

The Magazine of the
FBI National Academy
Associates

NATIONAL ACADEMY



ASSOCIATE

Jan/Feb 2017 | Volume 19, Number 1

LAW ENFORCEMENT, PTSD & EMDR

PLUS | *A Challenging Time to be a Police Executive*
The Terrorist Who Loved Me

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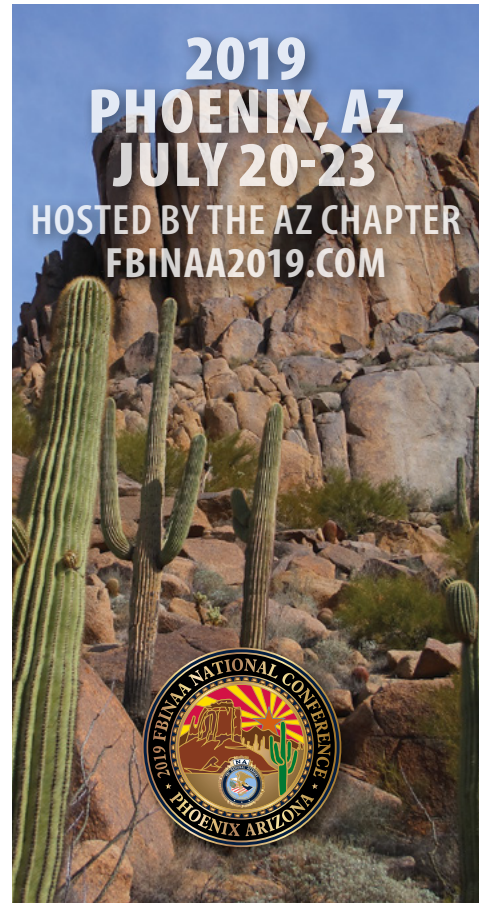
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Jan/Feb 2017
Volume 19 • Number 1

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Steve Tidwell / Executive Director, Managing Editor

Ashley R. Sutton / Communications Manager

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On the Cover:

There are nearly a million Americans serving in law enforcement. It is estimated that the incidence of current, duty-related Posttraumatic Stress Disorder (PTSD) in law enforcement personnel varies between 5.9-22% (Flannery, 2015). In addition, there are likely many officers that may have symptoms of PTSD but fail to meet the full diagnostic criteria. Their symptoms still are disturbing or debilitating.

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ASSOCIATION PERSPECTIVE

by Joey Reynolds

Greetings!

This will be my first article in our new “digital” format. Your Executive Board has had mixed feelings about the magazine going completely online since we began discussing this over five years ago. Judging from the e-mails I have received both pro and con, some of our members feel the same way. Unfortunately, the magazine for many years was printed and mailed at substantial financial loss and limited our ability to promote the Association. The difficult decision was made to go completely digital beginning in 2017.

There are some significant enhancements with a digital magazine, as we maximize its capabilities. The digital version, unlike the print version, does not have any limit to the number of pages, articles, columns, Chapter Chat and other features, or their length. The new digital format will allow for the magazine to be published the last week of the month that the issue covers and individual articles can be e-mailed or texted. In addition it is available on the website, in the Archives as a flipbook, and will be available in a downloadable PDF version. I truly understand that doing away with the “print” version of the magazine is an emotional issue for some of our members, as it was for me. However, from a business decision it made sense.

On a different note we are getting into the “busy” season of our Association. As I write this article the FBI National Academy Unit, your Executive Board and Executive Office Staff are making plans to host the Chapter Officer’s Meeting. This is a busy, but enjoyable week as we catch up with old friends, make new ones and go about the work of our Association. I want to personally thank Assistant Director **David Resch** and his team for their continued support and dedication to the National Academy and in particular our Association. I have said many times when I talk to our members, that our relationship with the FBI has never been better.

The **Chapter Officer’s Meeting** will be a time for fellowship and a time for business, as we meet with the leadership from your Chapters and learn what is important to them as our Association continues to be the “*Strongest Law Enforcement Leadership Network in the World.*” We will also be highlighting some new initiatives including the membership software upgrade, as well as introducing the new “super vendor” for our online store.

There will also be a solemn moment while we induct one of our members, Deputy Inspector **James W. Baber**, Alexandria Police Department and Session #33 to the Hall of Honor.

I know many of your Chapter Officers are making plans for your Chapter Conference and we, at the National Office are doing the same. The plans for the **National Conference in Washington, DC** are going well and early registration is tracking ahead of schedule. If you haven’t registered for the National Conference in Washington, DC, July 30 through August 2, I would strongly encourage you to do so. I know **Michael Spochart** and his team are working hard to make the conference memorable as they bring the National Conference back to where it all started.

Your Executive Board is pleased to announce the selection of **Mark Morgan** as the next Executive Director of the FBINAA. Mark’s leadership, vision, executive experience, familiarity and unbridled enthusiasm



for our Association will provide a continued strive towards excellence for the FBINAA. Mark will assume the position on August 4th, following a transition period. Executive Director, **Steve Tidwell**, has graciously agreed to stay on through the National Conference where he will turn the reins over to our new Executive Director **Mark Morgan**.

Several of the Executive Board Members were fortunate to attend the **5.11 Tactical Steak Dinner** for the 267th Session. We were able to see first-hand the commitment that CEO **Tom Davin** has for this Association as he spoke to the group and explained how important their partnership is to the FBI National Academy Associates. It was a great evening of fellowship and I think the steaks get bigger with each session.

In closing, I want to thank one of our members who reached out to me in early December of last year. I received an e-mail from **Pat Carroll** from the Connecticut Chapter. Pat is a proud graduate of the 65th Session that graduated in June of 1960. Pat sent me a very warm e-mail that touched me in several ways.

My initial reaction was that I was pleased that I had feedback from one of my articles. Then as I re-read his e-mail and it reminded me how much responsibility I have to our members, like Mr. Carroll, as your President. Most importantly, I was struck by how much the experience of attending the National Academy as well as his membership in the Association meant to him, so much so that he has remained an active, dues paying member at the age of 94. The fact that he would care enough about this Association to reach out to the current President at this time in his life is an example I hope we all recognize and will emulate.

I have used Mr. Carroll’s story as I have spoken to our members as your President; I challenged them as I am challenging you now, to be that guy! We can all learn from Mr. Carroll’s example of what it looks like to be a lifelong member of this Association of great law enforcement leaders. I want to thank you Mr. Carroll for your simple note that made such an impact on me and hopefully, our membership. 🇺🇸

God Bless!

Joey Reynolds

Joey Reynolds
President



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CC 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



Special Agent In Charge Marlin Ritzman swearing in new members of the Board – Robert Beasley, Secretary/Treasurer, Shirley Coté, President, and Barry Wilson, Vice President of Southcentral Region. Vice Presidents Sean McGee and Chad Goeden will be sworn in later.



Annual Alaska Chapter FBINAA Christmas Party.

ALASKA

■ The Alaska Chapter voted in a whole new Board, with Ms. **Shirley Cote** being the new Chapter President. Exciting, as they hope to build a new strong group. Visiting Magnum PI (AKA Arizona Member **Terry Vrabec**) visited to help them with the change over and we had a great Hawaiian themed dinner to celebrate the strength and unity of the law enforcement community. Notice the Law Enforcement American flag in the background, as

all attendees received one to show respect for them and their families.

■ Past President **Terry Vrabec** receiving a plaque from incoming President **Shirley Coté**. Terry was recognized for his 16 years of service as the Alaska Chapter President. Terry also spent his first year on the board as Vice President and his last year as Past President. We could not have asked for a more involved leader.



