, he adjusted to his new schedule, attended classes, tried not to get lost in the gerbil tubes and worked out,

Rich was in great shape, as he concentrated in physical fitness and training, he also has two black belts. Rich was extremely popular amongst session 263. Everyone enjoyed his stories and his contagious laughter.

Beginning in week six Rich began to experience headaches and dizziness. The weekend before Rich was diagnosed, Denis and Rich went to Fredericksburg. That Saturday night they were walking from bar to bar and Rich kept dropping his wallet and his phone. It was to the point that Denis asked him what the problem was because he was not intoxicated. He indicated that he didn’t know, as they laughed and picked up the contents of his wallet which had been strewn on the street.

On that Sunday morning he asked Denis to bring him to the medical clinic because his head hurt so badly. After going to the

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CHAPTERCHAT

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Nebraska Chapter members at the Fall Luncheon/Training.



Chapter VP Bob Lausten (252) presents Coach Erstad with a Chapter license plate.

NEW JERSEY

■ NA graduate **Steven Tallard**, Session 234, was named Director of the the New Jersey Division of Parole.

SESSION 251

■ Classmates from the **251st Session** got together in Pensacola Beach, Florida in September 2016. This was the fourth annual reunion for this bunch, next year



Session 251 Reunion: (L-R) Jeff Golden (CT), Larry Aiken (FL), Al Stoeckel (IL), Alan Melvin (NC), Paul Magee (MA), Vern Foli (IL), Brad Smith (FL).

Erstad presented on the challenges and importance of developing young men for success. The similarities between athletics and law enforcement in his presentation hit home to those in attendance. Once again, this FBINAA Nebraska Chapter Training Event provided a great opportunity for our membership to network with other law enforcement executives. Thanks to our Chapter Board for a successful and well-attended event.

they are heading to the Cape Cod area.

NEW YORK/EASTERN CONNECTICUT

■ **Joe Gannon**, NA126 NYPD Retired; NYSEC President 2011 and **Frank Smith**, NYPD Retired NA 157 attended the New Jersey Conference.

■ Deputy Chief **Jason Helfer** just graduated from class 265. With that **Deputy Chief Helfer**, Deputy Chief **Rick Downs** (257)



(L-R) Insp. Joe Galluci, NYPD; D/Chief Steve O'Brien, NYPD; Chief Marry Flatley, Southold PD; Chief John Brogan, Mount Kisco PD; D/Chief Randy Mineo, Port Washington Pd. (ret).



(L-R) Joe Gannon, NA126 NYPD Retired; NYSEC President 2011, Frank Smith, NYPD Retired NA 157.

and myself (252) are all FBINA graduates. As Chief of Police I am very proud of this accomplishment and I thank the FBI and the FBINA for the opportunity.

on, but a good time, followed by a barbeque, was had by all.

In case you are not familiar, the shoot has been open to any law enforcement officer interested in participating, but we've established two shooter categories; NA graduate and non-NA grad. While there are some doggone good shooters in the NA ranks, most of the rest of us would probably rather not compete against a 25 year-old SWAT cop who spends all his or her free time competing in obstacle races while shooting guns!



(L-R): Deputy Chief Rick Downs (257), Chief Patrick Phelan (252) and Deputy Chief Jason Helfer (265), Greece PD (NY)

NORTHWEST

■ The Northwest Chapter hosted its **6th annual pistol shoot** September 16th at the FBI/ University of MN Police Dept. Range. It was a little rainy early

This year Bloomington Police Dept. Commander **Kevin Herman**, 241st Session, took home top shooter among the NA graduates. Among the non-NA grad competitors, Hopkins

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CHAPTERCHAT

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2016 Pistol Shoot.

Officer **Alex Cady** took 1st place. Congratulations to both Kevin and Alex!

About 40 shooters had signed up this year and our recent survey showed the shoot is a popular event, so the 7th annual pistol shoot has already been scheduled for September 22, 2017. With that kind of notice, there's no excuse not to practice up and come on out to take a shot at unseating Kevin!

■ Chief **Mike Reynolds**, Session 254, is taking an early retirement from law enforcement and pursuing a career in the private sector as the Director of Corporate Security



Mike Reynolds

for Allina Health. Chief Reynolds has served as Hopkins, MN Police Chief for 6 years. During that time Hopkins received international awards for efforts in community policing, a civil rights award for the JCPP Program, recognition from MetLife Foundation for the police department's community engagement and collaboration, and recognition from the Hopkins Business and Civic Association for community improvement. Prior to becoming chief in Hopkins,

Mike spent nearly 16 years with the Brooklyn Center Police Department, serving as a patrol officer, SWAT member, detective, sergeant, and commander. Congratulations Mike!

■ The Northwest Chapter awarded two **\$750 scholarships** this year. **David Sebenaler**, (son of **Jeffrey Sebenaler**, 206th session) and **Erin Kvam** (daughter of **Dave Kvam**, 231st session) were selected by the selection committee. Each applicant was evaluated on academic performance, civic involvement, and his/her response to an essay on leadership challenges in our changing world.

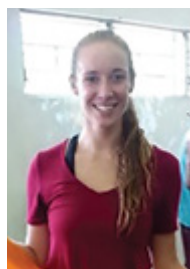
David, who is attending the Carlson School of Management at the University of MN, graduated from Chanhasen High School where he was on the A honor roll. He received all-state honors in speech, participated in student congress, debate team, & several categories of band. David volunteered as a speech coach at an elementary school, and represented the Northwest Chapter as a member of session 16 of



David Sebenaler

the Youth Leadership Program.

