

The Magazine of the
FBI National Academy
Associates

NATIONAL ACADEMY



A S S O C I A T E

Mar/Apr 2017 | Volume 19, Number 2

Arrhythmia Alliance

**TPCA's Program to
Reduce Officer Deaths
and Injuries**

**Meet The Section III
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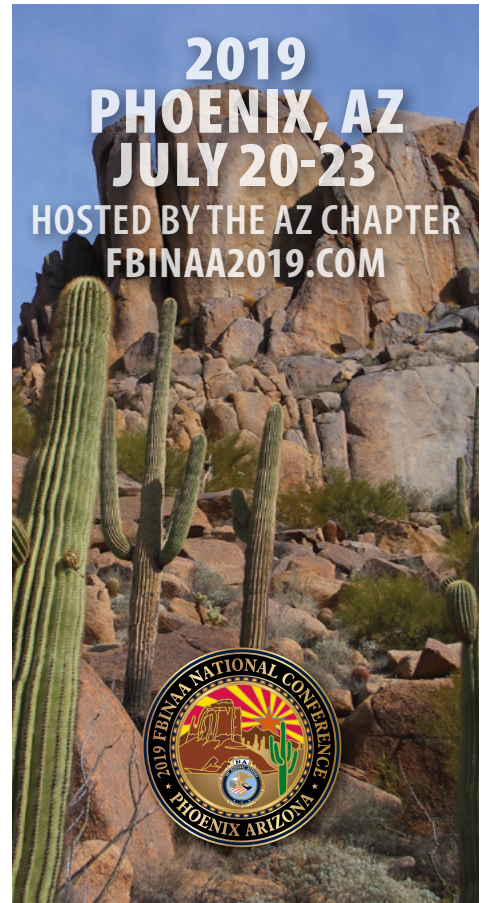
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Mar/Apr 2017
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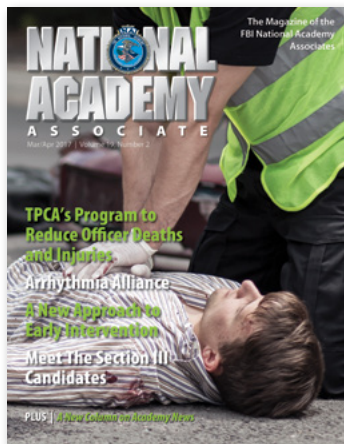
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Email Chapter Chat submissions to **Angela Colonna**:
acolonna@fbinaa.org by the 1st of every even month.

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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:

Learn about *Defibs Save Lives* Campaign to have AEDs placed in police cars and ways to
support Arrhythmia Alliance in its effort to make communities Heartsafe.

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ASSOCIATION PERSPECTIVE

by Joey Reynolds

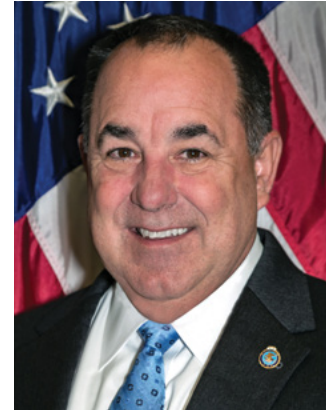
Greetings!

I think it is appropriate for me to begin this article by talking about the **2017 Chapter Officer's Meeting** held in March at the FBI Academy. The Chapter Officer's Meeting is traditionally the kick off of our Association's business year. This is always a great meeting as your Executive Board gets some quality face time with all of your chapter leadership. It is a time to catch up with old friends and make new ones as we go about discussing the Association's business. I have never been prouder of our Association's leadership at both the National and Chapter levels. We were able to work together through the business issues as professionals and friends should do. I want to personally thank our chapter officers for their leadership and dedication to our Association. I want to especially thank everyone who attended the **Hall of Honor Induction Ceremony** for Deputy Chief **Baber**. This was a moving event attended not only by the Chapter Officers, but also by the **267th Session**. The Baber family wanted to make sure all of you knew how deeply appreciative they were of the honor and respect shown by all of those who were involved.

This is a busy time for our Association. Chapters are planning for their meetings and conferences while your National Office Staff is busy supporting the current sessions while at the same time planning for our **Youth Leadership Program** and the **2017 Annual Conference**. I had the pleasure of attending the graduation of the 267th Session on March 17th. We had a surprise guest as retired NBA star **Shaquille O'Neal** attended to support a friend of his that was in the graduating session. I was impressed how Shaq made it a point not to be a distraction from the ceremony. He is a strong supporter of law enforcement and it showed in his respectful demeanor at graduation. Another highlight of the 267th Graduation was, that the first Youth Leadership Graduate walk across the stage as a graduate of the 267th, **Kelly Walsh** from the Connecticut Chapter, who attended the 1st Session of the Youth Leadership Program.


Lt. Walsh is a great example of how important the Youth Leadership Program is to our Association and to the youth of our respective communities. As we get ready to host the 19th Session, I thought I would talk about how successful this program has been. Since its inception in 1997 we have had 853 graduates, some of which we know have gone on to be leaders in the military. One became a Navy Seal, and several have been FBI Honors Interns, including our own Past President **Barry Thomas'** son **Zachary Thomas**. Many have gone on to have law enforcement careers such as my own step son, **Ross Howard**. I know none of this surprises any of you who are familiar with this program, as the attendees are truly amazing and this program is indeed our "*Crown Jewel*." As a reminder, the 19th Session will start on June 22nd. Our staff, YLP Coordinator and counselors are working hard to make it as memorable as all the previous sessions. Please join me in thanking all of those who work so hard to make this program what it is.

As I am writing this, the 268th Session is getting ready to start their journey down the yellow brick road. I am sure they are getting last minute things done at their respective departments and homes as they get ready to head to Quantico. I know all of you join me in welcoming the 268th Session and wish them well. An interesting highlight of the 268th Session is that we will have reached a milestone for our Association. The 50,000th graduate will walk across the stage at the



268th session graduation. The National Academy Unit along with our staff is working hard to make sure we commemorate this important landmark.

I hope all of you are planning to attend the **53rd Annual Conference** in Washington, DC, July 30-August 2, 2017. I know **Michael Spochart** and the Conference Committee have been working hard and are excited to host this year's conference. The registration is tracking ahead of past conferences so if you haven't registered you need to do so soon before the host hotel is sold out. As an add on to this year's conference, the National Academy Unit has invited us back to the FBI Academy on Thursday following the conference for a "Homecoming!" This will be great opportunity to go back to the academy for tours, lunch and demonstrations. I want to thank our partners at the FBI, especially Assistant Director **David Resch** for making this happen. What a great opportunity to go back and see the upgrades to the academy including the Executive Office and the National Academy Store.

In closing, I want to thank all of you for what you do in our communities every day. What a privilege and honor for us at the National Office to get to support our members who are making a difference in the communities we love. I hope to see you all soon at your Chapter, Section Events and the Annual Conference. Until then if I or anyone at the National Office can be of any assistance please do not hesitate to reach out. 

God Bless!

Joey Reynolds

Joey Reynolds
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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:
Angela Colonna | acolonna@fbinaa.org



(L-R) Bob Beasley, Shirley Cote, Dan Welborn, Lance Ewers.

ALASKA

Alaska Chapter President **Shirley Coté** and Secretary/Treasurer **Bob Beasley** were grateful for the opportunity to attend the Presidents' and Secretary/Treasurers' meeting at Quantico March 5-9, 2017. Both found the meetings to be extremely helpful and they appreciated the opportunity to meet so many colleagues.

As did the other chapter representatives, Shirley and Bob took Alaska's Session 267 attendees to dinner at Viny's Italian Restaurant. It was the first time we had the opportunity to meet Deputy Chief **Dan Welborn** from the Fairbanks Police Department and Lt. **Lance Ewers** with the Sitka Police Department. We had a great time and it didn't take us long to form a friendship that will last a long time. In fact, Lance has agreed to join the Fundraising Committee for our Chapter. There is no doubt that Dan, too will be involved.

Our past president had to resign from the board for personal

reasons and we are fortunate to have been able to reach out to our past president, **Terry Vrabec** to fill that position. We assuredly have on our board of all new officers a historical perspective with Terry's 16 years as president.

Special Agent **David Price** will be retiring in May and he will be very missed as our Training Coordinator in the Anchorage Office. In February, Dave pulled the selection committee together to make the very important decision of whom from Alaska will attend the 2018 sessions. The process was made up of Special Agent in Charge **Marlin Ritzman**, Assistant Special Agents in Charge **Anthony Jung** and **Carolyn Perisot**, Special Agent **David Price**, FBI Training and Liaison Specialist **Debra Munoz**, Lt. **David Hanson** from the Alaska State Troopers, Lt. **Justin Doll** from the Anchorage Police Department and Chapter President **Shirley Coté**. The process was very in-depth and was organized to ensure the most fair and objective way

in selecting commanders from Alaska to attend the National Academy. The current attendees in Session #268 are Lt. **Matthew Dobson** from the Alaska Wildlife Troopers and Lt. **Benjamin Langham** from the Kenai Police Department.

The new vice presidents, **Sean McGee**, **Barry Wilson**, and **Chad Goeden** of the three state regions – Northern, Southcentral, and Southeast, respectively have been busy with their committee work. The Constitution and Bylaws have been revised for ratification by the membership at the next membership meeting. Training, membership, and fundraising are all active committees to ensure our members receive valuable benefits. Training is focused on the **Executive Development Conference**, which serves as Alaska's Retrainer. The dates are December 6-8, 2017 with our annual membership meeting to be held on December 5th from 3:00 to 5:00 p.m.

Our bi-annual **membership meeting** will be held at 3:00 p.m. on May 3rd at the State of Alaska Crime Detection Laboratory located at 4805 Dr. Martin Luther King Jr. Avenue in Anchorage.

ARIZONA

The Arizona Chapter was very fortunate to recently have Dr. **Bill Lewinski** of the Force Science Institute present a day of training in Tucson. Dr. Lewinski shared his insight with Chapter members on the research he has done on Use of Force and Body



(L-R) Arizona Chapter President Bill Peters, Dr. Bill Lewinski.

Camera issues. Our thanks go out to the men and women of the University of Arizona Police Department who played excellent hosts for the event.

The **Annual Membership BBQ** was held in Glendale in March. As usual, no agenda or formal business, a great opportunity to rekindle old friendships and make some new ones with other Chapter members.

The **Spring Retrainer** was held in Oro Valley in April. The training focus was the horrific shooting at the Pulse Nightclub. Presentations from the police, fire, and medical perspectives provided an excellent "Lessons Learned" training opportunity.

Promotions

Congratulations go out to **Wayne Booher**, Session 215, and **Jeff Grow**, Session 244, of the Tolleson (AZ) Police Department. Wayne was recently promoted to Chief of Police and Jeff was promoted to Commander. Good luck to both!