(L-R) Terry Vrabec, Shirley Coté.

■ The annual **Alaska Chapter FBINAA Christmas party**. Every year we have a different theme. This year it was Hawaiian (in case you couldn't guess). Year after year it's a tremendous amount of fun with good food, games, prizes and most of all camaraderie.

ARIZONA

News

■ FBI Director **James Comey** recently met with the Police Chiefs and Sheriffs from Arizona, as well as the Executive Board of the Arizona Chapter of the FBI-

NAA. Director Comey provided an overview of current events and held a lively Q & A session. His time was appreciated by all.

CALIFORNIA

■ Congratulations to **Roxana Kennedy**, NA 243, for her promotion as the first female Chief of Police of the Chula Vista Police Department, Chula Vista, California. Roxana is a very active member of the California Chapter and serves on the California Executive Board as the Corporate Sponsorship Development Coordinator. Roxana does a phenomenal job in this position. Again, congratulations Chief Kennedy.



Roxana Kennedy



(L-R) Arizona Chapter Board members, Secretary/Treasurer Rich Benson (192nd), 1st Vice President Steve Stahl (252nd), Director James Comey, President Bill Peters (230th), 2nd Vice President Dave Harvey (261st), and Sergeant at Arms Jimmy Rodriguez (256th).

CHAPTERCHAT

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■ Congratulations to **Ronald Lawrence** for his promotion to

Chief of Police of the Citrus Heights Police Department, Citrus Heights California. Ron is a graduate of the NA 230th session and was selected for this position from the Rocklin Police Department. Congratulations Chief Lawrence.



Chief Ronald Lawrence

■ Congratulations to **Darin Lenyi** for his appointment to

Chief of Police of the Placentia Police Department, Placentia, California. Darin is a graduate of the NA 243rd session. Congratulations Chief Lenyi.



Chief Darin Lenyi

■ Congratulations to **Nicolas Paz** for his appointment to Chief of Police of the Laverne Police Department,

Laverne, California. Nick is a graduate of the NA 255th session. Congratulations Chief Paz.



Chief Nicholas Paz

FUTURE EVENTS

■ There is still time to register for the **2017 California Law Enforcement Executive Development Seminar (LEEDS)**. The Los Angeles Division is excited to be hosting the 2017 CA-LEEDS at the beautiful Em-

bassy Suites Mandalay Beach Resort in Oxnard, California, May 8-11, 2017. We have an exciting training agenda planned for attendees with speakers from throughout the country presenting topics related to leadership, media and crisis communications, the opioid epidemic, cyber-crime, and more. The seminar will be highlighted by a presentation by U.S. Navy Seal **Jeremiah "J.P." Dinnell** as he discusses leadership lessons learned on the front lines of U.S. combat in Iraq. "J.P." works closely with **Jocko Willink & Leif Babin**, authors of the best-selling book *"Extreme Ownership."* Registration information can be found at www.2017ca-leeds.com. If you have any questions please contact our 3rd Vice-President **Eric Sonstegard** at fbinaa-losangeles@gmail.com who is coordinating this event.

■ We are proud to announce that the California Chapter of the FBI National Academy Associates will host its **annual training conference** at the Hyatt Regency Mission Bay in San Diego, CA from August 30 - September 1, 2017. The theme for our 2017 Conference is *We Can Be Heroes*. This is an opportunity to motivate Law Enforcement leaders. Providing inspiring real-life accounts focused on effective leadership in an increasingly dangerous year in which law enforcement came under attack. The overall law enforcement officers killed in the line of duty is up 6%, and those killed by firearms attacks up an astonishing 59%. The presenters for this Conference are experts in their field, bringing a national reputation for effective and uplifting presentations. The conference will explore multiple approaches to motivation, and will include talks on how to keep the Super-Heroes Super,

and a debriefing from first hand law enforcement heroes that handled the December 2015 terrorist attacks in San Bernardino. Please go to the California Chapter website at www.fbinaacalifornia.com and follow the links to register. If you have any questions, our Committee Chairman 1st Vice President **Michael Barletta** will be happy to provide answers at barfive@cox.net.

■ The California Chapter is sponsoring two candidates for the YLP held at the FBI Academy in June, 2017. The candidates this year will be selected from the Sacramento and San Francisco Divisions. Please go to www.fbinaacalifornia.com for details. All applications must be submitted by March 15, 2017.

CHAPTER RECOGNITION

■ The California Chapter recognized three members from the Los Angeles Division for their dedication and support of the National Academy Associates for over 25 years. Presenting the 25+ years pins was then President **Russell McKinney** and 4th Vice President **Eric Sonstegard**. Receiving the awards are **Jack Horvath**, NA 153, **Karen (Green) Henkel**, NA 136 and **Bill Rinehart**, NA 121. Congratulations and thank you for commitment to our association.

■ Vice Presidents **Mike Barletta** and **Daman Christensen** presented Scott Pearce, NA 154 with a California Chapter Resolution for his service as Chapter Historian and longtime support of the National Academy Associates.



(L-R): Eric Sonstegard, Jack Horvath, Karen Henkel, Bill Rinehart, Russell McKinneys.



(L-R) Michael Goold, Bert Seymour, Daman Christensen, Bill Deasy.

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CHAPTERCHAT

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(L-R) Daman Christensen, Mike Barletta, Scott Pearce.

■ Sacramento Division Vice President **Daman Christensen** and member **Michael Goold**, NA 251, presented special "Yellow Bricks" to long time members **Bert Seymour**, NA 80 and **Bill Deasy**, NA 87. Official yellow bricks were not given until the 154 session.

■ **James Buzo**, #227, was promoted in November to the position of Lieutenant with the San Joaquin County District Attorney's Criminal Investigation Bureau.

RETIREMENTS

■ Congratulations to recent retiree: **Mitch McCann**, NA 239, Simi Valley Police Department.

END OF WATCH

■ The California Chapter conveys our deepest sympathy to the family and loved ones of **John Benoit**, NA 147, Corona Police Department and California Highway Patrol, EOW December 26, 2016.

CONNECTICUT

■ The Connecticut Chapter of the FBINAA held its **annual dinner** on November 17th, 2016 at the Aqua Turf Club in Southington, CT. This annual event is one of the highlights of the Chapter's year and is always a fine time of camaraderie, training and reconnection with members, old and new. The keynote speaker for the event was Mr. **Matt Kane**, who was the last passenger off of US

Airways Flight 1549, piloted by Captain **Chesley "Sully" Sullenberger**, which was forced to ditch in the Hudson River on January 15th, 2009. This event, known as the "Miracle on the Hudson", was described by one NTSB member as "the most successful ditching in aviation history." The Chapter offers its appreciation to Mr. Kane for sharing his inspiring story.



(L-R): Mr. Matt Kane, Assistant Chief Anthony Cuozzo, Orange CT PD, CT Chapter First Vice President, NA 220th Session.

FLORIDA

■ It is with deep sadness that we announce the passing of former Chief Deputy **Ronald L. Clark**. Chief Clark, 74, passed away this morning at Hospice of St. Francis with his family and friends by his side. The career of Chief Clark spanned four decades of dedicated service, with agencies at the military, municipal, county, state and federal levels. Each employment opportunity resulted in Chief Clark assuming a leadership position, where his vision and innovation became the catalyst for improvement, refinement, and excellence. Chief Clark was the longest serving Chief Deputy in Brevard County Sheriff's Office history, where he proudly served for over 16 years.