Erin is pursuing secondary education, social studies, & Spanish at the University



Erin Kvam

of MN, Morris Campus. She has received academic athlete awards both in high school and college. Erin is a pitcher on the college softball team and has been president & secretary of Vamos Juntos. She volunteers, teaching English to local immigrants, as the leader of a Sunday school music program, and as the music leader at a local preschool. Erin is currently staying with a host family while she spends a semester immersed in the culture studying at a college in Costa Rica.

OREGON

■ Tigard Police Chief **Alan Orr** is retiring with 46 years of law enforcement service. Congratulations, Chief Orr!

UTAH

■ Inspiration and Wellness by **Eddie Williams**, Retired NFL Player.

WASHINGTON

■ Many graduates may remember the name **Tom Ostrosky** from their time in Quantico. Tom was at the Academy from 2003 until 2011 as a Supervisory Special Agent. He taught New Agent trainees at Hogan's Alley for a year before he moved over to the NA Unit where he worked until he transferred to Hawaii, where he retired after 2 years. He is currently a Verizon Representative and chose to attend our Washington State conference. The picture below was taken with all the graduates



(L-R): Ch. Secretary – Anita Schwemmer, SAC Eric Barnhart, Salt Lake Ch. VP – Don Hudson, Eddie Williams (Ret. NFL) Ch. VP – Jack Carruth, Sect. 1 Rep. Tim Braniff, Ch. President – Danielle Croyle.



Top Row: Scott Behrbaum, Steve Sutton, Greg Wilson, Mike Murray, Brad Watkins, Chris Ward, Corey Darlington, Raf Padilla, Chuck Atkins, George Delgado, Jim Mack, Doug Jones, Bill Slodysko, Steve Neal; Bottom Row: Tom Ostrosky, Rick Krebs, William Edwards, Mark Couey, Mike Hirman.

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CHAPTERCHAT

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during his tenure. (You can pick out Tom immediately as the only one in the room wearing a tie – FBI habits die hard.)

■ **Michelle Bennett**, #247, was recently selected to be the Chief of the Sammamish Police Department. Michelle has worked for the King County Sheriff's Office since 1990. She was the Chief of Police for the City of Maple Valley Police Department for 10 years and is now the Administrative Services Captain for KCSO based out of headquarters in downtown Seattle.

Michelle has a Bachelor of Arts degree in Law and Justice, a Master of Science Degree in the field of Psychology/Organizational Development and Behavior, and a Doctorate in Education, with an emphasis in Curriculum and Instruction. She is a graduate of Northwestern University School of Police Staff and Command, Session 235, and of the FBI National Academy where she currently holds the office of Sgt. At Arms. She will become Vice President of the Chapter in 2017/2018 and President in 2019/2020.



(L-R) Michelle Bennett, Sheriff Urquart.

■ **Cherie Harris**, #258, swears in Jared Krebs as a Corrections Officer for the Kirkland Police Department. **Rick Krebs**, #220, proudly pins the badge on his son who was hired March 2016. In a special moment for them both, Jared received the handcuffs and duty weapon that Rick carried on the job for thirty years.



Cherie Harris, #258, swears in Jared Krebs.



(L-R) Rick Krebs, Jared Krebs.

■ **Steve Lynch**, #252, was promoted to Major and assigned to Operations in the Bellevue Police Department effective 10/1/16.



Steve Lynch

■ **Randy West**, #226, previously with University of Washington PD has accepted the position of Chief at the University of Hawaii at Mānoa (Honolulu). Randy moved to the island and started the new position on 8/22. He will be working towards transitioning the current UH campus public safety department into a police/safety department. Randy is confident it will take some time,



Randy West

but assures us "We'll get there!" The predecessor in the position was an NA 226 classmate of his who moved on to take a bigger role at Pennsylvania State. Networking was important for Randy to learn of the open position.

According to West: "Still to this day, ten years later, our NA relationships continue to flourish and result in tremendous opportunities. I feel so blessed to have been selected to attend the NA in 2006, to meet and forge professional relationships with truly dedicated and inspirational leaders, and I am still very humbled and grateful for what I always describe as THE best experience in my law enforcement career. I will be connecting with our FBI NA brothers and sisters in the Hawaii Chapter and become more active there in my new role. Aloha!"

■ Chief **Ed Sorger**, #160, is retiring from the Evergreen State College Police Department on September 15th after nearly 50 years of law enforcement.



Ed Sorger

He started with the Lacey Police Department in 1967 while a senior at North Thurston High School and became a reserve when he turned 21. Back then you had to be 23 years old to be a regular officer so Ed went to work at Ocean Shores PD for a year and then back to Thurston County working for TCOMM 911 and Thurston County Corrections before going to work full time at Lacey PD in 1971.

During his 35 years with Lacey PD he worked in patrol and was promoted to sergeant, detective/lieutenant and finally

commander. During his time in detectives Ed supervised several homicide investigations along with establishing a case tracking system and organizing county wide meetings between gangs, schools and law enforcement. It was while working in detectives Ed was appointed to attend the 160th FBINA in 1990 which he says was a highlight of his career.

He then spent his final 11 years as commander developing several community partnerships and programs which are still in effect today. Ed will continue working with the Olympia/Thurston County Crime Stoppers Program he started in 1991 and will also continue volunteering with the Lacey Lions Club where he has been a member for the past 35 years.

■ **Jim Joliffe**, #235, retired on Sept 30th from Bellevue PD in the rank of Deputy Chief. Jim's career spanned 33 years, starting in Orange County, CA.



Jim Joliffe

Because he has twins entering different private colleges, Gonzaga and Denver, he will continue to work. Currently he is exploring opportunities with large Puget Sound employers, including a software company based in Redmond, WA. (Note: Joliffe wanted to have some fun with his retirement profile picture so picked one from the mid 80's when he worked for the Narcotics Division)

■ **Matt Huffman**, #238, wants to brag about soon becoming a first time grandfather! Who can blame him?