Retirements

The following members of the

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CHAPTERCHAT

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Arizona Chapter have retired after lengthy years of service to the Arizona law enforcement community:

■ **Tim Dorn**, Session 175, retires after 10 years as the Chief of Police for the Town of Gilbert. During his 40 years in law enforcement, he also served with the Maricopa County Sheriff's Office and completed active duty tours of duty overseas for the Arizona National Guard.

■ **G.T. Fowler**, Session 197, retires as the Chief of Police for the Northern Arizona University (NAU) Police Department, where he has served for the last 10 years. Prior to NAU, G.T. served for the City of Mesa (AZ) Police Department, where retired after 25 years as an Assistant Police Chief and also served as the Interim Police Chief.

■ **Ron Wheeler**, Session 232, retires (again!) as the Interim Chief of Police for City of Sedona, where he had previously worked for 11 years. He left Sedona to become the Chief of Police for the Pinetop-Lakeside Police Department. He also previously served as President for our Chapter.

Congratulations to these fine men and thank you for your years of service.

CALIFORNIA

■ Interim Chief **Brian Louie**, NA Session 247 was sworn in on December 12,

2016 by California Supreme Court Chief Justice **Tani Cantil-Sakauye** to serve as the

interim Chief of Police for the Sacramento, California Police Department. Interim Chief Louie is a 36-year veteran of



Chief Brian Louie

the Sacramento Police Department whose positions have ranged from student trainee to deputy chief, the role he held for nine years before his latest promotion. He will be the department's first acting Asian-American chief.

Celebratory Lunch for Newly Retired Deputy Chief

■ Prior to NA class 256, we did not know each other even though we were from the LA area. During and after the NA we've become close friends and colleagues



(L-R) Don Barnes, currently the Undersheriff of the Orange County Sheriff's Department; Dan Salerno, Santa Monica PD retired Captain; and newly retired Deputy Chief Ron Chambers from Simi Valley PD.

Annual Training Conference

■ 1st Vice President **Mike Barletta** and his committee are working hard to put the finishing touches on the **California Chapter's annual training conference**. This year's conference, "We Can Be Heroes" will be held at the beautiful Hyatt Regency Mission Bay in San Diego, California from August 30 - September 1, 2017. Please go to the California Chapter website at www.fbinaacalifornia.com and follow the links to register. Early bird registration will end on June 30, 2017 so don't delay. If you have any questions, our Committee Chairman 1st Vice President **Michael Barletta** will be happy to assist you and provide answers. You can e-mail Mike at barfive@cox.net.

Scholarships

■ The California Chapter has opened applications for the **2017 College Scholarships** on April 1, 2017. A total of four scholarships, one from each Division, will be awarded. Scholarship Guidelines and Applications can be obtained from Division Vice-Presidents or by going to the California website at <http://fbinaacalifornia.com/home>. Applications must be received by your respective Division Vice-President by June 30, 2017 at 5pm.

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Please do all your **Tactical 5.11** shopping from the FBINAA National web site at <http://www.fbinaa.org/>. When you log into 5.11 (under shop) from the FBINAA website, you will receive the member's discounts automatically and part of your purchase price is donated to the California Chapter.

Highlights

San Francisco Division

■ San Francisco Division 4th Vice-President **Craig Chew** held his first luncheon on March 30, 2017 in San Francisco. With 55 members attending all had a great time. The first 20 that signed up got aboard one of the San Francisco Police Department's patrol boats for a tour of San Francisco Bay.



Alcatraz Island former Federal Penitentiary.



(L-R) VP Sonstegard, Russell Galbreath



(L-R) VP Sonstegard, Lito Mateo

Los Angeles Division

■ It is our long time members with their continual support of our Chapter that keep our organization strong. Special appreciation and recognition to **Russell Galbreath**, NA 164, and **Carmelito "Lito" Mateo**, NA 101, for more than a quarter of a century of support. Los Angeles Division 3rd Vice-President **Eric Sonstegard** presented each of them with a 25+ year pin.

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CHAPTERCHAT

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PROMOTIONS

■ Congratulations to **Devon Bell** for his appointment as Sheriff of the Placer County Sheriff's Department upon the retirement of **Sheriff Bonner**. Sheriff Bell is a graduate of 222



Sheriff Devon Bell

session and served as the Under Sheriff prior to his appointment. Congratulations Sheriff Bell.

■ Congratulations to **James Fryhoff** for his promotion to Chief of Police for the Ojai Police Department, Ojai, California. James is a graduate of the NA 261th session and was



Chief James Fryhoff

selected for this position from the Ventura County Sheriff's Department. Congratulations Chief Fryhoff.

■ Congratulations to **Carlos Islas** for his promotion to Chief of Police for the Bell Police Department, Bell, California. Carlos is a graduate of the 250th session and was selected for this position from the Los Angeles Police Department. Congratulations Chief Islas.



Chief Carlos Islas

■ Congratulations to **David Salcedo** for his promotion to Chief of Police for the Baldwin Park Police Department, Baldwin Park, California. David is a graduate of

the 244th session and was selected for this position from the Inglewood Police Department. Congratulations Chief Salcedo.



Chief David Salcedo

■ Congratulations to **Andrew Salinas** for his promotion to Chief of Police for the Port Hueneme Police Department, Port Hueneme, California. Andrew is a graduate of the 253rd session and was selected for this position from the Oxnard Police Department.



Chief Andrew Salinas

RETIREMENTS

Congratulations to the following recent retirees:

- **Edward Bonner**, NA 139, Placer County Sheriff Dept
- **Chris Carroll**, NA 256, FBI, San Francisco Division
- **Tim Curran**, NA 229, San Diego Sheriff's Dept
- **Todd Frank**, NA 231, San Diego Sheriff's Dept
- **Mitch Tavera**, NA 199, El Segundo Police Dept



(L-R) Chapter President Ken Tanaka, SSA Chris Carroll (FBI, SF Division).

IOWA

■ Our **fall luncheon** was attended by nearly 60 members in Ames. Our sponsor was **Acadia Healthcare** and **Janelle Cronk** made the trip to join us and share more about what Acadia does. Thanks to Acadia Healthcare for their partnership and support of the Iowa Chapter. At the luncheon the Iowa Chapter voted to donate \$5,000 to C.O.P.S. for their capital campaign. We hope that other chapters are also stepping up to support this worthy cause.

■ **Tim Sitting**, Session 223, started work as the Chief of Police in Fort Madison on November 14, 2016. We wish him the best there.

■ Lt. **Wes Breckenridge**, Session 255, Newton Police Department, was elected to the Iowa House of Representatives for District 29. He beat the incumbent by a 2-1 margin.

■ We bid adieu to two long-serving public servants and Iowa Chapter Board members recently. Dubuque County Sheriff **Don Vrotsos**, Session 204, retired at the end of 2016. Don had most recently served as the Iowa Chapter Secretary/Treasurer. Iowa State Patrol Colonel **Mike Van Berkum** retired on March 3, 2017. Mike was an Iowa Chapter President. We wish both Don and Mike all the best in retirement.

■ Finally, we want to share that former Scott County Deputy and NA graduate **John F. Grothus** passed away on October 16, 2016. We pray for comfort for his family and draw inspiration from his service.

KANSAS/W MISSOURI

■ The Kansas-Western Missouri Chapter sends out greetings from the middle of the United States! We would like to honor several of our Chapter members

who are retiring. Between these three folks, they have a total of 103 years of experience that will be missed.

■ Captain **Mike Patrick**, Session #235, retired March 17, 2017 from the Lawrence, KS Police Department with nearly 28 years of law enforcement service.



Captain Mike Patrick

He spent his entire career with Lawrence PD and serving his community. Mike was involved in several different capacities including the agency coordinator for the Central States L.E.E.D.S program for the past eight years, Commander of the Detective Division for six years, and also part of the Northeast Homeland Security Council. Mike is going to relax for a few months, enjoy some time with his family, and then see what the future holds for him. Congratulations on your retirement and thank you for the many years you have given!

■ Assistant Director **Dave Warry**, Session #116, retired March 31, 2017 after 45 years in the law enforcement profession. Dave served with the Wichita, KS Police



KLETG Assistant Director Dave Warry

Department for over 20 in various divisions to include detective, Vice and Narcotics, Training and Special Operations. He worked his way up through the ranks to Captain before retiring in 1992. He started his

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VINCIBLE

REMOVING THE "IN" FROM US

TPCA's Program to Reduce Officer Deaths and Injuries

Stan Standridge

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. Each Associates Magazine highlights challenges that are inherent to the profession and present solutions to those looking to enhance their own personal resiliency or that of their agencies.

ATTENTION TO ROLL CALL: You are dispatched to a shoplifter in custody. The suspect is now causing a disturbance, although the details of that disturbance are sketchy. The loss prevention officer indicates he needs an officer now! Describe your driving behaviors to get to the store. Will you use lights and/or siren? Will you exceed the speed limit?

Such is a scenario posed by the Officer Safety Committee that is housed within the **Texas Police Chiefs Association (TPCA)**. The Texas Police Chiefs Association (TPCA) exists to “*promote the highest standards of the police profession through selection and training of law enforcement officers*” while striving for the highest degree of respect for law and order throughout the State of Texas (Texas Police Chiefs Association, 2012). Housed within TPCA is the Officer Safety Committee, which is made up of police chiefs, attorneys, doctors, and risk managers. Their goal: work to intentionally reduce officer deaths and injuries. But how?

In a conversation with staff members in 2015, Chief **Stan Standridge** (Abilene, Texas), asked what could be done to intentionally reduce such deaths and injuries. A response, and now the statewide strategy, was born – **VINCIBLE**. The committee recognized that nearly half of all nationwide peace officer fatalities are the result of driving too fast for conditions, not wearing a seat belt, not wearing body armor, or not being fit. Heart attacks routinely claim fifteen or more officers every year! The committee also fully considered all other reasons why officers, deputies and corrections officers die. Increasing core tactical competencies at all levels of any agency would mitigate many felonious deaths.

ROLL CALL CONTINUED:

State law requires officers to operate with appropriate regard for the safety of all persons, and it does not excuse police officers of the consequences for failing to provide that duty of care! Your department has a policy regarding emergency driving. When you drive outside of policy and state law, you can be criminally prosecuted and sued in civil court! By acting within law and policy, you limit your criminal and civil liability and you may save a life, including your own!

ROLL CALL ENDS.

This training scenario is one of many that are sent to Texas agencies weekly through email in support of **VINCIBLE**. The Officer Safety Committee recognized that training will only be effective if it is relevant, recurring and at the agency’s fingertips. Fully developed in-house by the TPCA, each week’s training is predicated on 4 Cornerstones:



WEAR YOUR VEST | WEAR YOUR BELT WATCH YOUR SPEED | STAY FIT

By controlling the factors that peace officers can actually influence, TPCA hopes to prevent avoidable deaths. Speed is seldom a useful factor for determining the success of an apprehension, yet officers die every year when driving to calls. Seat belts are mandated by state laws, yet officers are under the mistaken impression that they are exempt. Vests save lives, yet they are also hot and uncomfortable. And staying fit was something that only the police academy required; surely it is not a professional expectation!