Hundreds of public safety personnel have been mentored and developed by Chief Clark, with many assuming positions of leadership in a variety of organizations. The early development of these law enforcement lead-

ers by Ron has helped to ensure our communities are served and protected to the benefit of all.

As a Brevard County resident for more than 50 years, Ron has been a contributing member of many civic organizations and has supported countless community projects for the betterment of citizens and visitors to this area. Family values and quality of life have been constant measures in both his personal and professional life.

Our community owes a great deal of gratitude to Chief Clark as his entire working life has been dedicated to the service of others. Whether in the United States Army, Chief Investigator at the Titusville Police Department, or as our Chief Deputy, the service level of law enforcement improved under his watchful eye. The community benefited from his dedication, and the development of his successors continues his legacy today.

Chief Clark is survived by his wife **Vicki**, daughter **Ronda Sapashe**, son Steven Clark, daughter **Shelley Nettles**, son-in-law **Michael Nettles**, sister **Claudia McDaniel** and five grandchildren.

■ The Florida Chapter conveys our deepest sympathy to the family of **Donald Dempsey**, Session 124. Mr. Dempsey was an active member of our chapter and worked for the Polk County State Attorney's Office.

PROMOTIONS AND/OR CHANGE IN DEPARTMENT

- **Tommy Ford**, 258th Session, was elected Sheriff of Bay County.
- **Darryl Daniels**, 255th Session, was elected Sheriff of Clay County.
- **Rick Staly**, 177th Session, was elected Sheriff of Flagler County.
- **Peyton Grinnell**, 244th Ses-

sion, was elected Sheriff of Lake County.

- **Bob Johnson**, 241st Session, was elected Sheriff of Santa Rosa County.
- **Dennis Lemma**, 236th Session, was elected Sheriff of Seminole County.
- **Mike Chitwood**, 204th Session was elected Sheriff of Volusia County.
- **Sharon Armstrong** 253rd Session was promoted from Sergeant to Deputy Chief.

RETIRED

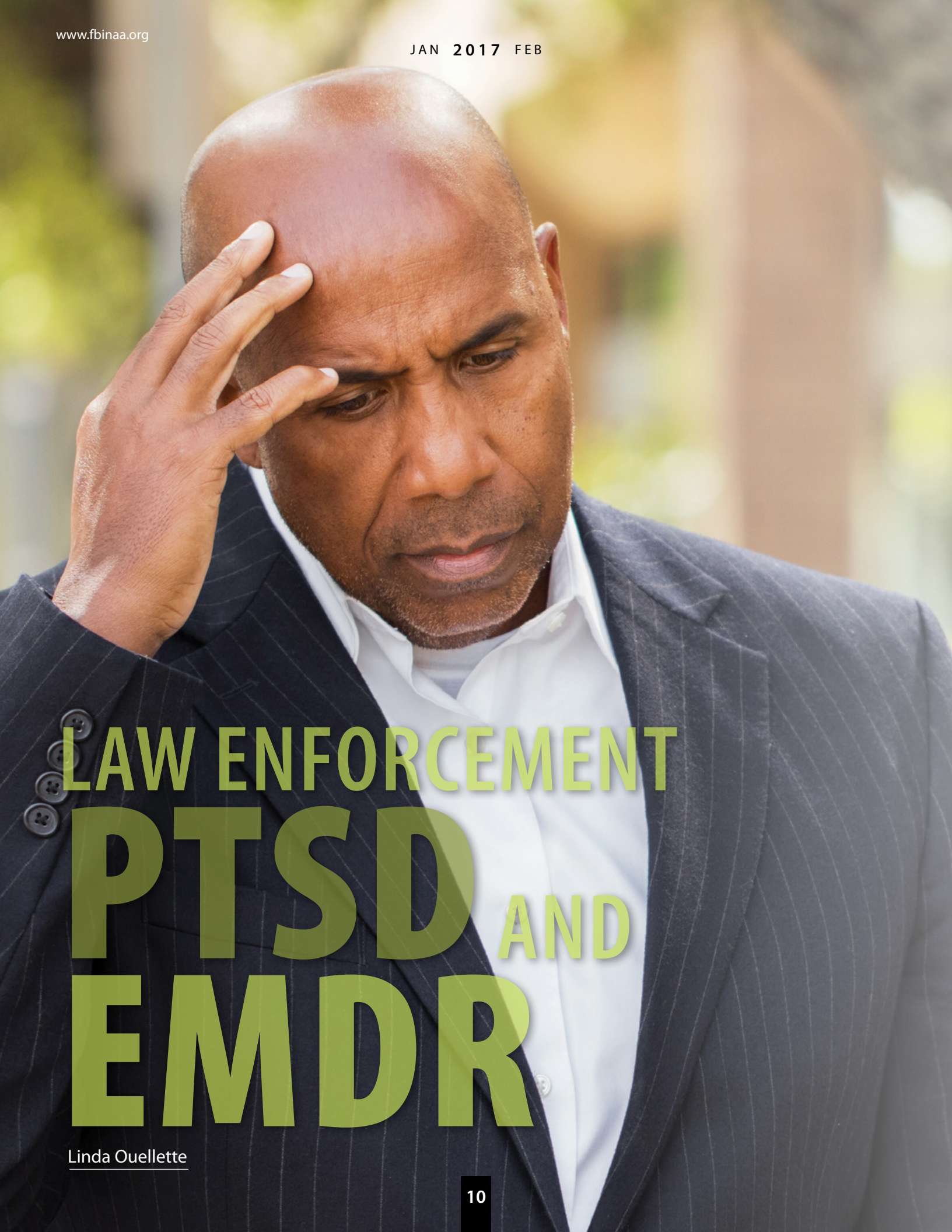
- **Robert Randle**, 189th Session, Chief of Police, Gulf Breeze, retired on Nov. 4, 2016, after 36 years of service;
- **Mike Hardee**, 232nd Session, Major Administration Bureau, Clay County, retired after 42 years of service;
- **Rick Beseler**, 141st Session, Sheriff, Clay County SO, is retiring on January 2, 2017, after serving over 42 years of service in 3 law enforcement agencies - Green Cove Springs PD, State Attorney's Office and ultimately, Clay County SO, where he was elected Sheriff in 2004. He was re-elected again in 2008 and 2012 and decided not to seek a fourth term. Rick served the Florida FBINAA Chapter for 25 years, including being elected Chapter President in 2005 and subsequently served for 8 years as Chapter Historian;
- **Thomas Dettman**, 133rd Session, Chief of Police, Sebring, will have his final "10-7" on December 31, 2016, after serving 45 years, 5 months and 10 days in law enforcement.

■ We are happy to announce **Chris De Libro**, graduate from the 259th Session of the National



Chris De Libro

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LAW ENFORCEMENT
PTSD AND
EMDR

Linda Ouellette

There are nearly a million Americans serving in law enforcement. It is estimated that the incidence of current, duty-related Posttraumatic Stress Disorder (PTSD) in law enforcement personnel varies between 5.9-22% (Flanery, 2015). In addition, there are likely many officers that may have symptoms of PTSD but fail to meet the full diagnostic criteria. Their symptoms still are disturbing or debilitating.

OFFICER SAFETY AND WELLNESS

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

Since 2001, police have had to add dealing with the imminent threat of terrorist attacks to their responsibilities. Law enforcement personnel, and other first responders, are exposed daily to acute stress and trauma. These incidents have a cumulative effect. In someone susceptible to developing PTSD, there is no time to recover from one event before they are facing the next one.