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THE HISTORIAN'S **SPOTLIGHT**

by Pat Davis

Arnie Daxe, Jr.

Arnold (Arnie) Daxe Jr. was born in Brooklyn, New York to loving, native New Yorkers who encouraged him to do his best at everything. During his formative years, the family lived in Nassau County, Long Island where Arnie admired the professionalism of the Nassau County PD and believed he would eventually have a career there. His parents were strong advocates of involvement in school activities as well as Scouting; and when it came time to choose a place for continuing education they fully supported his choice in attending Boston University. During his time at BU he enrolled in the Army ROTC program, and upon graduation held a Bachelor of Science degree and a commission in the Army, Infantry Division. Arnie expressed a desire for the Military Police, but that part of his life experience would have to wait.

Upon attaining the rank of Second Lieutenant, he began his first overseas tour in Korea and was assigned to an Infantry Division as a platoon leader. He fondly recalls bunking in a Quonset hut with Army CID agents who encouraged him to transfer to the Military Police. Fortune came his way, as shortly after returning to Fort Dix, New Jersey in 1965, he made the transition. During the following summer, Arnie was detailed to Fort Drum, New York as the Assistant Provost Marshal, along with a promotion to the rank of First Lieutenant. He reported to a Major at the post who was a retired NYPD Inspector. Arnie recalls this man as a great mentor who instilled in him the goal of pursuing a career in law enforcement.

Next in line for Arnie was a tour in Vietnam where he had the opportunity to command "a great MP company, the 615th MP Company, The Bloodhounds," which is still on active duty in Germany, and whose leadership still maintains a correspondence with the former leader. It was during this tour in Vietnam, in 1967, that Arnie was sworn into the Regular Army.

After returning home from Vietnam and being assigned to Fort Gordon, Georgia, Arnie states that "I got married to a wonderful gal from Miami, and we're still married with five grandkids." It was there that he received a letter from the Army's Provost Marshal General informing him that he had been selected as an alternate to the 90th Session of the FBINA. However, his attendance at the Academy was put on hold when, as the result of falling victim to an armed robbery in Georgia Arnie needed time to heal and thus attended the 91st session, September-December, 1972.

Arnie's other Army positions included: Staff Officer, USA CID Command, Washington, D.C.; Student, Command and General Staff College, Fort Leavenworth, Kansas; Commander, USA Support Company, Supreme Headquarters Allied Powers Europe, SHAPE (Belgium); Provost Marshal, Fort McPherson, Georgia; and Commander, US Army Criminal Investigation Laboratory, Fort Gordon, Georgia. In the midst of this, Arnie was promoted to the rank of Lieutenant Colonel and continued his service now as the Provost Marshal for the 2nd Armored



Division, Fort Hood, Texas; Deputy to the Commandant, US Army Military Police School (now a Colonel), Ft. McClellan, AL; Brigade Commander, US Army Correction Brigade, Fort Riley, Kansas; and finally Chief Safety & Security, (Police Chief) Military Traffic Management Command, Washington, DC. While in the Army he was able to attend Graduate School where he earned a Master's Degree in Criminal Justice from John Jay College in NYC, where an "NYPD Inspector, a wonderful and learned cop", was his Thesis Advisor.

Arnie Daxe retired from active service in 1992 after being involved in Gulf War I, saying, "I thought 29 years was sufficient, as we had two very active kids who were in high school getting prepared for college. Moving 21 times in almost 23 years was a strain (particularly to my beautiful wife) but we always enjoyed making new friends and experiencing new adventures despite schlepping suitcases across the country."



Arnie Daxe, Jr.

Having completed his military service, he obtained a position with the World Bank Group as Senior Security and Fire Life Safety Advisor to thirty-seven (37) countries in sub-Saharan Africa. Finally, his last job was as a Project Manager for IACP in Alexandria, VA where he spent three years developing manuals which focused on returning combat veterans to law enforcement. During this time, Arnie also volunteered with the Fairfax County, Virginia Police Department, the USO, the National Park Service, Boy Scouts of America, the US Coast Guard

Auxiliary, as well as the Chicago Honor Flight (WW II) program.

Reflecting on his time at Quantico, Arnie says "I have some wonderful memories of friends I made and opportunities to learn new policing methods. Although I was away from my spouse for most of each week, I was able to return home to Alexandria (VA) on weekends and during Thanksgiving, invited my NA roommate, Undersheriff Glen Dyer, Alameda County (CA) to share Thanksgiving with us." His two hundred-fifty member session was quite unique in that it was the 2nd session at Quantico (90th being the first) and some buildings and grounds were still not quite up to par. Arnie reports that "there was plenty of mud and broken elevators to keep us amused and healthy"! "At least the Boardroom was finished and we enjoyed the camaraderie of each other and staff." "The 91st Session was the first Session to allow women (we had five) and the last to be without counselors." It was also the first time many experienced a "snowy-white" Halloween.

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A MESSAGE FROM OUR **CHAPLAIN**

by *Dan Bateman*

Milestones: Traditions of Honor

At every annual training conference during the opening ceremonies, our organization takes time to recognize, reflect, and honor our fellow FBI National Academy Associate members who have passed away since the previous conference. This time-honored tradition is a solemn highlight to the proceedings and occurs during the many events associated with the opening ceremony

This year, I have focused on the theme “*Milestones*” and the memorial ceremony is another great milestone in the history of the FBI National Academy Associates. Ironically, this singular great milestone is comprised of many important individual milestones of those who have passed on. We had the honor and privilege of knowing them on our mutual pathway of service.