All of these beliefs exist in American law enforcement, and all of them are costing us precious lives. We can and we must stop the dying by adopting the 4 Cornerstones. Peace officers are indeed VINCIBLE, and they are reminded of that weekly through roll call.

ATTENTION TO ROLL CALL:

You are stopped at a red light in between multiple cars, to the front and back. An armed threat suddenly appears in front of your unit and engages you. You cannot drive out of the ambush. You need to return fire. Describe your tactics for firing through the windshield, and when and whether you should exit your vehicle.

In most cases, an ambush is not likely a preventable occurrence, so officers must possess tactical skills that were once reserved only for SWAT teams. VINCIBLE, however, seeks to level the playing field by giving officers weekly training in roll call that will help mitigate injuries and deaths.

ROLL CALL CONTINUED:

The first priority is accurate return fire.

Your muzzle does not have to be pressed against the glass, contrary to myths. The first round may be off because of the windshield deflection. Subsequent rounds should be on target.

Shoot until help is no longer a threat.

Remember: duty rounds have no problems going through windshields, so don't hesitate to return fire before trying to exit your vehicle.

Get out and place your vehicle between you and the threat. Do not crowd your cover. Back off your vehicle 4 to 6 feet.

Now work the SIM model (Security; Immediate Action Plan; Medical)

ROLL CALL ENDS.

VINCIBLE seeks to radically invade police culture in Texas. It is more than a program, and it is more comprehensive than simple roll call training. Invading police culture also requires artifacts, so the Committee developed a unique challenge coin, t-shirts to be worn under body armor, dash decals that depict the 4 Cornerstones, and posters that graphically demonstrate what happens when the Cornerstones are compromised. Additionally, Committee members have attended conferences throughout the State to encourage city managers, city attorneys, risk managers, and elected leaders to adopt the program. In collaboration with the Texas Municipal League Intergovernmental Risk Pool, the Committee was allocated \$25,000 to purchase life kits that would be given to every participating department in the State. Each kit would contain VINCIBLE artifacts, thus ensuring police culture was being intentionally influenced.

Reducing officer deaths and injuries does not need to be a platitude. It is an achievable goal, and in the State of Texas, a group remains committed to just that. They call themselves VINCIBLE.

References

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CHAPTERCHAT

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second career with the Kansas Law Enforcement Training Center (KLETC) as an instructor in 1992 and promoted to Assistant Director in 2002. A major highlight of his career was attending the FBI NA in 1991. It was a dream of Dave's to attend the Academy and words cannot express how important to his career and life the friends he made through this wonderful organization has been. Dave plans on continuing to attend the Retainers and FBI NA gatherings. He is also a member of the Kansas Association of Chiefs of Police, Kansas Sheriff's Association, Kansas Peace Officers Association, International Association of Directors of Law Enforcement Standards and Training, Sedgwick County Chiefs Association, and a member of the Governors Domestic Violence Fatality Review Board. Dave truly is going to retire this time with golf plans and spending time with his wife, **Vicky**, traveling the country and having fun on cruises. Thank you, Dave, for 45 years of distinguished service to your communities and the many people you have touched over the years!

■ Captain **Lance Royer**, Session #227, retired on March 20th from the Shawnee County, KS Sheriff's Office with 30 years of service. His entire career has been dedicated to law enforcement and public safety communications. Lance started his career as a part-time dispatcher in Abilene, KS Police Department, worked with the Shawnee County, KS Sheriff's Office in various capacities (since 1988), the Dickinson County Sheriff's Office, and the Kansas Bureau of Investigations as a Law Enforcement Telecom-



Captain Lance Royer

munications Officer. Over the years, Lance held several positions in law enforcement and communications working his way up through the ranks. He took his Communications Center to another level of professionalism, standards, technology, radio systems and CAD equipment. Lance has received numerous awards and recognition over the years as well as belongs to numerous organizations, local and nationwide!. He has been active in the Kansas Chapter of APCO (Association of Public-Safety Communications Officials) for nearly 20 years. Lance will be 'retiring' and selling real estate to keep him occupied. Congrats on your prestigious career and upcoming retirement, Lance!

MONTANA/IDAHO

SAVE THE DATE!

■ Sept 24-Sept 27, 2017 **FBINAA Montana/Idaho Chapter 2017 Annual Conference** The Lodge at Whitefish Lake, Whitefish, Montana. Check in and registration Sept 24. Training, Sept 25-26. Chapter business meetings Sept 27.

NEBRASKA

■ Retirement congratulations go out to Captain **Dan Williamson** (Session 135) and Captain **John Kucer** (Session 167) of the Sarpy County Sheriff's Department. Capt.



Captain Dan Williamson



Captain John Kucer



(L-R) Robert Falldorf, Session 209; Steve Lamken, Session 244; Pete Kortum Session 202; Nebraska Chapter President Steve Rathman, Session 216.

Williamson retires with over 44 years of service with the Sheriff's Department and Captain Kucer with over 40 years.

■ Congratulations to Grand Island Police Chief **Steve Lamken**, Session 244, who retired after over 40 years in law enforcement. Lamken was the chief in Grand Island for the past 10 ½ years and also during his career served as the Director of the Nebraska Law Enforcement Training Center. Lamken's final message to the citizens of Grand Island: "It's been a great honor for me to serve with you."

■ **Robert Falldorf**, Session 209, a Grand Island PD Captain, was promoted to Police Chief upon Lamken's retirement.

■ La Vista Police Captain **Kevin Pokorny** (216th Session) has retired after 32 years in law enforcement, the past 28 in La Vista. The retirement was short-lived as Kevin is now the Director of Administrative Services for the City of La Vista.



Captain Kevin Pokorny

NEW YORK/E CANADA

■ Friday, February 24, 2017 was the **64th Annual Dinner Dance of the NYPD Emerald Society** honored as Irishman of the Year retired Sergeant, and former



Brian Coughlan, Session 235

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CHAPTERCHAT

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NYPD Emerald Society Pipes & Drums Bandmaster, **Brian Coughlan**, NA Session 235

Brian is most fitting of this honor, having served almost 28 years with the NYPD and on the Band's board for twelve. He is only the second member to have served as both Pipe Major and Bandmaster.

Despite the hectic workload, he balanced as a Bomb Squad supervisor for the last 15 years of his career, Brian also managed to devote time to the Physically Challenged Irish and American Youth Team, which provides young physically challenged athletes the opportunity to compete in organized competitions on a global scale.

In the past, Brian, a proud member of the AOH Division 15, has served as an Aide to the Grand Marshal in the Brooklyn St. Patrick's Day Parade and has been honored by both The Great Irish Fair of New York and the Irish Echo. This year, he was named the Grand Council of Emerald Societies' Irishman of the Year and will serve as their Aide to the Grand Marshal in the 2017 NYC St. Patrick's Day Parade.

■ **Columbia Association (NYPD) 85th Anniversary Awards Dinner** will be held Friday, May 5th at the El Caribe Country Club, 5945 Strickland Avenue Mill Basin, Brooklyn. Cocktails begin at 6:30pm, Dinner at 7:45pm. Honoree of the Lieutenant **Joseph Petrosino** Award is Deputy Chief Paul Ciorra "Man of the Year". Deputy Chief Ciorra is a graduate of the NA 206th Session.

SOUTH CAROLINA

■ The FBINA A South Carolina Chapter held our annual **Spring Training Conference** March 16-19 in Myrtle Beach, SC. We had 112 members in attendance. The event began with a golf outing at the Legend's Golf Resort. 27 members and their



(L-R) FBI SAC George Piro, President Howard Cook.

guests enjoyed lunch and a chilly round of golf.

Our training began on Friday morning with FBI SAC **George Piro**. As the agent in charge of the High-Value Interrogation Group, George was the team leader and interrogator of **Sadam Hussein** and other key figures within the former Iraqi regime. We ended the day with a presentation from Mr. **Mel Stubbs** on financial planning.

On Friday evening over 200 members, family and guests enjoyed a cookout at Alligator Adventure. The entire park was closed for our group.

On Saturday, we heard from Orlando Deputy Chief **Eric Smith** on the Pulse night club shooting. Deputy Chief Smith gave an overview of the shooting and the city's response.

Ms. **Holly Butler**, daughter of **Paul** (Session 220) and **Cheryl Butler** spoke to the members



(L-R) SC State Rep. Jeff Johnson, YLP graduate Holly Butler.

about her experience attending Session 18 of the Youth Leadership Program.

We had to add a few tables to accommodate the over 200 that attended our Saturday evening banquet. Our guest speaker is a legendary and well respected longtime Horry County attorney **Tommy Brittan**. Mr. Brittan gave some great remarks on his view of law enforcement officers and the service, honesty and integrity he has seen displayed by law enforcement officers throughout his legal career. President Cook presented the Lifetime Achievement Award to retired SCCJA Director **Billy Gibson** (Session 93).

President Cook presented the President's Award to retired FBI SAC **Dave Thomas**.



(L-R) Retired FBI SAC Dave Thomas, President Howard Cook.

Our Sunday morning prayer breakfast brought some great music from President Cook's son, **Christian**, his brother and sister-in-law, **Trahern** and **Lori Cook** and their children. Lori also again brought our scriptural message.

President Cook then conducted our yearly business meeting. Secretary/Treasurer **Jones Gamble** (session 215) presented the association's 2016 financial report and answered questions about our finances.

■ Our February meeting and dinner was hosted by Richland

County Sheriff **Leon Lott** (Session 152). The dinner was held at The Zone at Williams-Brice Stadium. There were approximately 130 in attendance. The attendance was one of the largest in recent years. Sheriff Lott invited Governor **Henry McMaster** to be our guest speaker. Governor McMaster thanked the group for their law enforcement service and stressed his appreciation, respect and support for our nation's law enforcement officers.



(L-R) Gov. Henry McMaster, Sheriff Leon Lott.

SC Department of Public Safety Bureau of Protective Services Promotions

■ Major **John Hancock** (Session 248) has been appointed to serve as Chief of Police. John has served with BPS for 21 years and most recently served as Assistant Chief. John is a graduate of Wofford College and is a Certified Public Manager.



Major John Hancock



Lt. Matt Calhoun

■ Lt. **Matt Calhoun** (Session 265) has been promoted to major and will serve as Assistant

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MEET THE CANDIDATES

JOE MONROE | Section III Representative ★

Greetings my fellow NA Members,

I am excited to formally announce that I am a candidate for the Section III Representative position on the FBINAA Executive Board. While every position on Board is an important one, the role of a Section Representative is even more critical because that individual is the first line of communication from the chapter members to the national board. If elected with your support, I will serve the membership of Section III by being that voice representing each of you at the national level. I will continue to travel to the chapters hearing the issues or concerns that each of you may have and communicate them to the executive board so we can work together in advancing and growing our organization.

As the Secretary-Treasurer for the Kentucky Chapter and part of the 2009 FBINAA National Conference planning team, I continue to stay involved at the national level where I have served on several FBINAA committees. I also serve on numerous boards and committees for local and national organizations where I have learned a lot that I feel that will be applicable in serving on the Executive Board for the FBINAA.