The *Diagnostic and Statistical Manual of Psychiatric Disorders* (5th ed., 2013) defines PTSD as “Exposure to actual or threatened death, serious injury, or sexual violence in one (or more) of the following ways:” Directly experiencing the traumatic event or witnessing it, in person, learning that the event happened to a family member or close friend, or experiencing repeated or extreme exposure to aversive details of the traumatic event.

There are many pretrauma factors that influence whether or not one is vulnerable to developing PTSD or is resilient. There are genetic susceptibilities. Demographic variables play a role. Women tend to be more likely to develop PTSD than men. Whether the officer has a previous trauma history, including childhood trauma is important to consider. Is there a history of psychiatric illness? How well adjusted is the person? What is their intellectual functioning? How well do they cope with other stressful events?

Then, there is the traumatic incident itself. The degree of life threat may influence responses to the critical incident. There are psychological and biological responses at the time, and shortly after the event. The reactions during or in the immediate aftermath of the trauma are called peritraumatic reactions. These reactions and one’s perception of life threat have a strong association with PTSD symptoms. If left untreated, these overpowering symptoms may last indefinitely.

Historically, two problems in dealing with PTSD in first responders are under-reporting and under-recognition. In under-reporting, the tra-

uma survivors themselves exhibit a lack of trust, a fear of being seen as “weak” or even a failure to recognize the symptoms. While most of us consider first responders to be “tough” and resilient, many suffer in silence. There has also been under-recognition of the traumatic symptoms by health care providers. These problems were described by Harris in 2001. In the past 15 years, the healthcare field has traveled light years in their understanding and recognition of trauma. “Trauma-informed care” is the new standard that agencies and healthcare organizations, including mental health groups, aspire to.

We now understand that trauma is not the actual event or even our memory of that event. Trauma is how the nervous system responds to the event. **Bessel van der Kolk**, an internationally acclaimed clinician, educator and researcher with over 40-years of experience in working with and treating people who have experienced trauma describes trauma; “*From my vantage point as a researcher we know that the impact of trauma is upon the survival or animal part of the brain. That means that our automatic danger signals are disturbed, and we become hyper- or hypo-active: aroused or numbed out. We become like frightened animals. We cannot reason ourselves out of being frightened or upset. Of course, talking can be very helpful in acknowledging the reality about what’s happened and how it’s affected you, but talking about it doesn’t put it behind you because it doesn’t go deep enough into the survival brain.*” The reaction to trauma causes chemical changes in the body, on the hormonal level, which make it impossible to “just get over it.” These chemical changes produce two of the major symptoms of PTSD – hyperarousal and hypoarousal. With hyperarousal comes anxiety, agitation, sleep difficulties, intrusive memories (flashbacks) and nightmares. Hypoarousal, on the other hand, involves the shutting down of sensations and emotions, or what they call “psychic numbing.” This shutting down also effects the cognitive area of the brain which results in having trouble concentrating, remembering things, making decisions and talking about what happened to them. Ironically, this shutting down, under typical circumstances, is what makes them so good at their job. They train themselves to not see what they are seeing. If they are not able, afterwards, to “turn back on” when with family or friends, PTSD has arrived.

One of the more familiar treatments for critical incidents is the **Critical Incident Stress Debriefing (CISD)**. These debriefings have been common practice for first responders, their value has not been scientifically evaluated. The **World Health Organization**, for instance, says a psychological debriefing “should not be used for people exposed recently to a traumatic event” and may do more harm than good.

The efficacy of EMDR, on the other hand, has been well documented. The **EMDR International Association (EMDRIA)** defines EMDR (Eye Movement Desensitization and Reprocessing) as an “evidence-based psychotherapy for Posttraumatic Stress Disorder (PTSD).” **Francine Shapiro**, the originator of EMDR, discusses the AIP, or Adaptive Information Processing model. The premise is that PTSD symptoms today are due to traumatic or disturbing adverse life experiences which are maladaptively encoded or incompletely processed in the brain. EMDR facilitates the resumption of normal information processing and integration. Present symptoms are alleviated and distress from the disturbing memory is decreased or eliminated. The client has an improved view of the self and relief from bodily disturbance.

In typical memory processes, new experiences process through an information system that allows the current situation to link with adaptive memory networks associated with similar experiences in the past. Thus, the person develops a knowledge base with perceptions, attitudes, emotions, sensations and action tendencies that will assimilate more similar experiences in the future.

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Law Enforcement PTSD and EMDR *continued from page 11*

Traumatic events are stored maladaptively in memory, such that they cannot link with memory networks that have more adaptive information. Memories then become susceptible to fragmented recall that is not functional in terms of time, place and context. New information or positive experiences cannot connect with the disturbing memory, as it is now in its own memory network, separate from the adaptive memory networks.

There are 8 phases in the treatment of PTSD with EMDR, that will proceed over several sessions. Phase 1 is **Client History and Treatment Planning**. In PTSD in a first responder this is likely to confine itself more to the history of the actual traumatic event(s). As past trauma, even from childhood, can impact someone's susceptibility to developing PTSD, that will be discussed as needed. Treatment planning consists of developing a list of "targets," or memories/events to process. Phase 2 is **Preparation**. The person will be oriented to the EMDR definitions and processes, so they can give informed consent. The first responder needs to master self-soothing, and adaptive resources prior to dealing with the disturbing memories. You need to learn how to step on the brake, before you step on the accelerator. In Phase 3, the **Assessment** phase, the clinician and client establish a particular memory to target, and establish a baseline of their current response to the intensity of that memory. The client is asked first to imagine a picture of the worst part of the experience. Then they reveal a negative irrational belief they have about themselves now that goes with that event. With first responders those negative beliefs are likely to be things like, "I am in danger," or "I should have done something more," or "It's my fault." Then they are asked about a positive belief they would like to have about themselves now instead, things like "It's over. I'm safe now," "I did everything I could," "It is not my fault." They rate how true the positive belief feels to them at this time (scale of 1-7). They are then asked what emotions they feel, how disturbing the memory seems to them now (scale of 0-10) and what physical sensations they are noticing.

During **Desensitization** (Phase 4) the memory is accessed and the client is asked to notice his/her experiences while the clinician provides alternating bilateral stimulation, eye movements, tones or taps. The client then reports what they experience. Once the disturbance is at or near zero, the **desired positive belief is mentally paired with the disturbing event and this is processed until that belief feels com-**

pletely true. Then the client does a **mental body scan** (Phase 6), where they are looking for any tension or tightness that might be lingering. The session is closed (Phase 7) with information about **getting support between sessions**, and with accessing some of the **self-soothing skills** they learned in Preparation. Phase 8, **Reevaluation**, takes place at the beginning of the next session, where the target memory is evaluated to see if any disturbance remains. Each memory or disturbing image of the traumatic event is processed with this protocol.

There are some variations to this standard protocol which, with additional EMDR training, can be used with more recent traumatic events, and early EMDR interventions. There is a protocol that has been developed to be used by paraprofessionals in crisis situations. There is an **Emergency Response Protocol** to help people who are severely affected by an event, such that they are shaking, in shock, perhaps even unable to speak right away. Much of this would apply to first responders. Many randomized, controlled trials have demonstrated the efficacy of EMDR for the treatment of PTSD. If they are willing to seek help, first responders no longer have to suffer in silence.

About the Author: Linda Ouellette, MA, LPC lives in Tucson, AZ and shares her time between EMDR and clinical supervision at Sierra Tucson, a world-renowned behavioral health treatment center, and her private practice, Awakenings Counseling. She is certified in EMDR, and helps train others. She is in awe of the power of EMDR and how it can truly change lives.