At the St. Louis conference in July, we paused to reflect, honor, and remember those colleagues, friends, and associates who have passed away since our last conference in Seattle in 2015. Our National Academy is founded on 81 years of legacy since its first session in 1935. Likewise, our members, who left us in the past year, are milestones in the life of our Association and in the individual lives of our fellow members who were privileged to know them and call them “friend”. As a family of law enforcement, we embrace and honor their memory as well as the family members left behind. They... and we... are saddened at our loss but are strengthened in our collective honoring as we paused and remembered them during the Opening Ceremonies.

The memorial service itself is vested with honor, tradition, and solemnity as each name is read aloud in the presence of the assembled conferees. With each name, there is a story of friendship, service, family, and fond memories. As the list is read in order of session number, conference attendees watch closely as their particular session draws near. Then the name of some friend and colleague appears. Memories come alive of the common bond they shared when they attended the




FBI National Academy together and in their respective career paths following graduation.

While many know the symbolism and tradition associated with the **Memory Table**, it does as well to reflect and remember once more. As the Apostle Peter wrote in First Peter, chapter 1, and verse 12 of the Bible’s New Testament: “*So I will always remind you of these things, even though you know them...*”

1. The table, covered with a white cloth, symbolizes the loyalty and commitment of our fellow graduates throughout their career of service to their respective communities.
2. An encased and folded American flag is placed on the table to represent the courage and sacrifice of our fellow graduates as they protected our freedom and provided a safe environment for the citizens they served.
3. A single red rose in a vase is placed on the table to symbolize the family and friends of our fellow graduates left behind.
4. A police hat and badge is placed on the table to symbolize the absence of our fellow graduates.
5. A white candle is placed on the table to be lit during the service as a constant reminder that our fellow graduates are not and will not be forgotten.
6. A framed list providing the name, session, and date of death of each of our fellow graduates is posted on the table as a visible reminder of our fellow graduates and friends who have gone on.

This year, we remembered 100 of our FBI National Academy Associates who had passed away since our last conference in Seattle. The Memory Table remained on display throughout the 2016 St. Louis conference until our Closing Ceremony so attendees could review, reflect, and remember friends ones who had gone on.

For those who could not attend, please take moment to review and reflect on the following list of honored individuals. 

Peace and blessings,

Dan Bateman, *Chaplain*
dbateman@fbinaa.org | 586.484.3164



FBI NATIONAL ACADEMY 2016 MEMORY ROLL


SESSION/NAME	DATE OF PASSING	SESSION/NAME	DATE OF PASSING	SESSION/NAME	DATE OF PASSING
49 Hoyt C. Bellamy	April 29, 2016	108 Otis E. Baker	April 2, 2016	154 Lawrence W. Graham	June 27, 2015
64 Louis Cataldo	October 2, 2015	108 Thomas Gallagher	December 9, 2015	157 Paul E. "Eddie" Candler	May 1, 2016
71 Karel C. Hyer	October 27, 2015	110 Ronald W. Black	October 13, 2014	159 Jeffrey W. Haig	January 16, 2015
75 John R. Church	July 1, 2015	110 George D. Gensler	February 14, 2016	160 Bruce J. Forstater	September 22, 2015
76 Ellison W. Ensor	March 18, 2016	110 Robert H. McDonald	October 24, 2015	167 William F. Tremere	February 9, 2016
76 L. G. "Bud" Tatum	September 30, 2015	111 Panfilio H. Corona	September 12, 2015	170 Kathryn S. Fink	July 25, 2015
76 Donald L. Homen	July 1, 2015	111 Charles Kane	April 26, 2015	172 Brice R. Paul	August 28, 2012
77 Melvin E. Heller	April 1, 2016	112 Kenneth E. Browning	December 24, 2015	176 John P. Jurovich	March 31, 2015
77 Al St. Lawrence	November 24, 2015	113 Michael K. Bush	December 7, 2015	176 Rick D. Look	July 16, 2015
77 William J. McMahon IV	September 21, 2015	114 Ronald A. Jordan	October 26, 2015	181 Garland R. Harry	February 19, 2016
79 Robert G. Wagner	October 11, 2013	114 Michael B. Sullivan	September 10, 2012	186 Edward C. Cyr	May 9, 2016
80 Clayton J. "Buzz" Besanson	April 20, 2016	115 Joe L. Matlock	January 9, 2016	190 Robert J. Osiecki	March 11, 2016
80 Sherman L. Edwards	October 15, 2015	116 Gilman D. Wright	August 27, 2015	191 Michael F. Copeland	March 13, 2016
81 John J. Davin	May 29, 2005	117 Craig J. Carucci	April 2, 2015	191 Robert Parker	July 22, 2015
83 Glenn A. Shipman	January 27, 2016	117 William F. Noonan	May 29, 2015	199 Frank M. DeGraffenried IV	March 5, 2015
84 John A. "Al" Brady	June 13, 2015	118 Earle Conner	July 28, 2015	200 Andrew B. Davis	October 5, 2015
87 Ralph L. Coulter	March 12, 2016	118 Darlice S. Ogletree	August 4, 2015	200 Louis A. Dirker II	February 6, 2016
87 J. Paul Leyden	October 24, 2015	120 R. Michael Roberts	February 12, 2016	215 Timothy D. Campbell	February 21, 2016
89 Walter T. Goeke	August 13, 2015	120 Richard A. Ross	January 17, 2016	216 Stanley E. Oliver	September 27, 2015
91 Emil C. Myers	September 22, 2013	121 William E. Carson, Jr.	June 29, 2015	217 Brian P. Kelly	December 1, 2015
91 Luther L. Truesdale	August 7, 2015	122 Richard L. Lonergan	October 27, 2015	217 Arthur L. Kirts	November 19, 2015
93 Clyde E. Bevis	January 30, 2016	125 Richard G. Skinner	October 27, 2015	221 Michael A. "Bubba" Woodson	May 7, 2015
93 Frederick "Rick" V. Carson	August 21, 2015	127 Joseph B. Cormier	September 7, 2015	224 Steven H. Elliott	August 21, 2015
93 Peter T. Neillands	January 27, 2016	130 James M. Kilmartin, Jr.	March 22, 2016	226 Mark A. Williams	November 5, 2015
93 Evan G. "Corky" Thebeau	May 15, 2016	133 James E. Hoffmann	September 24, 2015	227 Lori A. Moriarity	November 1, 2015
95 Charles T. Krepps, Jr.	April 22, 2016	133 Arthur R. Thompson, Jr.	September 24, 2015	232 Christopher D. Corbett	June 11, 2015
98 Lawrence J. Slamons	January 12, 2016	134 Lewis H. Walker, Jr.	December 3, 2015	241 William Burnham	July 29, 2015
101 Rocco N. Minardi	December 26, 2014	140 Jackson A. Beard II	March 24, 2016	247 John F. Ivancic	December 8, 2015
103 Robert J. Bonnet	October 22, 2015	142 Kay A. Windsor	August 11, 2006	248 Joseph G. Portaro	March 14, 2016
103 James A. Clark III	December 30, 2015	144 John H. Barnick	June 12, 2015	249 Robert Hembree	June 29, 2015
104 Brian K. McCreedy	January 13, 2016	146 Stephen Soares	December 25, 2015	251 Christine R. Harvel	March 31, 2016
105 Hubert P. Murdock	March 1, 2016	146 Sam F. Swaim	March 16, 2016	255 Abraham C. DeVol	November 28, 2015
106 Dennis H. Blome	January 28, 2014	148 William H. Kreilick	June 10, 2015		
106 James F. "Buddy" Glasgow	February 5, 2010	151 Larry Joe Lyda	November 13, 2015		