After graduating from the 220th session, I wanted to go back to the National Academy like many of you, so what I found was becoming involved with the FBI National Academy Associates was the next best thing to being back at Quantico. I am very passionate about the National Academy and the FBINAA network that continues to keep us connected. It is important that we must continue to encourage involvement from our graduates so that we can grow and build our organization for the future. The National Academy graduates nearly 1,000 officers a year but we are not seeing the growth in our membership by that amount each year. This is an area that we need to identify why this is occurring and grow the membership.

I would like to provide you with some information why I believe that I am the right choice to lead not only Section III but the entire FBINAA organization to new heights. As the Chief of Police for University of Kentucky Police Department, I have sought out new technology and partnerships to move our organization forward. It is through these partnerships that I can leverage to assist in moving the FBINAA to a higher level. As times of financial constraints increase, we need



to focus on developing new partnerships using creative financial ideas to increase our recurring funding availability to the organization.

Secondly, I believe that we need to fully examine the issues facing our profession by using the FBINAA as an advocate for our members to enhance the image of the police profession. We are losing members and non-member colleagues at an alarming rate to physical and mental health diseases. If you choose to elect me, I will work to develop cost effective programs that benefit all of our membership to enhance our overall health and wellness.

Additionally, I feel strongly that we need to work to keep the retirees engaged in our organization and not overlook them in decisions, training, or topics at the annual training conferences. I value our retired membership that each of us will be a part of sometime in our life and a membership area

that will begin to see substantial growth over the next decade. We need to examine issues or areas of interest to keep the retired membership involved in the organization. One idea that I have heard is to create a new position of the Executive Board to represent the retired members of our organization. This is a concept that many other organizations employ to keep those retirees connected and involved.

I pledge that if elected to represent you on the national board, I will continue to not only be readily available to all sections of the membership but to also increase the transparency and communication to each of you. Serving as the Section III Representative is important role as that individual will progress on to be the National President. This is a commitment that I am fully aware of and take very seriously and I am humbled at the opportunity to serve each of you. I am happy to hear from you with any concerns or comments that you may have to improve our organization. Please feel free to email me at joe.monroe@uky.edu.

Additionally I look forward to seeing many of you at the upcoming business meetings and conferences in the near future. I am excited about the opportunity to serve each of you and to lead our organization into the next era. I appreciate your support and consideration in voting for “Kentucky Joe” at this year’s annual conference July 30-Aug 2nd in Washington, D.C.

Respectfully,
Joe Monroe

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GRADY SANFORD | Section III Representative ★

Dear Fellow Section III Members,

As a candidate for the Section III Representative, I wanted to share with you my values, ideas, and the dedication I have to building positive relationships with each chapter. As you all know, the Section III Representative will be the voice for our section on the FBINAA National Executive Board and it is imperative that this person has the best interest of all the chapters and their membership when making crucial and pivotal decisions. I am the candidate, who will not waiver on my duties nor be timid when bringing our section's ideas, thoughts and concerns to the National Executive Board.

One area that I find to be of the utmost importance to bring to the forefront of my campaign is the health and mental wellness of our law enforcement officers. I have found that we, as leaders, must be vigilant of our officers wellbeing and not let traumatic exposure in their career take down our valued officers. **Post-Traumatic Stress Disorder (PTSD)**, whether it be cumulative or a single incident, is devastating and detrimental to the officers mental and physical health, as well as to their families. I have seen and dealt first hand with officers and friends, who have suffered from mental and physical issues such as those caused by PTSD, including the suicide death of my close friend and the sitting President of the Georgia Chapter in 2015. This experience has instilled a drive in me to help officers and their families who suffer from these issues. I was humbled and honored in 2016 to be selected to serve as a member of the FBINAA Officer Safety and Wellness committee, which has allowed me to work to improve our members' ability to seek and receive the help they need when facing any crisis in their personal life. My goal is to be the voice of our membership and to continue to crusade to bring health and wellness programs to our members so they can have the quality of life they desire, especially after retirement.

Another area that I believe we should focus on is membership relationship and benefits. We all agree that the FBINAA is the most powerful networking tool in law enforcement today and is one of our most valued benefits. The membership is the life blood of our great organization and its growth is the key to the future of our association, as well as keeping our retirees engaged and active to help mentor our current and fu-



ture leaders. Nevertheless, in order to grow, we must continue to focus on providing improved and continued benefits to both active and retired members to ensure their dues are being put to good use. As the Section III Representative, I will seek out additional benefits and work to keep those valued benefits we all currently enjoy.

I want to also share with you my background and qualifications to hold such a worthy position. I was born and raised in Gordon County, Georgia and have three adult children and one grandson. My wife, **Raina** and I are active in our community and attend Rock Bridge Community Church in Calhoun. I have 32+ years of law enforcement experience, beginning my career with the Gordon County (GA) Sheriff's Office in 1984 and then serving with the Fairmount (GA) Police Department, before joining the Georgia State Patrol in 1987. After 29+ years, I recently retired as a Captain (Troop A Commander) with the

Georgia State Patrol and now serve as the Chief Deputy of the Forsyth County (GA) Sheriff's Office. I hold an Associate of Science degree and a Bachelor of Science degree (Criminal Justice) from Thomas University, and a Masters of Public Administration degree from Columbus State University. I am also a graduate of the Georgia Law Enforcement Command College (Class 46), and the FBI National Academy (242nd Session). I currently serve as the President of the Georgia Chapter of the FBINAA and serve on the FBINAA National Officer Safety and Wellness Committee, as well as serving on the Executive Board of FBI (Georgia) LEEDS. I am also an Adjunct Instructor for Reinhardt University, teaching in the Bachelor of Criminal Justice program.

My goal is to work enthusiastically and diligently for our membership in Section III, guaranteeing our voice is heard and counted on the FBINAA Executive Board. Regardless of whether I'm elected or not, I will continue to work persistently to champion officer safety and wellness, and the importance of growing and taking care of our membership. I realize that this is not only a significant commitment, but it is also a paramount position for our association. I can promise you that I am up for the challenge, and it would be an honor to continue to serve the FBI National Academy Associates. I humbly ask for your support and vote in the 2017 election to be your next Section III Representative.

Sincerely,
Grady Sanford

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Meet the Candidates *continued from page 15***ASHLEY WEAVER** | Section III Representative ★★☆☆☆☆

How Can I Contribute? I've asked myself this question many times during my career. The answer I keep coming back to is "get involved, stay involved". Whether it was projects at work I enjoyed or really had no interest in, I volunteered to be a part of it. Why? Knowledge, growth, and the realization it was going to happen with or without me. If I wanted to be able to have any influence on the decisions that were ultimately going to affect me, I had to be there and I had to be involved. We cannot influence change if we sit on the sidelines, sitting on the sidelines is accepting the status quo and what others want for you. The status quo does nothing to move us forward.

I got involved with the North Carolina Chapter of the FBI National Academy Associates not long after graduation from the 238th Session, in 2009. I attended my first re-trainer three weeks after graduating, and haven't missed one yet. I was elected by my chapter to serve as a District Representative in 2010 and during that time decided I wanted to be even more involved. In 2011, I was elected to serve as the Chapter's Secretary/Treasurer from 2012 to 2015. I served as the North Carolina Chapter President in 2016 and am currently serving as the Immediate Past-President. During that time, I have had the pleasure of meeting many of your chapter officers and sharing lessons learned and chapter successes.

My time serving as a chapter board member has given me the opportunity to meet many of you and discuss concerns about things such as the discontinuance of the magazine and the discussion both for and against allowing associate memberships. Many of you have spoken with me about the diversity and the cultural make up of our organization and I want to find ways to capitalize on that diversity. I want to get our membership motivated to show who we are, and show we are not the status quo, that we are the leaders of this profession and beyond. I have begun the conversation about involvement and will continue to keep that dialogue open, to understanding how we can support each other, both active and retired, and grow this organization in a way that will broaden our perspectives and expand the unity of this great family.

I look forward to the opportunity to help move this organization in the direction YOU, its members want it to go. We tend to get caught up in platforms of what the candidate wants to do with the organization and I applauded the efforts



of those who have come before and their platforms as they were and are great motivators. It is my belief the candidate is meant to be the voice of the people, so I ask, what is it YOU the members want to see in this organization moving forward. We need to stay ahead of the trends and to do so we need to listen to our membership and focus on both the needs of the active members and the retired members. We need to focus on YOU, after all you are what make this organization great.

You will have a difficult decision to make this year at the 2017 National Conference in Washington DC, but am confident that no matter what that decision is, the candidate selected will serve you well. I ask for your support and look forward to the opportunity to serve as your Section III Representative.

Thank you all for your dedication and commitment to our profession and this organization.

Ashley Weaver

ACADEMY NEWS

by Jeff McCormick

Greetings from Quantico!

I would like to express my appreciation to the FBI Association for providing the opportunity to reach you every couple months through this magazine. I intend to use this space to provide you with updates concerning the state and direction of the National Academy Program. Today I want to tell you about some physical updates at the FBI Academy.

Session 268 arrives April 3, 2017. Even if you graduated as recently as Session 267, the newest NA Students will find the campus different than you left it. They will be hard pressed to find a building without some sort of on-going construction. The most high profile construction currently in progress is in the **Hall of Honor**, which sees the most foot traffic at the Academy every day. When it's facelift is complete in another five months, it will be a world-class memorial hall, covered in marble and granite, and a fitting tribute to the FBI Agents and National Academy Alumni who have fallen in the line of duty.

Prior to beginning the Hall of Honor, we completed renovations to the NA and New Agent Dormitories, the cafeteria, and the Jefferson entrance. Your National Academy Associates Offices are once again located in the Madison Dorm. I encourage everyone coming to the National Conference in Washington DC this summer to sign up for the NA Homecoming event here on Thursday, August 3, 2017. We are planning for an exciting day for graduates (and kids) of all ages. We are proud of all the work that has gone into the campus, and look forward to showing it off to you, our Alumni and their families!



In addition to ensuring the infrastructure here at Quantico is fresh and strong, we are also continually re-evaluating the National Academy Program itself. Our mission at the National Academy Unit is to provide professional development and partnership opportunities for Law Enforcement Leaders. With this mission in mind, the program has three primary areas of focus: Fitness, Academics, and Networking. Our goal is to maintain a balance in these areas, which will result in graduates who have a shared professional experience which is second to no other program available anywhere in the world. In the next issue, I will tell you more about our continuing efforts to enhance the NA Program.

Sincerely,

Jeffrey S. McCormick
National Academy Unit Chief



Artist rendering of renovated Hall of Honor.