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Academy, was promoted to Major at the Lake County Sheriff's Office in Tavares, Florida on January 3, 2017.

KANSAS/WESTERN MISSOURI

The Kansas-Western Missouri Chapter sends out a warm hello to all of our friends worldwide! We have several folks we would like to honor who have retired from our Chapter recently!

■ Major **Eric Winebrenner**, Session #252, retired December 31, 2016 from the Kansas City, MO Police Department with 27 years in law enforcement. Major Winebrenner spent his

*Major Eric Winebrenner*

Georgia Chapter: 4 current chapter presidents and 2 Executive Board members at the Georgia mid-winter business meeting in Augusta, GA January 12-13. (FL, GA, MD-DE, and SC).

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CHAPTERCHAT

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entire career with KCPD and indicated he had a great career with his organization and many great people he worked with over the years. He served in different capacities including division commander and serving as the department's liaison with the city manager's office. Eric was chosen as the new Public Safety Director at the Mid America Regional Council (MARC) located in Kansas City in January, 2017. He will oversee MARC's work to administer the regional 9-1-1 system and interoperable communications systems. Eric will stay an active member of the FBINAA and looks forward to interacting with those in the Kansas-Western Mo Chapter. Thank you to Eric for his many years of distinguished service and continued work with law enforcement in his new position.

■ Captain **Mark Terman**, Session #245, retired December 31, 2016 from the Kansas City, MO Police Department after serving a total of 34.5 years in law enforcement. Captain Terman began his career at the Polk County, MO Sheriff's Department in 1982 before heading to KCPD after three years. He has worked over 31 years in the Kansas City community and really has enjoyed serving his department and city. Mark will continue his law enforcement career as a Lieutenant with the Harrisonville, MO Police Department. He wants to stay active with the FBINAA and working with many of his new regional partners in law enforcement. We appreciate his many years of service.

MARYLAND/DELAWARE

■ The Maryland/Delaware Chapter of the FBI National Academy Association held its annual business meeting at the O'Callaghan Annapolis Hotel in Annapolis, Maryland on December 2nd, 2016. This year, the room was packed with members as the Executive Board presented a year in review and announced their



President Greg Guiton discussing the many successful events in 2016.

agenda for 2017. The business reports were followed with a wonderful lunch at the Hotel.

EASTERN MISSOURI

■ Judge **Tim Engelmeyer** swears incoming board members to their offices, President **Glen Eidman**, Session #229, 1st VP **Steve Schicker**, Session #220, 2nd VP **Steve Lewis**, Session #236, Sgt. at Arms **Randy Boden**, Session #250 and Secretary/Treasurer Mike Laws, Session #225.

■ Eastern Missouri outgoing President **Kenneth Cox**, Session #232 thanks the Chapter and applauds them for an outstanding National Conference. Highlighting the overwhelming positive response from the attendees on a safe, hospitable and excellent training conference. Ken served the chapter well and will continue as past president providing guidance and advice to the incoming board.



Ken Cox

NEW JERSEY

■ This year's **Conference** was held at Harrah's Resort in Atlantic City, New Jersey, on September 26 and 27, 2016. The theme,



The Executive Board getting sworn in for 2017. (L-R) FBI Robert Hallman, Past President Greg Guiton, Treasurer Dan Galbraith, Sgt at Arms Joseph Conger, 2nd Vice President Laura O'Sullivan, Vice President Scott Kolb and President John Campanella.



Judge Engelmeyer swears incoming members.

"Present and Emerging Threats to the Homeland" focused on terrorist attacks both overseas and domestically. With just weeks away from the start of the Conference, we were reminded that the homegrown threat is a clear and ever present danger to the safety and security of the United States of America with the detonation of explosive devices in Seaside Park, New Jersey, and New York City. As uncertainty and confusion ensued among the public after the explosions on September 17, 2016, the men and women who wear the shield immediately went into action. It is a stark reminder of the courage and selflessness of the men and women who stand as fearless sentinels on the thin blue line resolute to protecting and serving citizens throughout this great county.

The Conference was well received by the 196 registered attendees from New Jersey, New York and Pennsylvania. Our speakers this year were both internationally and nationally distinguished professionals in Law Enforcement. Major **Christophe Boucharin** of the French National Police, with 35 years of experience in international terrorism, has investigated several high profile terrorist attacks including the Richard Reid (shoe bomber) case and the Charlie-Hebdo attack, in Paris.

NEW YORK/EASTERN CONNECTICUT

■ **Paul Boscia**, NA217, was designated the Undersheriff of Putnam County (NY).
 ■ **William Sheron**, undersheriff, was just elected sheriff in Gen-

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A Challenging Time to be a **POLICE EXECUTIVE**

Stuart Cameron

Police professionals taking over the reigns as the chief officer in a law enforcement agency today will face a number of unique challenges, many of contemporary origin. Chiefs must function in an unprecedented dynamic and evolving environment which is reflective of rapid changes in society and technology. The widespread and unfettered access to information fostered by cable news, local news patches, mobile phone applications, the Internet and social media can be both a burden and an opportunity. New police executives will also be confronted with limited resources, tight budgets and often a lack of personnel to deal with threats such as terrorism, targeted attacks on law enforcement and active shooter incidents. The nation and the world are becoming increasingly interconnected. The actions of officers in virtually any police department in America, or even overseas, can have consequences for executives in all departments. Misconduct or perceived misconduct can impact law enforcement far beyond the department within which an event occurred.

The pace at which changes to American culture are progressing seems to be increasing in synch with technological advances. **Gordon Moore** postulated a theory regarding the steady doubling of the capability of an integrated circuit called **Moore's Law**. Moore's Law is often cited as a driving force behind the growth in technology, social change and productivity. The rapid adoption and expansion of technologies such as smart phones, social media, unmanned aerial systems and autonomously driven vehicles are all examples of tools that are driving and will continue to drive substantive changes to the way Americans live their lives.

Twenty-first century marvels, such as social media and smart phones, allow individual citizens to have an unprecedented ability to widely propagate content or views. Videos of purported police misconduct can rapidly go viral creating social unrest in a given community and even across the nation. Never before has one individual had such ready access to the masses. Never before has the public had such ever present availability of cameras and video equipment to record and even live broadcast events as they occur. Social media has no doubt helped to fuel recent anti-law enforcement sentiment in many American communities that began around the time of the unrest in Ferguson, Missouri and which con-

tinued today. Protesters bemoaned the conduct of police after several high profile incidents in major cities across the United States. This led to protests and violence in many localities.

Rising rates for certain categories of violent crime, including homicide, in some areas of the country that have occurred after the onset of this anti-police movement has been attributed by some to a phenomenon called the **Ferguson Effect**. This theory has been proffered by numerous individuals, including **James Comey**, the Director of the FBI. Those that advocate the validity of the Ferguson Effect believe that it may be due to law enforcement officers who are now reluctant to perform their duties with the same zeal as before out of a fear of being accused of wrong doing. Others believe that the so called Ferguson Effect may be a result of lowered police legitimacy in minority communities post Ferguson. When communities view law enforcement with suspicion and distrust police legitimacy falters. This can often result in an unwillingness to recognize police authority and an attendant increase in crime as civilians seek justice by taking the law into their own hands or by refusing to cooperate with police investigations. Police legitimacy is derived from a perception of procedural justice, which is the feeling that the police are treating the public fairly, allowing all citizens to express their side of an event and are making decisions in an honest and unbiased manner. Everyone desires to be treated fairly, honestly and with respect in all aspects of their lives, including during encounters with police.