Historian's Spotlight *continued from page 17*

SA **Jim Cotter**, *"was a super agent-in-charge and one to rely upon if we experienced any difficulties with our studies or social life. I think we wore out the one chair he had in his office."*

Arnie enjoyed all of his courses, especially law, behavioral science, and physical training – noting that *"the brick road had not yet been designed."* As is the case with many graduates, he was sorry to see the session end, as he had developed a great bond with not only his section mates, but with the faculty as well. The Graduation Speaker for the 91st Session was the temporary Bureau Director, **L. Patrick Gray**. Arnie maintains fond memories of his roommate, **Glen Dyer** who returned home to become the Sheriff, Alameda County, California. Arnie remembers Glen fondly, as a Korean War Marine with a great outlook on life, who unfortunately passed about 20 years ago.

Arnie is quick to point out that he joined the DC Chapter – not the Virginia Chapter, as that was where he was working when he was accepted as a National Academy student. The Chapter was very well attended and probably had more active members then, than they have today. Although he thinks more military (NA) veterans were involved than are currently seen in the Chapter, he states, *"we have a great bond amongst members today regardless of the makeup of the Chapter."*

Arnie would remind current officers who are trying to get an "admittance" to attend the NA to be patient, work hard, and their day will come. Although some officers selected have years of Law Enforcement experience, they should maintain an open mind, focus on learning some "new" tricks, and enjoy the three month experience. They will make lifelong professional and personal contacts that will serve them well in their departments and be envied by others not selected to attend. *"There must be a reason that many graduates proudly display the NA logo on their business cards and elsewhere in their office,"* he says proudly. *"Being a graduate of the 91st means quite a bit to me, and although it was over 44 years ago, I am happy to share some of the memorable experiences that have shaped me as a law enforcement officer."* Adding, *"how else would I be able to explain some of my NA adventures (well, not all of them) to my five grandkids. I would wish all future graduates to have fun, be open-minded, and enjoy themselves."* He remarks, "NA graduates are a distinctive and proud group and are all enriched by the experience." Now retired, and despite his age, he enjoys sharing his experiences with current Chapter members and will remain active as long as he is healthy enough to make a contribution. 

Patrick Davis, Session 152
FBINAA Historian



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EUROPEAN CHAPTER
Bristol, England | September 22 - 28, 2017

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STAYING ON THE **YELLOW BRICK ROAD**

**YELLOW
BRICK ROAD
FBINA 266**

LANDMINE TRAINING: *Looking at the Barbell from a Different Angle*

John Van Vorst

*"You cannot be athletic without being strong;
but you can be strong without being athletic."*

— Steve Myrland

Barbells will always be a popular mode of free weight strength training, and with the rise of more "functional" gyms and fitness centers, more people than ever are being exposed to barbell training. Traditional exercises such as the squats, deadlifts, presses and the Olympic lifts are staples for people interested in putting size and chasing easily measured strength gains. While this might seem like a good thing, too much emphasis on these lifts can create bodies that are big but not very adaptable. Athletic development coach **Steve Myrland** astutely points out that *"Big strong guys are a dime-a-dozen. Big strong guys who can move get recruited... get scholarships... get drafted... get rich"*. When you lock on to the barbell, it locks you out other planes of motion. If you're not careful, too much barbell work may reduce your body's ability to get into and out of unforeseen circumstances. But don't get rid of your barbell just yet. This article will provide you with some simple tweaks to your barbell training program to promote overall athleticism.