53RD ANNUAL FBINAA
TRAINING CONFERENCE & EXPO
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SAVE THE DATE | WASHINGTON DC | 2017




WORKING TOGETHER TO SAVE LIVES

Trudie Lobban

WHERE IT ALL BEGAN

How many times have you been called to a scene to find someone in cardiac arrest and although you are able to perform CPR you have to wait until EMS arrive with the **defibrillator (AED)** – all too often it is too late. The devastating impact it has on not just the family and loved ones, but also on the officers at the scene – the helplessness of the situation, knowing an AED could help but not have that essential piece of life saving equipment. Well that is about to change... and YOU can be part of that change! **Arrhythmia Alliance** – a non-profit 501 (c) (3) is partnering with police departments around the USA to equip all patrol vehicles... Why?

On July 14, 2014, Bluffton police were called to a family residence to resuscitate an eight-year-old boy after a drowning incident in his family's pool. The boy's mother had commenced CPR; Lt. Joe Babkiewicz and two colleagues arrived and took over CPR, but it was a further six minutes before the paramedics arrived with an automated external defibrillator (AED). Sadly, this young boy could not be saved.

On hearing of this tragic event, **Trudie Lobban**, MBE, CEO and Founder, **Arrhythmia Alliance**, heart rhythm charity, reached out to the boy's parents to offer help and support. Trudie lost her husband, **Charles**, to sudden cardiac arrest on 3 April, 2008, just a few years after setting up Arrhythmia Alliance to raise awareness of arrhythmias (heart rhythm disorders), such as sudden cardiac arrest, and to help save lives.

And so, The Arrhythmia Alliance – *Defibs Save Lives* campaign was launched with the aim of raising sufficient funds to place AEDs in all 31 Bluffton, SC police cars.

To date, over 35 defibrillators have been placed in the locality, all 31 police vehicles are AED-equipped and two people have survived sudden cardiac arrest using these in-vehicle defibrillators, all due to the efforts of the Arrhythmia Alliance – *Defibs Save Lives* campaigns.

ARRHYTHMIA ALLIANCE – DEFIBS SAVE LIVES

Bluffton Police Department vehicles equipped with life-saving AEDs

Arrhythmia Alliance together with the Bluffton Police Department, fundraised and engaged with the local community to raise funds to equip all 31 patrol vehicles with defibrillators. The time frame for this project was one year, however, in less than four months, all 31 defibrillators had been donated to BPD to equip their vehicles as well as the addition of paediatric pads to satisfy the event of a youth emergency.

Following the final placement of the 31 AEDs, Chief **Joey Reynolds** said, *"The Bluffton Police Department is committed to providing the highest quality of police services to the town of Bluffton and its visitors. With the addition of life saving equipment in our vehicles, we will be better equipped in an emergency to ensure our officers can save lives. The loss of this young boy affected all our officers as well as members from the community. We are proud to honor his life by having AED's in*

"Sudden cardiac death is the number one killer in the USA – with approximately 1,000 US citizens dying every day – 80% of these deaths could be avoided with early intervention of CPR & use of an AED. Anyone can use an AED – you cannot harm anyone; however, you can save a life."

our vehicles and will continue to work with Arrhythmia Alliance to help save even more lives from sudden cardiac arrest."

Bluffton Police Department awarded Arrhythmia Alliance with a Certificate of Recognition on January 13, 2016. And this partnership is now moving forward to place publicly accessible defibrillators around Bluffton and in the Low Country and to equip a further 20 police vehicles which have since been purchased since the end of Phase One.

Sudden Cardiac Arrest – The Nation's Biggest Killer

Sudden cardiac arrest can affect anyone of any age, at any time and without warning. For each minute that passes when someone has gone into sudden cardiac arrest their chance of survival decreases by 10%. The only chance to restore the erratic heart rhythm (arrhythmia) is the use of an AED (automated external defibrillator) to shock the heart back into normal rhythm. CPR alone offers a 5-9% chance of survival, however, CPR and the use of an AED, can increase the chance of survival dramatically, to over 50%. It is estimated that 80% of sudden cardiac deaths could be avoided with prompt use of CPR and defibrillation with an AED.

Arrhythmia Alliance, Working in Partnership to Make a Difference

Arrhythmia Alliance (A-A) is a 501(c)(3) non-profit organization with the aim of working together to improve the diagnosis, treatment

and quality of life for all those affected by arrhythmias.

A-A is a coalition of charities, patient groups, patients, caregivers, medical groups and allied professionals. Although these groups remain independent, they work together under the A-A umbrella to promote timely and effective diagnosis and treatment of arrhythmias. The organization is planning to extend its network even further through partnerships with emergency services, police departments and fire districts across the USA.

The organization's two main campaigns are *'Defibs Save Lives'* and *'Know Your Pulse'*. *Defibs Save Lives* focuses on raising awareness and education on sudden cardiac arrest, the importance of an AED in helping to save a life and making access to this equipment as easy as possible.

Know Your Pulse has been a long-standing campaign of A-A, to raise awareness of pulse rhythm and how an irregular heart rhythm can be so easily identified. In ten years, A-A has undertaken over one million manual pulse rhythm checks, in over 30 countries, reaching over 10 million people.

And the Story Continues...

Arrhythmia Alliance is now partnering with the Story County Sheriff's Office in Iowa to raise funds to equip all 45 of their patrol vehicles with AEDs.

Story County Sheriff's Office Chief Deputy **Barry Thomas** states, *"We are blessed to be*



By working together with Arrhythmia Alliance and the local community, the Bluffton Police Dept. was able to equip all patrol cars with defibrillators.

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STAYING ON THE **YELLOW BRICK ROAD**



SIMPLE, BUT NOT EASY

John Van Vorst

I can't tell you how many times my colleagues and I hear the words "just tell us what to do" for physical training. We hear you, and I'm providing you something to "plug and play"; a sample workout template we use at the FBI Academy to build operational readiness and support our primary mission of sustainable fitness for the lifespan. In this article, I'll outline a simple circuit training routine consisting of six drills to address all the foundational movements without a heavy reliance on expensive equipment or technology. Circuit training is ideal for training large numbers at the same time, but this workout could be done in small groups or individually at most hotel fitness centers. Remember, good circuit training sessions should be simple, strenuous and standardized. The exercises should be relatively simple since technique will erode as you fatigue, and strenuous because bad people are out there right now training to defeat you. Standardization of the movements and program variables will allow you to assess your progress over time.

The Movements:

1. **Sandbag Pushes (Figure 1)** - We love this drill. We love this drill so much, we now start one of our NA Challenges with five minutes of sandbag pushes with groups of three. Our NA students really enjoy it, especially when we take off running immediately after the last push. To perform this drill, place a sandbag inside of a towel and place your hands on the front edge. Brace your tummy to maintain good posture, and drive forcefully with hips, knees and ankle to put some force into the ground. Try to take long, powerful strides while maintaining good position rather than just sliding the around. In addition to getting you

out-of-breath, this drill can help you become a more efficient runner. If you don't have a sandbag, get creative using bulk bags of grain, concrete, 2 x 4's or even yoga blocks (depending on the surface).

2. **Ground and Pound (Figure 2 & 3)** - Ground based movement drills and striking are excellent conditioning tools and always relevant to the essential job task list. If you have access to a grappling dummy, pop up quickly from the bottom of a push-up position and slide one of your shins across the dummy as you alternate between various strikes to the body and head. Slide back down to the push-up position and repeat the process in the opposite direction. Alternatives to this drill could be standing strikes to a heavy bag or dummy, or even shadow strikes.

3. **Power Pulls (Figures 4 & 5)** - From the ground, rip a single dumbbell or equivalent up towards your armpit and place it all the way back down. Instead of trying to isolate the muscles of your back and arms, try to sync and fire your whole body at once. Pretend you're trying to start an old chainsaw or wood chipper (Figure 6). Don't just pull hard enough to move the weight off the ground, try to get the weight flying upward. For stability, drive the other hand forcefully downward on to the top of your bent knee. Alternate between arms after a specified number of repetitions, or alternate between rounds as you work through the entire circuit.

4. **Burpee version 2.0** - Most of you know the Burpee (or squat-thrust-jump). Frequently, especially under fatigue, we see excessive amounts stress placed on the lower back as people attempt to get their feet back underneath them. To avoid this and protect the spine, we recommend tucking one hip and rolling right or left after sprawling to the ground (Figure 7). From there, use your hand and opposite foot to elevate your hips and return to your feet for the next jump (Figure 8). Move quickly and efficiently. Simple, but still not easy!

5. **Rotary Slams (Figures 9, 10, 11)** - using a lighter sandbag than the one you pushed earlier (or an old basketball that you've stuffed with stand and covered in duct tape), wind up using your hips and raise the weight directly over your head. Then, depending on your training environment and surface, slam the weight downward violently. Follow it by pulling yourself downward and snatch it back up to repeat the process in the opposite direction. Brace your tummy tight while you generate huge ranges-of-motion through the legs and arms.

6. **Hollow Body Rockers (Figure 12)** - Finish the round by doing your best rocking chair impression. While lying on the ground, flatten your lower back and stretch your hands away from your feet while keeping

Table 1: Key Program Variables

Number of Exercises per Round	6
Work Interval per Exercise	0:30
Rest Interval Between Exercises	0:10
Rest Interval Between Rounds	1:00
Total Number of Rounds	3

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Staying on the Yellow Brick Road *continued from page 20*



Figure 1: Sandbag Pushes



Figure 2: Ground & Pound



Figure 3: Ground & Pound



Figure 4: Power Pulls



Figure 5: Power Pulls



Figure 6: Power Pulls



Figure 7: Burpee version 2.0



Figure 8: Burpee version 2.0



Figure 9: Rotary Slams



Figure 10: Rotary Slams



Figure 11: Rotary Slams

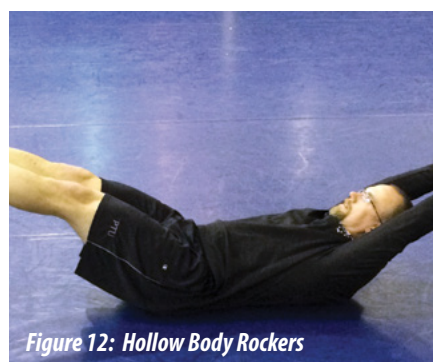



Figure 12: Hollow Body Rockers

them elevated. Rock your body back and forth, keeping those long lines as you glide back and forth (rather than slam up and down). For an additional challenge, connect one elbow to your knee while remaining extended on the opposite side.

The goal of this workout is to work at a very high intensity, with incomplete amounts of rest, to force the body to adapt to heavy workloads and recover from them. Rather than train as much as possible,

only train as much as necessary. Table 1 provides guidelines for introducing the type of circuit to your program. Remember, build the quality of your movements then build the capacity. 

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.

Working Together to Save Lives *continued from page 19*



working with Arrhythmia Alliance to help save lives in Story County. It is our hope that the community will support this endeavor so that working together we can make the entire Story County community HeartSafe."

Arrhythmia Alliance has extended its work in Bluffton, partnering with the Bluffton Township Fire District, Bluffton Police Department, and Beaufort County EMS to launch phase two of the Arrhythmia Alliance – Defibs Save Lives Campaign.