Another concomitant reaction to the events in Ferguson is the notion that police departments have become over-militarized. Those that subscribe to this belief cite the use

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THE TERRORIST WHO LOVED ME

Eugene Casey

(as told to by François Cassar)

After 9/11 many Americans decided to take action in the effort to fight terrorism. Some joined the military, some joined the intelligence services, some joined the police and some applied for the FBI. The FBI had an urgent need for people fluent in select foreign languages. One such patriotic applicant was an American immigrant named **François Cassar.**¹

The hiring process was not easy; it's a long and arduous process that can literally take years. Many of us in the counterterrorism business, whether it be law enforcement or in the intelligence business, have experienced that "gulp" moment during our background investigation. This is the moment you are strapped to the polygraph machine and the FBI polygrapher asks you that one question you were dreading. For many of us that question had to do with drug policy and that marijuana experimentation you did in college. Or that year you failed to file a tax return or that one-off juvenile act of graffiti vandalism or some other such trivial yet guilt inducing event in your young life. For François that question was "*Have you ever had any contact with terrorists?*"

François Cassar played the guitar. When he was younger, he played it so well and so often, some of his friends called him **François Guitar**. François played lead guitar with a local rock band called The Pink Panthers. He sang too. He also played solo and had a gig with an ad hoc trio at Cocody, a fancy restaurant near the Beirut International Airport. The trio consisted of a pianist, a singer and François.

The time was the late 1960's and early 1970's and the place was Beirut. These were the days when Beirut was a vibrant city, full of life, before the civil war. Beirut was cosmopolitan, pulsing with night life, a place where the sexual revolution thrived and political revolutions simmered. Unlike other cities of the Middle East that fell under the spell of dictators and nationalistic socialist movements, Beirut attracted the region's wealth, its educated elite, foreign corporations and Western tourists. There was not yet a Green Line, a Christian sector, a Muslim sector. Beirut was warm and sunny and its people were fully alive.

In 1968 the trio got the gig at Cocody through the host of the Lebanese TV show *Pèle-Mêle*. *Pèle-Mêle* was a musical competition show, a precursor to *American Idol*. One night François was performing at Cocody accompanied by a drummer and a pianist, both of whom were drunk. The host's wife, Marguerite, sat alone at a table with a drink in her hand, smiling sweetly at François. A few weeks earlier she had taught François how to drive in her white Simca 1100. It was the same car she used to drive François to the gig that night. The booziness of his fellow musicians made them play sloppily, bothering François to the point where he resolved not to become a professional musician. Instead, he set his sights on becoming an international businessman.

Suddenly, in mid-song, there was a huge explosion and the lights went out. François realized that it was an airstrike. François grabbed Marguerite, who was dazed, and took her to her car. François jumped in behind the wheel and floored it. A helicopter appeared overhead and trained its spotlight on the Simca. Machine gun fire rang out and the Simca was hit. Luckily, they were not injured, but the trunk of the Simca sported a bullet hole as a reminder of how close they had come.



The Pink Panthers performing in Beirut.

The Israeli Air Force had bombed empty planes parked at Beirut's airport² in retaliation for the **Popular Front for the Liberation of Palestine's** (PFLP) attack on an El Al jet in Athens two days earlier. The PFLP was based in Beirut. François realized that the helicopter was just trying to keep civilian cars away from the airport.

François was born in Alexandria, Egypt, to Lebanese parents in 1947. He and his family moved back to Beirut in 1960. François was born into a Christian family, and during the run up to Lebanon's civil war, before Beirut was divided into Christian and Muslim sectors, he moved to Kuwait in 1973. François's work later took him to Paris, Germany, Saudi Arabia and the United States. In Saudi Arabia, François had his own construction company and helped build the aircraft facility in the Wadi al-Sahba in Al-Kharj, which housed the U.S. made Airborne Warning and Control System (AWACS) surveillance aircraft. This facility, now known as the Prince Sultan Air Base, was later used by U.S. forces to enforce the no-fly zone over southern Iraq after the Persian Gulf War. Another company that was busy reconstructing Al-Kharj in the 1990's was known as the Bin Laden Group.

In 1980 François moved to Cherry Hill, New Jersey and became a U.S. citizen in 1987. After the terrorist attacks of 9/11/01, François, now living in Chicago, like many patriotic Americans, wanted to serve his country. He applied to the FBI, hoping to work as an Intelligence Analyst or a translator, since, in addition to English, François spoke French, Arabic, German and Spanish. As part of the hiring process, the FBI interviewed François and submitted him to a polygraph examination. Among the many questions they asked, they wanted to know if he had ever had any contact with terrorists.

By 1972 François was still a student playing gigs at Cocody, but he also worked in the downtown Beirut office of Swiss Air. His student days were nearly over and a future in business beckoned. François worked behind the counter helping customers who came in from the street. One day a beautiful young Japanese woman came into the Swiss Air office. She was distraught, in tears. François asked her to sit down and got her some water. The woman explained that she had lost her ticket for her flight back home to Tokyo. These were the days of paper tickets, before electronic ticketing, and François knew her claim could not be immediately verified. François promised to help her, told her not to worry, and asked her to return again the next day.

François then got to work, sending a teletype to the Swiss Air office in Tokyo to verify her reservation, purchase and payment. François received a response the next day, verifying her story. They had found her transaction and authorized François to reissue her ticket. He did so and called to tell her that her ticket was ready.

François was alone in the office when she returned to pick up her ticket. It was the middle of the summer and they had a long talk. She told François that she thought Lebanese men were very handsome. He asked her what she was doing in Lebanon. She said she was in Lebanon working on her Masters degree and was studying the plight of the Palestinians living in refugee camps in Lebanon.

The next time François showed up at the Swiss Air office, he found two dozen red roses waiting for him. A note with the flowers thanked him for his help in getting the ticket reissued. François understood what it meant to receive red roses from a woman. With business between them concluded, François took the initiative, calling her and asking her on a date. Her name was Fusako. She taught him how to pronounce it correctly, starting with the combined sound of an F and an H.

Fusako agreed to see François. For their first date, François took her to La Creperie in Kaslik, a romantic spot perched on a cliff overlooking a marina in the Mediterranean. They went to cafes, night clubs, concert halls and restaurants. François played his guitar for her. A romance blossomed. Fusako taught François the song Sakura, a traditional Japanese folk song.

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The Terrorist Who Loved Me *continued from page 17*

<i>sakura sakura</i>	<i>cherry blossoms, cherry blossoms,</i>
<i>noyama mo sato mo</i>	<i>in fields and villages</i>
<i>mi-watasu kagiri</i>	<i>as far as you can see.</i>
<i>kasumi ka kumo ka</i>	<i>is it a mist, or clouds?</i>
<i>asahi ni niou</i>	<i>fragrant in the morning sun.</i>
<i>sakura sakura</i>	<i>cherry blossoms, cherry blossoms,</i>
<i>hana zakari</i>	<i>flowers in full bloom.</i>
<i>sakura sakura</i>	<i>cherry blossoms, cherry blossoms,</i>
<i>yayoi no sora wa</i>	<i>across the spring sky,</i>
<i>mi-watasu kagiri</i>	<i>as far as you can see.</i>
<i>kasumi ka kumo ka</i>	<i>is it a mist, or clouds?</i>
<i>nioi zo izuru</i>	<i>fragrant in the air.</i>
<i>izaya izaya</i>	<i>come now, come now,</i>
<i>mini yukan</i>	<i>let's look, at last!</i>

François was a student at Beirut's prestigious Université Saint-Joseph, the academic rival of the American University of Beirut, founded by the Jesuits in 1875 where he studied engineering. Together, the young lovers enjoyed all that Beirut had to offer. Most of the educated in Beirut spoke French, English and Arabic. With mountains near the sea, it was possible to ski and swim during the same day. Being the financial center of the region, combined with the nearby mountains and its relative freedom and sophistication, Beirut was sometimes known as the Switzerland of the Middle East.