The term *"LandMine"* actually comes from Sorinex Exercise Equipment and refers to a specialized piece of training equipment that converts standard sized barbells into a multi-planar movement stations. The bar rests on an angle and slides into a sleeve with a rotational pivot point. The original idea was developed by Sorinex founder **Bert Sorin** to increase transfer for the hammer throw. Although it's not as ideal, the bar can also be placed into a corner with a towel or cushion placed around the end to minimize damage. Even in this configuration, the angled bar still allows you to train other planes of motion in an arched pattern.

ANGLED BARBELL TRAINING MOVEMENTS:

1. **Squats** – grasp the free end of the barbell with your upper arms at your side and elbows bent at approximately 90 degrees (*Figure 1*). Slowly sit back and down holding the angled barbell in your hands like a goblet while maintaining a tall spine (*Figure 2*). Quickly rise out of the bottom of the squat and finish with your hip fully extended with a slight forward lean from the ankle. An easier variation is shown in *Figure 3*, where the arms remain straight and the bar stays closer to your center of gravity. A more challenging progression is to hold the bar with straight arms overhead to challenge your core stability (*Figure 4*).

2. **Press** – assume a split stance and grasp the free end of the barbell with hand opposite of your lead leg (*Figure 5*). While maintaining the forward lean from the ankle, raise the barbell away from your shoulder until the elbow is extended (*Figure 6*).

3. **Lunges** – to promote single-leg strength and stability, take the same stance as you did for the press, but take a drop step and lower your center of gravity until the hairs on the back knee lightly brush against the ground (*Figure 7*). Be sure to keep the heel down on the forward leg and push it forcefully into the ground to return to the start position. The bar can be held with one or two hands.

4. **Bent-over Row** – assume a stance perpendicular to the bar and acquire a grip with the inside arm (*Figure 8*). Maintain a neutral spine and place the other forearm on your knee to help brace and stabilize as you pull the end of the bar up towards your armpit (*Figure 9*).

5. **Single-Leg Hip Hinges** – to bulletproof your hamstrings, grasp the end of the bar and place it lightly against the front of the same thigh (*Figure 10*). While

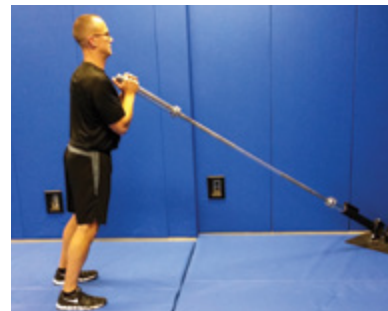


Fig 1: Goblet Squat Start



Fig 2: Goblet Squat Bottom

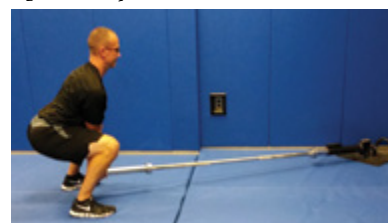


Fig 3: Alt Squat Bottom

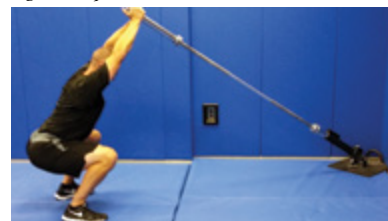


Fig 4: Alt OHS Bottom

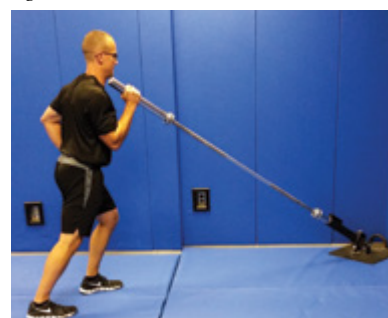


Fig 5: Press Start

continued on page 22

Staying on the Yellow Brick Road *continued from page 21*

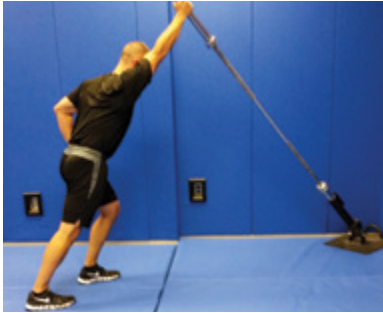


Fig 6: Press Finish



Fig 7: Lunge Finish



Fig 8: Row Start

maintaining a slight bend in the stance leg and a neutral spine, hinge at the hip to allow your chest to pass over the stance foot while the free leg raises posteriorly (Figure 11).

6. **Stir-the-Pot** – pretend the barbell is now a large spoon resting in a large pot. Gradually shift your weight forward and extend your arms and extend your arms to move the bar in a large, circular motion around the entire pot (Figure 12). Make sure to move in both directions and brace your hips and tummy to protect your posture.

7. **Grappler Twist** – for rotary strength and power, set up with the barbell outside of one hip. Keep your arms straight, rotate the bar up and over to the other hip in an arched pattern as you rotate

through your hips (and not your spine). Figure 13 show the economy model “LandMine”.

GENERAL PROGRAM RECOMMENDATIONS:

- Perform six to eight repetitions of the lower body movements (squats, lunges and hip hinges)
- Perform 10 to 12 repetitions of the upper body movements (presses and rows)
- Perform 20 repetitions of the core body movements (grappler twist and stir-the-pot)
- For total body strength, perform one to three sets of each movement at least twice per week



Fig 9: Row Finish



Fig 10: Hip Hinge Start.jpg



Fig 11: Hip Hinge Finish



Fig 12: Stir The Pot

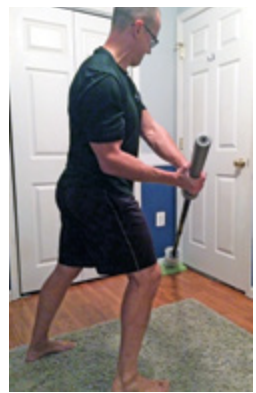


Fig 13: Grappler Twist

References and Resources:

Sorinex Exercise Equipment (sorinex.com)
 “Why Athletes Should Avoid the Bars: An intemperate look at barbell-centric training”
 by Steve Myrland (www.traintoplay.com)

About the Author: **John G. Van Vorst** is a Health & Fitness Instructor within the Physical Training Unit at the FBI Academy. He holds a master's degree in exercise physiology and is certified by the American College of Sports Medicine, the National Academy of Sports Medicine and the National Strength and Conditioning Association. He also serves as a defensive tactics instructor for the FBI New Agents Training program. John.vanvorst@ic.fbi.gov

CHAPTERCHAT

continued from page 16

- **Tom Davis**, #227, formerly with Snohomish County, is now the Chief of Police for the City of Lynnwood.
- **Dusty Rhodes**, #210, was promoted in August to the position of the Force Protection Program Director for Commander, Navy Region Northwest.
- **Dan Templeman**, #249, is now Chief of Everett PD.
- **John Turley**, #233, was brought out of retirement several years ago to serve as the Chief of Mattawa. He is now going to

try that retirement thing again starting Sept 30, 2016.

■ **Phil Comstock**, #204, has been promoted to the position of Detective Sgt. With Office of the Insurance Commissioner. Phil was previously with the Lacey Police Department.

■ **John Brooks**, #251, has been a dual member from the Oregon Chapter serving with the Portland Police Bureau. He retired from that agency after 26 years and will then start his new

job as the Chief of Police of Ridgefield Washington. John will be attending the Holiday Luncheon with his daughter Maria who was selected to represent our Chapter at the Youth Leadership Program this year.



John Brooks

WEST VIRGINIA

■ **K.C. Bohrer**, FBI NA 182nd has recently been elected as Sheriff of Morgan County, West Virginia and will take office on January 1st 2017. KC is in his 39th year of law enforcement having previously retired as Captain of Criminal Investigations for the Berkeley County, WV Sheriff's Department and most recently as Major Crimes Investigator with the Frederick County, (VA) Sheriff's Department.

Rich Ryan STRONG *continued from page 12*



clinic they went back to the academy and Rich continued to do what he had done for the six weeks prior. He was getting his work done and still working out each day. Rich was in the top 25 percent of our class, if not higher, when it came to PT. And throughout his time in the academy he never complained or missed class because his head hurt.

On Monday morning of week 7, Rich had PT first thing. Rich never went to breakfast when they had PT so that morning Denis went downstairs to the café while Rich prepared to go to class. Rich had his PT gear on and told Denis that he would see him in the gym, Rich never made it. Denis was told later in the morning that Rich was brought to the hospital and that he had been diagnosed with a tumor in his head. On Tuesday Denis was asked to get his belongings together because Rich was being brought back to New York so that they could perform surgery.

Several of Rich's close friends helped Denis gather his belongings. Rich eventually came to the academy to retrieve those belongings with his wife, Erin, daughter Becca, and his mother Olive. After several close friends said their good-byes they were able to coordinate the session to line both sides of the hallway to send Rich and his family off. Denis walked Rich and his family down to the first floor of the academy and as they turned the corner 230 police executives from all over the world stood at attention as Rich passed them. As he got to the doors several more classmates hugged him and wished him well. There were also a number of instructors, some who didn't even have Rich in class, who wished him well also.

As they traveled home they were met at the New York/Pennsylvania State line and received a Police escort all the way to the hospital, by the New York State Police, and Greece Police agencies. When they arrived at Unity hospital members from every police department in Monroe

County NY were present to welcome him home. The next day he underwent brain surgery, and had a second brain surgery several weeks later and then underwent simultaneous chemotherapy and radiation treatments. Following radiation and chemotherapy treatments Rich had a third brain surgery at Sloan Kettering Hospital in New York City in August.

Rich is currently undergoing chemotherapy and radiation treatments at Sloan Kettering hospital in New York City. Because this hospital is so far from Rich's home it has made treatment more complicated and expensive, as Rich's wife, daughter and mother accompany him during the procedures, their stays have been up to 10 days in length.

In mid-September Rich and his family traveled to NY City for his treatment, unfortunately Rich became ill and had to be admitted to the hospital. The doctors performed a spinal tap and several other tests hoping to get some answers and come up with a better treatment plan.

Once Rich left the academy the session was filled with sadness and concern. Rich's impact was evident, a collection was taken and within two days they had raised over \$5000.00. There were so many things that they wanted to do for Rich but knew that there were just some things they couldn't. They were able to have t-shirts created in honor of Rich, with RR proudly displayed on the back. They also took a yellow brick, Rich's brick, and made sure that it traveled the whole length of the Yellow Brick Road challenge. At the completion for the Yellow Brick Road Session members lined up and spelled his name on the hill signifying their unity and support for Rich.


On graduation day, after each member of 263 received their certificates, there was one more person to be honored. Assistant Director of Training Mark Morgan talked about Rich

and explained to the audience what a brave and loyal classmate he was. At the conclusion Rich received a standing ovation and his roommate Denis had the honor of accepting his certificate. Several of Rich's classmates, traveling from as far away as Costa Rica were able to present the certificate and the yellow brick to Rich and his family at a private ceremony at Rich's house in May.

In addition to the money raised by Session 263, **Doug Muldoon** and the FBINAA Foundation donated \$2000.00 to Rich and his family. The New York State/E. Canada Chapter started a GoFund Me page which can be located at [CLICK HERE](#), which to date has raised \$22,454. Generous donations were received from the Western Pennsylvania Chapter, the Eastern Pennsylvania Chapter, New Jersey Chapter, Louisiana Chapter, Elizabeth Town Police, and the New York State Police.