Together, the goal is to become the first HEARTSafe community in South Carolina. To achieve this status, work includes training 1,600 community members in CPR and AED familiarization, establishing and funding a public access defibrillation program, and working toward a culture of excellence by continually self-evaluating to increase the survivability rate for the residents of Bluffton.

Join Us In Making A Difference and Help to Save Lives from Sudden Cardiac Arrest

Arrhythmia Alliance is proud to have worked so closely and successfully with police departments to place life-saving AEDs in their vehicles. Often, police are the first responders to someone who is suffering a sudden cardiac arrest. At that moment, time taken to get the heart back into normal sinus rhythm is critical, only the use of a defibrillator can do this – CPR alone will save less than 10% of victims, use of an AED can increase their

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HOW YOU CAN PARTNER WITH ARRHYTHMIA ALLIANCE TO MAKE YOUR COMMUNITY HEARTSAFE

Call us **843-415-1886** or contact us at info@heartrhythmalliance-us.org

To support the *Defibs Save Lives* campaign we have a range of educational resources on arrhythmias, sudden cardiac arrest and how to make your community HeartSafe, plus a range of fundraising ideas and specific AED packages designed to meet the needs of your Community's donations.

A MESSAGE FROM OUR **CHAPLAIN**

by Dan Bateman

Officer or Parent – Don't Mix Them Up.

Hello, fellow graduates! I pray God's richest blessings for you and your families as you serve this great calling of law enforcement. You have earned this position of being a leader in this noble endeavor and, according to the Bible's New Testament book of Romans, Chapter 13, verses 1-6, you ARE on a mission from God. So lead on.

But in our role as police officers, we sometimes find our devotion to duty so strong we forget or overlook the truly important. My theme in times past looked at touchstones, highs and lows of career and life, and milestones along the journey. However, we may stumble into the pitfall of assumption concerning our homes and family. We, all too often, accept the unpredictability of our profession and the high demands placed on our time and expertise. In fact, we may relish it too much. But, in the midst of crisis, we sometimes forget the pressures and uncertainty this unpredictability and its response places on our homes and families.

In some inexorable and unreasoned way, we know (or assume) our families will always be there no matter what the circumstances. And, occasionally, in our own foolishness, we conclude that even if the family falls apart because of our profession, we will be okay. We mistakenly think we will be able to stand on our own because that's what we do. Our very strength as officers becomes our greatest weakness as a family person.

The danger we face as parents who wear the badge is, we sometimes forget that badge is a shield and there is little need for that type of shield in the family atmosphere. There are many reasons we hold high expectations, dare I say demands, of our children. One of the greatest threats we face as officers is in the raising of our children. Whether it is our "command presence" we bring into the home or fear that our children will become a product of what we see during an investigation and arrest of neglectful and harmful parents, we silently vow we will never let that happen to our kids.

And so we have difficulty transforming ourselves from the heady high of being an "Officer" to the softening role of becoming "Dad" or "Mom". Maybe it's because we fear our children will become like those children we see in the midst of family crisis torn apart due to domestic abuse, drugs, or other influences that turn children into psychologically injured adult-like persons out of sheer preservation.

To help us clarify and discern our different roles, it may be helpful to take a look at Holy Scripture. *The Bible* is a wonderful book inspired by our Creator through the Holy Spirit. As I have said before, I take great comfort in the words of Scripture because, in essence, it is an "owner's manual" of sorts written by Him who created us and, thus, knows what is best regardless of our own personal opinions. And the home is the ideal place to live out those divine and loving directives. The Scriptures are clear in the Bible's Old Testament book of Proverbs 22:6 "*Train up a child in the way he should go; even when he is old he will not depart from it.*"

I am convinced our homes must be a safe place of acceptance and nurturing where fear of rejection or failure to meet self-imposed high standards leaves our children in a state of uncertainty and occasional fear. The danger zone is the looming teen years our children approach at lightning speed. And our patience and tolerance for mistakes may become short and threatening. It is then we can potentially bring dangerous, destructive, and divisive attitudes into our homes.



In my own parenting, it became evident during driver's training when both my children entered that frightening phase all parents face. If you are like me, you vow to train your kids to be the best drivers on the road so they do not become the teenage fatalities and carnage with which we all dealt. But, in my zealous commitment to make them the best and most experienced drivers before I turned them loose on the road, I sometimes inadvertently let "cop-Dad" out to wreak havoc on my children. While my intentions were well-reasoned, the manner in which I approached some situations was counter-productive and led to tears and anger.

But perhaps the most painful experience was my harsh reaction to a soft, heart-felt response from my son after a misunderstanding, I exacted what I thought was the best discipline and guidance but lost sight I was home and not at work. Words were said that deeply hurt my son and, only in the silence of the aftermath, did I see the damage I had wrought. But pride reared its ugly head again and I did not seize the opportunity to make amends and restore a loving and healthy relationship. Instead, I stayed within the walls of my self-righteousness even as my son continued to feel the pain of my withering words.

Later, that same day, I read from the Apostle Paul to the church in Colossae where he wrote "*Fathers, do not embitter your children, or they will become discouraged.*" (Colossians 3:21). I was deeply convicted of my harsh anger towards my son and realized that, in a moment, I had embittered him. The memory of the images of discouragement on my son's face during that awful moment was all I needed to see the truth of God's Word.

With tears, I penned a letter begging my son's forgiveness and asking him to sponge away my words that had cut so deeply. To my great joy, my son's heart was large enough to smother the pain I had caused and restored our relationship to one of love, acceptance, and peace. Perhaps this is a time to reflect on your relationships in the home. Is there a need to reach out to a spouse, child, or other relative where your words or actions had cut deeply into their hearts? If *The Bible* is clear on anything, it is that our God is a God of reconciliation. He wants peace in the home.

There is much more to be said regarding the Bible's words on relationships in the home but that will have to wait for another time. In the meanwhile, keep the peace in public by fulfilling your sworn duties but bring the peace into your home as a loving and affirming Mom or Dad. I pray God will bless you and your family as you serve and protect. May He grant you discernment as you enter your home at the end of your shift. 🙏

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

THE HISTORIAN'S SPOTLIGHT

by Pat Davis

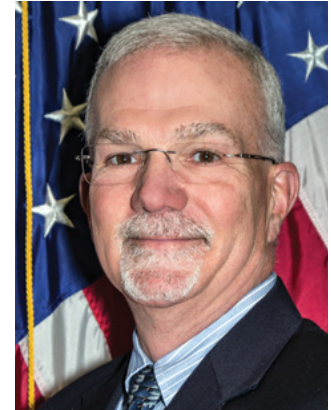
Patrick Carroll

In past "Spotlight Articles" I have told the story of the person about whom I was writing. However, this article fascinated me to the point that it is being told just as it was written and presented to me. The story of his life, career and National Academy experience is best explained by the Author, **Patrick Carroll**. He captures the true essence of a life well lived and it is with great admiration of the man, that I let him tell his story!

My 93 years takes me back to April 20, 1923. I was the oldest of three, a brother and a sister, all born at home in the small town of Fairfield, Connecticut, some five miles west of Bridgeport, one of the largest, if not the largest city in the state at the time, it is today. The population of Fairfield then was less than 10,000. Today it is at 60,000. U.S. 1 and the New York, New Haven and Hartford railroad tracks were within a 100 yards of our home. But as I grew older, I became more accustomed to the lengthy, noisy early morning freight trains that shook the house and the rumble of big trucks and heavy traffic on the US 1 – we called it the Post Road. When there was a football game at the Yale Bowl – US 1 was the only way to get there, the Post Road, at times, was like a parking lot. Fairfield has a wonderful history dating all the way back to its birth in 1636. It was burned by the British, visited by **George Washington** and in fact, he slept at the Sun Tavern, a popular overnight location in town.

To the south of us, a half mile or so, were, still are, the swamps. Today, they are known as meadows or marshlands. As kids, we spent most of our time in the swamps, crabbing, catching minnows for bait, playing cowboys and Indians. In the evening, when we had not yet returned home for supper, Dad would come to the end of the street. When we heard his shrill whistle we knew it was time to start jumping those big ditches and head back to Grandville Street. I recall times during the day when one of us would fall in a ditch. We would start a fire to dry our clothes, the fire would get away from us and soon the swamps were on fire. The volunteer firemen (I would become one when I grew older) never were too happy about fighting swamp fires nor were our parents when they found out we were to blame.

My Dad, **Patrick Leo**, was a WW1 vet, one of three brothers who were brought up on their Dad's farm. To help support their families they ran a pool room in town during the evening hours. It was a tough place as I remember. The brothers were known as the toughest guys in town and had to be to run the pool room. Dad was a carpenter, a builder and a good one at that. He usually had a crew of four or five working



Patrick Carroll on the range during his NA Session 65.

for him. He was tough guy to work for. When I got out of the service in early 1947, trying to determine my next move, Mom mentioned that Dad needed help. I had no desire to become a carpenter but didn't want to disappoint Mom, so I started working for Dad. There was only one way to do something, his way. There were a couple of other vets in the crew. We used to take coffee breaks and Dad would come in and raise all kinds of hell. *"I don't care what you did in the service, you're working for me now and coffee breaks aren't part of the job!"* But we did have our coffee breaks. Dad had a heart the size of a watermelon and hands the size of a baseball glove. You never wanted to shake hands with him. But I do remember coming home some evenings and Mom asking how the day went. I often replied *"if he wasn't my father I'd kill him"*. Mom, **Mary Ellen (Molly)**, was a bookkeeper before she married, then spent the rest of her life raising a family. She made the best meatloaf in the world.

There was an excellent public school system in town but Mom decided we would attend St. Thomas Aquinas School, eight grades, Sisters of Mercy (some did not understand the word, mercy) our teachers. There was only one lay teacher, **Miss Lee** and she taught third grade. I fell in love with her and still remember her today. She had to vacate her position when she got married, what a dreadful day for so many of us. Those Sisters! But they were the best, regardless of black leather straps and lengthy wooden pointers. All of the successes I have had in my life go back to the teachings of those wonderful Nuns. From St. Thomas it was on to Roger Ludlowe High School, the one high school in town. I don't recall how many students there were then but today we have two high schools, each with a population of about 1500 students. I had great teachers, **Sliegle, Conklin, Harper, Gleason** and a beautiful English teacher, **Miss Foley**, she was sort of like Miss Lee at St. Thomas. I remember best during my senior year my elderly homeroom teacher, **Miss Josephine Sawin**, who, when she became upset with us, pelted us with erasers. She had a pretty good arm and aim. We all loved her.