But trouble was brewing. Below the surface, destructive forces were building up. No one then knew that Beirut's prosperity would end in civil war in 1975. And by the end of 1972, terrorist attacks by groups associated with the Palestinian cause (PLO, PFLP, Black September) were nearly enough to predict 1973's Yom Kippur attack on Israel.



Fusako Shingenobu

During the spring of 1972, François and Fusako paid little attention to these matters. But the romance was not meant to last. Abruptly, and without explanation, Fusako stopped seeing François. Saddened, François did one of the things he did best, he played guitar.

A few weeks later, yet another terrorist attack was in the news. This time the attack took place in Tel Aviv and became known as the Lod Airport massacre. Twenty-six people were killed and 80 were wounded by three terrorists with machine guns. Two of the terrorists were also killed. The third was wounded and captured. Strange thing was, all three terrorists were Japanese.

François read about it in the newspapers. The papers said the terrorists were from a group called the Japanese Red Army and that their leader was a female named Fusako.

François got very scared and thought the police might come. He wondered if she had used him. He wondered if she used the ticket that he had given her to escape.

Several weeks after the attack, François received a postcard from Algeria. It was from Fusako. She said she was sorry, and that by now, François probably realized why she left Beirut. François was stunned to realize that Fusako was involved with the attack in Tel Aviv, that Fusako was the leader and founding member of the Japanese Red Army, a group advocating communist revolution through violence, a group that had aligned itself, through Fusako, to the PFLP. François tore up the postcard.

Later that summer, François met **Nadine**, the beautiful woman he would marry, the woman he would take with him to start a family away from the violence of the Middle East.

Before 9/11 and François's employment interview with the FBI, Fusako returned to Japan after 30 years in the Middle East. She was arrested in November, 2000, in Osaka. She was sentenced to 20 years in jail after being charged with using a false passport, helping another member of the Japanese Red Army to obtain a false passport, and for attempted manslaughter for her role in planning and commanding the joint Japanese Red Army and PFLP hostage taking at the French Embassy in The Hague in 1974. Fusako pled guilty to the passport charges but pled not guilty to her role in the hostage taking. She remains in prison.

François, meanwhile, told his story to the FBI polygrapher and was eventually hired to be a French and Arabic language analyst for the FBI. François remained in Chicago working for the FBI until his transfer to the small FBI office in the U.S. Embassy in Paris in 2012. François continues to work on many of the FBI's top counterterrorism investigations, including the 2015 Paris attacks and a cold case involving Israel, the PFLP and Carlos the Jackal. François, however, has yet to knowingly associate with any other known terrorists outside of official business.

About the Author: **Eugene J. Casey** is a native of New York City. Mr. Casey obtained a Bachelor of Arts degree as well as a Masters of Business Administration (MBA) degree from Cornell University in Ithaca, New York. Before joining the Federal Bureau of Investigation, Mr. Casey was employed as a Compliance Officer by the Wall Street investment banking firms of First Boston Corporation and Salomon Brothers Inc. Mr. Casey also worked as a Market Manager for Pepsico Inc. and as the Allowance Tracking System Manager for the U.S. Environmental Protection Agency. In 1996 Mr. Casey was appointed as a Special Agent of the FBI and was assigned to the Salt Lake City, Utah, office of the FBI where he worked on white collar crime matters, drug money laundering investigations and on the Joint Terrorism Task Force for the 2002 Olympic Winter Games. Mr. Casey received several awards for his work in Utah, including an award from the USDA for a successful undercover electronic food stamp benefit fraud investigation, Department of Justice awards for several drug money laundering investigations and for spearheading the Salt Lake Olympic Bribery investigation, and a distinguished service medal from the Salt Lake City Police Department for a Colombian drug money laundering investigation. In 2003 Mr. Casey was appointed as a Supervisory Special Agent in the Counterterrorism Division in Washington, D.C. where he worked in the Arabian Peninsula Unit and as the Supervisor of the Joint Task Force on Terrorist Finance in Riyadh, Saudi Arabia. In 2004 Mr. Casey was appointed Unit Chief for the Eurasian Organized Crime Unit of the Criminal Investigative Division. In this capacity, Mr. Casey had oversight of the Russian Organized Crime program, the Budapest Project, the Middle Eastern Criminal Enterprise program and the FBI's involvement in the Southern European Cooperative Initiative (SECI). In 2006 Mr. Casey reported to the New York Office of the FBI as the Supervisor of a Money Laundering task force. In 2008 Mr. Casey supervised an FBI Securities Fraud squad. In 2011 Mr. Casey became the FBI's Assistant Legal Attaché in the US Embassy in Paris, France. In 2015 Mr. Casey was appointed to serve as an Interviewing and Interrogation Instructor at the FBI Academy in Quantico, Virginia.

References

- 1 Not his real name.
- 2 Operation Gift

A MESSAGE FROM OUR **CHAPLAIN**

by Dan Bateman

There's No Place Like Home

Greetings, fellow graduates who now belong to that great organization, the FBI National Academy Associates!

We usher in 2017 with the first all-electronic edition of *"The Associate"*, the magazine of the FBI National Academy Associates. Please use the ease of the electronic edition to share with officers and staff under your command. Perhaps there a pertinent article that addresses a current situation in your department. Research past archived copies and select one of particular benefit to pass along by email or text. Perhaps even read previous columns by your old Chaplain! If you find them beneficial, share them electronically. In any case, maximize the use of *"The Associate"* in its new e-format edition.

As this year begins, so too, the final year I serve as your Chaplain. The four-year term under which the FBINAA Chaplain serves has passed swiftly for me. Last year was a true struggle as I reached out to departments across our nation who lost officers in the line of duty. I offered condolences and comfort on your behalf in the sorrowing aftermath of a department losing an officer.

With this last year as your Chaplain, I begin the final journey on the road you and I have traveled together. It is entirely appropriate to review the four-year overarching theme of *"Calling Us Back to Move Us Forward"*. Within that framework, I developed four areas we would explore in greater depth. As a refresher, the themes encompassed the following:

- 2014 – *Touchstones: Remembering the Important*
- 2015 – *Mountaintops and Valleys: Our Journey*
- 2016 – *Milestones: Keep Moving the Finish Line*
- 2017 – *Remembering Home: From Beginning to End*

We now come to what may be the most important but difficult theme of all but, in our heart of hearts, know we should place first and foremost. As we reflect on our lives, we find the home in which we were raised, the home in which we spend our career, and the home where we will live our retirement years all impact our lives depending on the priority we give them.

Yes, the home in which we were raised can have a direct impact on the home we finally establish with the family relationships we develop within those walls. Our parents, siblings, and other relatives influence how we view relationships down the road, whether good or bad. Likewise, in reverse, the homes in which we raise our children can profoundly influence their future homes.

Our career can also determine the importance we place on home. The danger our profession faces is the very dedication, determination, and sacrifice, the true calling of who we are, can help or harm relationships in the home. Those very traits, like the atom and fire, are beneficial when used properly but deadly when used in destructive ways. And the home is the bellwether as to which of those traits will cause harm or healing.