Rich and his family are overwhelmed by the support, compassion and love shown to them since the time of his diagnosis, and during the challenges he and his family continue to endure. Rich has a long hard battle ahead of him, he says knowing how much everyone cares gets him through the darkest hours.

It is true the FBI National Academy is the most prestigious Law Enforcement training in the world, the support to one of our Brothers and his family shows it is also the most compassionate. THANK YOU FOR MAKING A DIFFERENCE.

Rich will always be a part of session 263, but more importantly Rich will always be a part of us. 

About the Author: Denis Linehan, 263rd Session, is Deputy Chief with the Nashua Police Department in New Hampshire.



FBI NA Charitable Foundation

The heart and helping hands of the Association

Your Charitable Foundation has been working on your behalf during the past year. To date the Foundation has assisted several of our members and their families that have suffered catastrophic events, such as loss of a home due to fire and a Line of Duty Death. We have even assisted a new member who was attending the FBI National Academy and suffered a financial hardship due to a sudden death in the family. Lastly we were able to award 10 college scholarships to our member's children/Grandchildren.

The Foundation has also been hard at work to grow the financial wellbeing of this organization. Thanks to the generosity of several FBINAA partners we have realized donations during our annual FBI-NAA conference from 5-11. The sales of the kilts brought in \$31,511. Through the generosity of our own board member **Ed Fuller** he has graciously donated another trip to Hawaii for 2 and we raffled tickets at \$20 per person. I am pleased to inform you that during the conference in St. Louis we sold most of the remaining tickets with a total of 984 out of the 1000 being sold bringing in a net total \$19,224 to the Foundation. Our new raffle will be available online at our website and encourage you to purchase one as soon as you can to not only support Your Foundation but also a chance for a great vacation! This has become a popular fund raising event for us and we anticipate selling out before the conference next year in Washington, DC.

We also partnered with Guy Harvey to offer a limited edition Charitable Foundation logo t-shirt. They are available at the FBINAA Store or the online. Please purchase one to wear proudly and knowing through this purchase you supported your Foundation! We have sold many of the shirts and once again helps support all of you, our members.

We are always looking to expand our funding support in many different directions such as corporations, foundations and educational partnerships. If any member knows of a company or foundation that would be interested in supporting us please reach out to one of the **Foundation Section Directors**, a list can be found on our website at www.FBINAAFoundation.org.



Lastly I encourage you to keep us informed as quickly as possible when you learn of a fellow FBINAA member that may be in need of assistance. We have assisted several of our members suffering This has been a very tragic year for law enforcement and the Foundation has made a \$2000 donation to the COPS program to support the families of law enforcement killed in the line of duty. You can read all about the Foundation at the FBINAA web site. I have also included a list of the Board members: **George Delgado**, Secretary (Section 1), **Bob Young** (Section 2), **John Moran**, Treasurer (Section 3), **John LeLacheur** (Section 4), **Ed Fuller**, **Steve Cox**, **Chuck Hauber**, Immediate Past President **Joe Gaylord** and NAA Representative **Kevin Wingerson**.

Thanks for all you do and for being a part of the greatest law enforcement organization in the world. 🇺🇸

Doug Muldoon

*Doug Muldoon, Chair
FBINAA Charitable Foundation*

Desensitization and Reprocessing *continued from page 11*

Other therapies:

There are other non-medicinal therapies that can be used for post-traumatic stress and they may include cognitive behavioral therapy and exposure therapy. Cognitive behavioral therapy is a form of psychotherapy. The therapist discusses the traumatic issues and helps the individual to develop coping methods for minimizing the effects of the traumatic issues. Exposure therapy may be utilized when the post-traumatic event causes phobias such as developing a fear of flying. A therapist may take a patient on an airplane exposing them to their fears after providing them with coping mechanisms that can help them overcome those fears.

Conclusion:

What EMDR does is mimic the REM dreamlike sleep to accelerate healing of the brain. This piece has simplified EMDR. There are more scientific descriptions available however using technical terms and defining all the intricacies of EMDR would be an over analysis beyond the intent of this review. This writing should not be construed has a outline or a "How to Conduct EMDR". It is strictly for informational purposes so that first responders know that alternative types

of therapies exist. EMDR is a another valuable tool that can be utilized for post-traumatic stress and it may be beneficial to allow a patient's brain to heal in this manner. These treatments described above are only to introduce individuals to EMDR. A patient who has been taking medication with psychotherapy and is still suffering may want to discuss this modality with their doctor. It makes sense to exhaust all therapy options as long as it is performed by a well trained licensed mental health professional. If the patient is suffering, all types of therapies should be instituted for the betterment of the patient. 🇺🇸

About the author: Marc Gonzalez, Pharm.D. is a retired peace officer who is on the Executive Board of Safe Call Now, an organization that assists in providing help for all types of issues for first responders. Dr. Gonzalez was on the faculty of the USC School of Pharmacy as an Assistant Clinical Instructor of Pharmacy teaching interns and residents Acute Care Medicine, Burn Intensive Care, Emergency Medicine and Psychopharmacology in clinical rotations. Dr. Gonzalez has extensive experience in acute care settings working in level one trauma centers. He instituted many forms of acute care/mental health therapies, ordering/interpreting labs, and selecting/dosing medication under protocol. He also has an extensive background working in chemical dependency units at multiple teaching institutions in the greater Los Angeles area. He provides assistance and intervenes with military, law enforcement and healthcare professionals when they have issues related to addiction, depression, stress, and difficulties of everyday living. Dr. Gonzalez has been a trainer for law enforcement, military, and healthcare for over 35 years, training as many as 5000 individuals within a calendar year on numerous topics.



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