Upon graduating in 1940, I wanted to join the Marines. Dad would not have any part of it. *"You're going to college!"* There was a private school in town and I enrolled, but left after the first semester because I needed to be outside. I wanted to become a volunteer fireman but had to wait until I was 18. Besides, the company's charter was closed with the exception, if one joined their Fire and Drum Corps. At the age of 18 I became a member of the Corps and then of the company. That was it, no school. I was a volunteer fireman. I spent a lot of time hanging out around the firehouse, grabbing a coat and a pair of boots and jumping on the back of the truck as it left the station. Sometime in mid 1942 I applied for and was accepted by the Army Corps of Engineers for a position as a firefighter. I was assigned to a crash truck at Bradley Field, Windsor Locks, CT. There was a squadron of P-47 – Thunder-

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The Historian's Spotlight *continued from page 24*

bolts, based at the field. This was very interesting and exciting work. I also had fire fighting duties on the base. I left the Corps to volunteer for induction into the Army in February of 1943. Dad was still opposed to my joining the Marines.

In late February 1943, with a group of other Fairfield enlistees, I departed Fairfield. No one knew where we were going but, coincidentally, it was Camp Devons, MA. This was the same camp Dad was processed through when he was inducted way back in the 1900's. In 1944 I applied for, and was accepted in the Army Air Corps Aviation Cadet program and made my way through basic training, College Prep and was eventually assigned to a class at an air base in San Antonio, TX. Mid-way through the program word was received that certain classes were being terminated and Cadets would go back to their former units since there was a need for infantrymen. That was the end of my hope to be a pilot. I went back to my former unit where I was a member of a small security squad. I was disappointed and distraught. So much so that I visited the unit's Chaplain and I will never forget him, Fr. **Gordon Knease**. We talked for a long time and his parting words were, "*when the Lord closes one door he opens another*", he was so right. In early 1945, while with the same Security Unit in England, I applied for Infantry Officer's Candidate School in Fountainebleau, France. I was accepted and assigned to Class number 17 of the Ground Force Training Center and in June 1945, after attending an around the clock 60 day program, I became a 2nd Lieutenant. We were 60 day wonders, not 90 day wonders awaiting an assignment to an Infantry Unit as Platoon Leaders, with Japan on the horizon in the not too distant future. Within a few weeks I was assigned to the 713th M.P. Battalion in Berlin, Germany. The 713th was relieved a short time later by the 759th. I spend 17 months with the 759th as a Platoon Leader at Templehof Airdrome. Aside from being responsible for the Templehof Sector of the US Zone in Berlin, I was assigned as the Battalion's Escort Officer. This involved providing security for and escorting VIP's during their visits to Berlin. I remember most of all, General **George Patton** at the VJ Day parade, just a few months before his tragic fatal accident. Berlin was an interesting, exciting city full of refugees, Russian soldiers, 82nd Airborne Division Paratroopers. There was a Black Market at the Tiergarten with Mickey Mouse watches selling for hundreds of dollars and prostitutes wherever you looked. The area was riddled with crime and there were shootings all the time. Day and night, working here was my introduction to law enforcement and I must offer thanks to M.P.'s of the 82nd who provided so much assistance in policing the city during my stay.

My active duty ended in February 1947. Shortly thereafter I joined a Reserve Unit and stayed until retiring in 1970 at the rank of Lieutenant Colonel. During that period of time I commanded the 365th Military Police Company and spent several summers at Pine Camp, N.Y. **Arnie Daxe, Jr.**, (September Spotlight) a fellow reservist, knew the site as Fort Drum and coincidentally, commanded a great MP company, the 615th, while in Vietnam. I was later assigned to the 399 Civil Affairs Battalion, with responsibility for law enforcement and criminal affairs. During the summer of 1947 I learned that tests for firemen and police officers would be conducted at the end of the year. I wanted so much to become a police officer. The tests were held during early 1948 and I topped both lists. I chose the police department and was appointed as a patrolman on July 1, 1948, assigned Badge Number. 18. My son **Greg** who was appointed some 25 years ago was presented with Badge Number 18. In early 1960, as a Sergeant in the Youth Bureau, I was invited to attend the 65th Session of the National Academy. Only one person in the department had attended before I received the invite. That was my Chief, **James Kraynik**. I was surprised and I was honored, questioning if I could I leave my wife, **Millicent** and four young children for three months. At the time my oldest, **Millicent** was 13, followed by **Marilyn**, **Patrick** and **Greg**. My



Patrick Carroll fishing with his daughter in law-the striped bass was released.



Patrick Carroll pictured here with his great grandchildren.

wife said, "*Go*" so I did; and what a wonderful, exciting, rewarding three months. There were fifty-nine members in our class. All were male, with one being from Puerto Rico and another from Canada. We lived at various locations in the city (DC), near the Department of Justice Building, where our classes were held. Everything was in one classroom which is so different from today. I, along with several other classmates stayed at a small hotel near Union Station and walked daily to the DOJ building where we had breakfast, and sometimes lunch, in the Departments Cafeteria. I was surrounded by wonderful people. We had great Instructors, Inspector Jep Rogers, Doc Watson, Charlie Donelon, L.A. Francisco and Butch Meyers, our PT instructor. The gym was on the top floor of the building and we did our exercises to music. Butch said our class was the first to "exercise with music." I will never forget our NA Counselors, SA **Robert Ross** and SA Newel "**Red**" **Irwin**.

The DOJ building housed Director **J. Edgar Hoover** and Associate Director **Clyde Tolson**. I think I saw Mr. Hoover twice during my time in D.C. Our class photograph was scheduled for twelve noon in the courtyard. We were in formation with an empty space to the left and right of our Class President, **Glen King** who was Chief of the Dallas Police Department. At seconds before twelve Mr. Hoover and Mr. Tolson walked from the building to the front of our class, nodded, shook hands with Glen, stepped into the waiting spaces and within a minute

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The Historian's Spotlight *continued from page 25*

the photo was taken and they were gone. Millicent and I met Director Hoover at his favorite D.C. hotel, the Mayflower, during our Session's graduation party.

In 1948 I accepted the position of Director of Security at Fairfield University which was a newly established Jesuit conclave in town. This was a most interesting position, in that it allowed me to see and better understand the student culture from the inside, rather than the outside as I had done for so many years as a member of the Fairfield Police Department. In late 1949 I resigned from my position at Fairfield University and accepted an appointment to the New England Regional Fisheries Management Council, which is one of eight throughout the United States and is attached to the Department of Commerce. The initial appointment was for a three year term and subsequent reappointments allowed me to remain active with the Council for ten years. Two of the years were spent as Chairman, which afforded me the opportunity of traveling and meeting with both recreational and commercial fishermen from Maine to Florida to Louisiana. While this was a part-time assignment, committee assignments, especially the Law Enforcement Committee were very time consuming. During this period of time I met with and made many friends with members of the National Marine Fishery Services Law Enforcement group.

I recently retired after twenty two years as Harbor Master of our local harbor. Appointed by the Governor, the Harbor Master is responsible for the safety and security of boats and boaters within a given harbor, assignment of moorings, issuance and renewal of mooring permits, and establishing good relations between local boaters and yacht club members who occupy some 160 moorings from May until November. This was a most interesting, enjoyable and rewarding mission. I still visit the harbor on a daily basis where I have my Dunkin' Donuts coffee and chat with others who follow the same routine.


What did I like the most and the least about the Academy experience? The most, Firearms – the least – naught! Firearms. We would take a bus out to the ranges at Quantico with the only building I can remember was the range house where we met the instructors, learned all about our Colt 38 revolver and safety on the range(s). Would you believe, there were a couple of members in our class who had never fired a weapon? What a time with S.A.'s. **Hank Sloan**, **Hal Light**, and **Big George Ziess**. All of us with our Colt revolvers! Hogan's Alley would be like a carnival's side show today. A shooter would move from one station to the next with the scenario generally being a shoot, no shoot situation. I remember Big George yelling at me after I had fired six shots at a subject holding a gun in his hand. *"Nice shot Red, you just got yourself an FBI Agent."* I had red hair which I wore in a crew cut. George often told the story of occasions when he would meet Mr. Hoover and Mr. Hoover would look at him and always say, *"you're overweight."* George would always respectfully respond, *"Mr. Hoover sir, I'm not over weight, I'm just big boned!"* George retired from the Bureau many years later. I last heard he was enjoying the warm weather in Florida. Upon returning to my department I served as chief Range Officer for many years, just as I did during my years in the reserve. All this knowledge derived from those wonderful days on the ranges at Quantico.

And what are among my favorite memories of the NA? Early on in our session we were informed that we would be required to submit two papers, the subjects of which might be added to the current curriculum or used in some manner to enhance the overall program. For my first paper I chose *"One Man Versus Two Man Patrol Vehicles"*. It was a pretty good paper and subsequently published in a couple of law enforcement magazines. My second paper, which was a topic known only by and kept "secret" among four or five of us who lived at the Stafford or Stratford

Hotel. "The 65th Session's Top Ten." We would see pretty girls in DOJ's cafeteria as we stopped for our daily breakfast. *"Let's pick the top ten, then number one and present her with a special invite to attend our graduation"*. We advised our counselors of the "paper." SA Ross shook his head. *"What if Mr. Hoover finds out about it?"* SA Irwin also shook his head, but it was in approval. We were not able to ID all of those selected but with a little inside help did ID No. 1. I presented her with an envelope one morning at breakfast. It contained the invite but I don't know if she attended our graduation. I have to believe that Mr. Hoover, surprisingly, did not hear about my second paper. SA's Ross and Irwin were not reassigned to Alaska.

I joined the Connecticut Chapter soon after returning from the Academy. I served as President for two terms and then Secretary/Treasurer for eighteen or so years, submitting Chapter Chat during that period of time. I was fortunate to make many trips back to Quantico for President/Secretary/Treasurer meetings. I always enjoyed being in the presence of **Tom Colombell** and **Billy Gibson**. Recently I attended the Chapter's Executive Board's 2017 Planning Meeting. I am the Chapter's oldest member and the lowest Session graduate. I continue to stay in contact with a fellow classmate, **Dave Bently** from Little Rock, Arkansas. In a letter dated July 27, 2013, he had written, *"I am able to state that eleven of us could still be alive!"* In my most recent exchange of emails Dave thought that three or four might still be among us. I'm not too sure if he and I were included in that count!

On April 20th I'll be 94, retired 39 years, and attended the 65th Session 56 years ago. I have close friends who are NA graduates and have retired from the Fairfield P.D. We and others get together on a monthly basis for lunch. When the chapter lunches or activities are not too far away, we make an effort to attend. The NA, Reserves and P.D. have been my life. The NA is a very special Association of very special persons. My retirement is filled with and attended to by a wonderful family – among whom, are six great grandchildren, the oldest of which is getting ready for college. I drive two of them to and from school on a daily basis, which is a wonderful way to start the day. I hope there might be members of the 65th or sessions before or after who will recall life in DC for three months, trips to Quantico, wonderful instructors, pretty girls at DOJ's cafeteria, and cherry blossoms. I still have three note books which measure 11 inches high when stacked on one another as well as the old gray Royal typewriter I used back then to type page after page of notes. How lucky can one be?

On a sad note, I purchased a class ring upon graduation – black onyx, which I wore and displayed with pride over the past fifty six years. Last month I looked at my left hand and the ring was missing. I have no idea when it was lost. We have looked everywhere with no success. I loved that ring. 

Patrick Carroll
FBINA Session 65

Submitted by
Patrick Davis, Session 152
FBINAA Historian

CHAPTERCHAT

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Chief. Matt has served with BPS for 18 years and most recently served as Training Coordinator and Field Commander. Matt is a graduate of the University of South Carolina and is a Certified Public Manager.

Recent FBINAA Graduates

Session 267: March 17, 2017

■ Chief Deputy **Greg Shockley**, Lexington County Sheriff's Office

■ Captain **Lee Boan**, Camden Police Department

■ Lieutenant **Billy K. Floyd, Jr.**, South Carolina Highway Patrol - Troop 5

Retirements

■ Chief **Dan Reynolds** (Session 136), Greer Police Department, Retired March 31, 2017.

■ Chief **Zack Wise** (Session 230), - SCDPS Bureau of Protective Services, Retired March 31, 2017.

WISCONSIN

PROMOTIONS/ADVANCEMENTS/ RETIREMENTS

■ **Terry P. McHugh**, 265th Session was selected by the Kronenwetter Police and Fire Commission in November of 2016 to become the Chief of the Kronenwetter Police Department (KPD). Terry officially assumed those duties on January 1, 2017.

Terry grew up in Oshkosh, WI and after high school, joined the U.S. Army. He served in the first Gulf War as a Combat Engineer. Following his military service, he attended and graduated from UW-Oshkosh in 1996 with a major in Criminal Justice and a minor in Spanish.

Terry began his law enforcement career in 1996 in Albuquerque, NM before leaving Albuquerque for the City of Madison PD from 2000-2006. In July 2006 he started with the KPD where he was promoted to Lieutenant, in July 2009. Terry

also served as a Field Training Officer at both Madison PD and Kronenwetter PD. As a Lieutenant, he supervised the KPD field training program.

In 2014 Terry graduated from the Wisconsin Command College and earned the title of Certified Public Manager (CPM) through the University of Wisconsin, Madison. In September, 2016 he graduated from the FBI National Academy, a member of Session #265, where he earned a Graduate Certificate in Criminal Justice from the University of Virginia.

■ **Craig Moser**, 231st Session, recently retired following nearly 32 years of dedicated service to the citizens of the City of Muskego, Wisconsin. Chief Craig Moser retired on January 6th. He began his career with Muskego PD in 1985 as a patrol officer. He served as an acting detective with the Waukesha County Metro Drug Unit, and as a member of the department's SWAT team, retiring from the team as Team Leader in 2010. Craig continued to serve in various capacities and was appointed as Chief in 2013.

One of his first acts was to establish a very popular K-9 program. He also oversaw the upgrade of the department's Emergency Dispatch Center, and laid the groundwork for the department to move forward with Body Worn Cameras and the utilization of drone technology.

Everyone at the Muskego Police Department wishes Craig and his family all the best as they embark on the next chapter of their lives and thanks Chief Moser for his dedication, guidance, leadership, and friendship. He will be missed.

■ **Lisa Walter**, Session #210, retired on January 6th, 2017. Chief Walter served 23, of her 32

years in law enforcement, with UW-Stout in Menomonie, WI.

■ **Jason Spetz**, Session #263, was recently selected to replace Lisa Walter, as the next Chief of Police at UW-Stout in Menomonie, WI. Jason has worked at UW-Stout PD for the past nine years, serving as officer, Patrol Sergeant, and Assistant Chief of Police. Prior to his service with UW-Stout PD, Jason served as a Wisconsin State Patrol trooper for nine years, and more recently as a firefighter/medic for the City of Menomonie Fire Department.

Chief Spetz holds a Bachelor of Science degree in law enforcement from Minnesota State University - Mankato, and is a graduate of the 263rd Session of the National Academy. Jason begins his duties as police chief on March 6th.

■ **David Reid**, 232nd Session, retired from the Chenequa Police Department, effective April 2016, where he held the rank of Captain. Dave began his law enforcement career as a City of Brookfield Cadet/Dispatcher and EMT in 1980. He completed police academy training in 1984 and became a member of the Village of Hartland PD. Dave began part-time employment with Chenequa PD in 1990 while also working in the private sector. He returned to full-time law enforcement with the City of Oconomowoc PD in 1993, leaving Oconomowoc in 1996 to accept a full-time position with Chenequa PD.

During his time at Chenequa, Dave advanced through the ranks of officer, master patrol officer, sergeant, and captain. He retired in April of 2016 as Captain, the rank he had held since 2003.

■ **Dan Neumer**, 259th Session, was promoted from Sergeant to

Captain of the Chenequa Police Department in August 2016. Dan has been a member of the Chenequa Police Department since October 2012 when he was hired as a result of an outside search for a sergeant. Dan is a graduate of the Executive Development Institute (EDI), a 10-week management skills program. Dan is also a member of NA Session 259, having graduated in March of 2015.

Since graduation Dan has remained active in the Wisconsin Chapter of FBI National Academy Associates and is developing a valuable peer network of command level officers across the state, nationally, and internationally.

■ **Carl Gloede**, 258th Session, and Captain with the City of Madison Police Department recently retired after 29 years in law enforcement. His career included serving with the USSS Uniformed Division and the City of Madison Police Department. Highlights of Carl's career include assignments in the Drug Gang Task Force, Traffic, SWAT, Crowd Management, Dignitary Protection, Records/Technology, and Honor Guard. He recently relocated to Louisville, Kentucky.

■ **Peter Running**, 223rd Session, retired on January 16th from the Village of Winneconne PD where he served as Chief. Pete began his law enforcement career in the US Army as an MP in 1983. He served on various departments during his career. He was appointed Chief of Police in the Village of Winneconne in June, 1996 where he served until his retirement on January 16th of this year. Interestingly, Pete was the arresting officer of Wisconsin serial killer, David Spanbauer.

Pete completed an Associate degree in Criminal Justice in

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CHAPTERCHAT

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1994 from Fox Valley Technical College and a Bachelor's degree from Mount Senario College in 1995. He was the first from Winneconne PD to be selected to attend the FBI National Academy.

Pete was very actively involved in the communities he served throughout his law enforcement career and he continues to serve in the US Army Reserve, with over 34 years of continued service to the nation.

■ **Terry Hansen**, 190th Session, who held the rank of Captain, retired from the Menomonee Falls, WI Police Department on December 31, 2016, after nearly 43 years of service. Terry was hired on February 18, 1974 and served the department in virtually all capacities including: patrol officer, juvenile officer, patrol supervisor and commander, services supervisor and commander, department training officer, SWAT team member, accreditation manager, and finally protective service commander.

Terry graduated from the FBINA in 1997. For the past nineteen years, Terry was a very active member of the Wisconsin FBINAA Chapter. Terry is also fitness fanatic. It was common to see Terry in

the department fitness room daily, sometimes twice a day! Even more impressive was his ability to maintain and still fit into his National Academy PT shorts! We wish Terry a long and well deserved retirement as he trades in his old patrol boots for a pair of Silver Sneakers!

■ **Kris Zhea**, 224th Session, retired from the U.S. Air Force as a Lt. Colonel as of October 1, 2016. Kris is now employed as the manager of Corporate Security at WEC Energy Group.

■ **James Pfister**, 259th Session, City of Oconomowoc Police Department, promoted from Lieutenant to Captain.

■ **Matt Carney**, 262nd Session, Village of Pewaukee Police Department, promoted from Sergeant to Lieutenant. Congratulations and best wishes to all!

DAVE MALONE RECEIVES "FIRST EVER" FIERCE FREEDOM AWARD

■ Fierce Freedom is an Eau Claire, Wisconsin based, non-profit organization dedicated to educating and raising public awareness about human trafficking in northwestern Wisconsin. At their annual banquet on February 23rd, 2017, Fierce Freedom awarded **Dave Malone**, (retired Chief of Police,

Eau Claire, WI) 104th Session, their first "Malone for Excellence Award." The award acknowledges Dave's years of support and volunteer efforts as a law enforcement officer. Fierce Freedom will select law enforcement personnel annually, who have provided support and efforts toward the same cause, to receive the "Dave Malone for Excellence Award." Dave is currently a manager of Applied Learning-Law Enforcement with the American Military University (AMU) and is also a Life Member of the International Association of Chiefs of Police (IACP).

MOST RECENT GRADUATES

Congratulations to Wisconsin's most recent graduates:

267th SESSION – March 17, 2017

■ Assistant Chief **Robert Abraham**, La Crosse Police Dept

■ Lieutenant **Cory Schalinske**, Eau Claire County Sheriff's Office
Captain Curtis Fell, Rock County Sheriff's Office

■ Lt. **David Stecker, Jr.**, Oak Creek Police Department

■ Lt. **Krista Ewers-Hayes**, Dane County Sheriff's Office

MEMBER ACCOLADES

■ City of Waupun, Deputy Police Chief **Scott Louden**, 244th Session, became President of the Fond du Lac County Law Enforcement Executive Association



(L-R) Scott Louden, Dale Herring.

on February 1.

■ Waupun Police Chief **Dale Herring**, 209th Session was honored with the President's Award for his 41 years of law enforcement service and being the personification of a good law enforcement officer.

END OF WATCH

■ On behalf of the Wisconsin Chapter, our sincere sympathy to the family, loved ones, friends, and associates of **Richard A. Hartwig**, 102nd Session, UW-Madison Police Dept, EOW – January 27, 2017. 🕒

Working Together to Save Lives *continued from page 22*

survival dramatically to more than 50%. The experience of losing someone to sudden cardiac arrest is an all too often occurrence for police officers trained to protect and save lives. Placing an AED in EVERY police vehicle across the USA will help to save countless lives. Arrhythmia Alliance is calling on all members of the FBI NAA to join with us to raise awareness of sudden cardiac arrest, demonstrate the value of an AED, and raise funds to place an AED in as many police vehicles as possible during 2017.

Arrhythmia Alliance holds frequent Community awareness events with its partners as a great way to kick-start local fund-raising campaigns – for more details call us now! 🕒

About the Author: **Trudie Lobban** – MBE, CEO and founder, Arrhythmia Alliance. An expert patient representative and advocate who has led the establishment of over 40 heart rhythm organisations worldwide in the past 23 years; working collaboratively with key partners of all backgrounds and disciplines to improve the diagnosis, treatment and care of both children and adults affected by cardiac arrhythmias and sudden cardiac death.

Recognized as a world expert and Key Opinion Leader on all forms of arrhythmia including sudden cardiac arrest, atrial fibrillation and syncope; regularly asked by leading world bodies to speak / present at global conferences based on a respected reputation as a facilitator who fosters an approachable and positive focus on collaborative problem solving.



Uses personal experience to inform all activities and applies this passion and belief to embed the patient perspective and to ensure the patient is viewed as a unique individual by the medical profession. Demonstrates a proven record of successfully influencing public health policy, increasing awareness of cardiac conditions and their symptoms, and of tangibly impacting the lives of millions of sufferers worldwide. Trudie was made a Member of the British Empire (MBE) for services to healthcare in 2009.

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