I recently returned to the FBI Academy and took a walk to see some of the sites as a reminder of milestone events that influenced me during the 201st session in spring, 2000. The Yellow Brick Road signs outside of the gymnasium harked back to younger years. As I



reflected on that challenging day, my thoughts drifted to the origin of the phrase, *"Yellow Brick Road"*. Of course, it is from *"The Wizard of Oz"* and who can forget Dorothy's repeated phrase: *"There's no place like home. There's no place like home. There's no place like home."*

You know, it may be of some benefit to follow Dorothy's example! In the midst of our hectic and demanding careers, when the task before us is consuming every ounce of our being, sometimes it may benefit us to repeat that phrase as a quiet reminder of what is most important.

But, when it comes right down to it, it was not the physical home that was important to Dorothy. It was the relationships in the home that made her yearn to return there. You see, the home is not the building. The home is where relationships are built. There are beautiful houses that contain broken relationships and there are small, worn hovels where beautiful relationships are nurtured and thrive.

But we all know, and most have experienced, some turmoil in familial relationships. Left unchecked, damaged relationships in the home can result in emotional distancing to the point it is beyond repair.

But the Bible, divinely inspired by our Creator, is an "owner's manual" of sorts and paints vivid and real pictures of human relationships stretched to the breaking point but brought back together again in a way that does not seem humanly possible. We can take great solace in studying the circumstances surrounding these situations and, perhaps, learn from them.

One such person is Joseph found in the Bible's Old Testament book of Genesis. Joseph was the object of his brothers' jealousy that grew to the point they plotted his death. One compassionate brother made an attempt to save him but, despite his best plans, the other brothers sold Joseph into slavery. The brothers lied to their father and feigned Joseph's death and, given the fate of most who were trafficked in Bible times, the brothers actually assumed Joseph would die.

Fast forward and Joseph has further setbacks as he lives under captivity in Egypt. Based on his devotion to God and commitment to serve Him, Joseph's lot in life rises only to crash time and time again. However, by God's providence, Joseph attains position in Egypt second only to the ruling Pharaoh.

When famine strikes the land, Joseph's brothers come to Egypt for food and meet the great assistant to the Pharaoh. Unbeknownst to

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**YELLOW
BRICK ROAD
FBINA 267**

2017 GAS GUZZLERS

E.J. O'Malley

"The better I eat, the better I feel, the better my genetics appear." – Unknown

My 20 year anniversary of the Health and Fitness profession arrives in May. If there has been one consistent struggle in all those battles, it has been the fist fight with fueling tactics. I have spent some time reflecting on all the nutrition lectures that I have had the privilege to hear. The quote above is from the early archives. I use it to teach and inspire change.

Here is my 2017 roadmap for changing the way you fuel. My wife constantly reminds me that people need to learn how to eat, not diet. Let's set the table. Seventeen tips!

1. Today my liquid calories included a 20 oz. of the following: caramel macchiato, regular soda, lemonade, and a Gatorade. First and foremost, I lied. For some police officers, this is a daily go to. The math adds up to 900 calories in one day. We will not talk about food until we subtract at least one. Water with a lemon must be the option.
2. Optimizing smoothies should be mandated. Almond milk (unsweetened), a protein (Greek yogurt or whey protein), spinach, bananas, berries, natural peanut butter, and oats or granola. I always add some honey as a topper. Experiment for your taste. This is the ultimate grab and go. Most people don't get these nutrients in a typical week. Most smoothie chains load it with sugar. Where I'm from, that defines a milkshake.

3. My students know that I don't trust them unless they drink coffee and beer. We shall discuss the suds later. The safest doses of coffee and tea in the literature are between 300-400mg. Both contain about 1200 units of antioxidants. I like my cream and a very small amount of sugar in my java. I do honey in my tea. It is a myth that these fine liquids will dehydrate an athlete.
4. Water is king and queen. I choose this at lunch and dinner so I can enjoy my food. Experiment for a few weeks, habit drives change. Most cannot justify the sugar with meals. Remember, added sugar should be less than 10% of our diet in a day. We all are waiting to become diabetic. Dehydration will affect reaction time, cognitive decisions, and exercise intensities. If your activity is over 60 minutes, we could justify a watered down sports drink. Our training centerpiece is the 30-45 minute game, so water is the standard. In training, drink when thirsty or your intensity will diminish. A little color in urine tells me you are prepared to play hard.
5. Carbohydrates are the vital fuel for endurance and cognitive agility. The attack should be vegetables and some fruit. The secondary source can include bread, rice, and pasta. Make all your grains whole wheat. Portion control is key. Repeatability defines fitness in our unit. Hill sprints use 95% carbohydrate as the primary fuel. The vigorous labor matters.
6. 9-10 Fruit and Vegetables is the prescription. They provide tremendous protection from disease and hold the most micronutrients that our bodies deserve. "Where is the Beef" is a famous quote that needs to be buried. It is the biggest crack in the foundation for all of our Tactical Athletes. Half of every plate should be covered with colors.
7. Salmon, grilled chicken, and grass fed beef is the **O'Malley Weapon System**. These are lean proteins that deliver all the re-build after we play. Most can lose weight if we include protein and lower carbohydrate. Balancing these two macronutrients will keep blood sugar levels stable.
8. There is not a green light for more bacon, butter, cheese, and any other processed meat. It can be a reward for a great week of training but it may turn into a calorie problem. Up the dose of healthy fats like avocados, olive oil, salmon, and almonds. These super foods have been shown to decrease inflammation. Advil is not on the dinner menu, walnuts on your spinach is!
9. Training must include recovery strategies. Foam rolling, dynamic/static stretching, and water therapy are great options. The number one option is recovery nutrition. 15-45 minutes is the window of opportunity to fuel post exercise. Combining carbohydrate and protein will re-build muscle. Chocolate milk is my high performance go-to. It is cheap and delivers B-vitamins, calcium, protein, and carbohydrates.
10. Earn the snacks. Think about the hours of 10am and 2pm. My goal is to add a few logs to the fire at those specific times. Grapes and string cheese, yogurt, hummus and carrots, and almonds are some examples of perfect snacks. A small dose of


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

fiber and protein will fill the tank so we avoid the buffet at lunch or dinner.

11. Before bed, a small amount of lean protein can assist with the overnight depletion of this fine macronutrient. Multiple studies in the American Journal of Physiology found that a dosage of 10-35 grams was the key. The other elephant in the room is the sleep hygiene for the Tactical community. Personally, I shut it down twice a week at 8 o'clock. My young boys at home have done a nice job of depriving me of sleep. I have adapted to less over the years but at least I can control it going forward. Here is a list to help with the bedroom:
 - Temperature 60-67 degrees
 - Turn off lamps, TV's, & phones
 - Establish a routine
 - Avoid upsetting conversations
 - How old is the mattress?
 - Naps should be 20-30 minutes
 - Avoid stimulants
 - Hot bath or shower
12. Choir Practice! Nobody likes the taste of beer more than me. I address the suds week 1 with our students. They need to know how it affects the muscular system and the recovery process. Five or more drinks can disrupt the central nervous system for up to three days. Back to back nights of some fun can back up the nervous system for five days. It may help some fall asleep but the second half of the night will be poor. Alcohol also inhibits absorption of important nutrients such as thiamin, B vitamins, folic acid, and zinc. These micronutrients help metabolize protein/carbohydrates/fats, form new red blood cells, and ultimately drive us to train with intensity. The famous quote of "Paying the Piper" the next day by sweating it out drives me nuts. It is mindless, low intensity work that may feel good but ultimately elongates the recovery process. Just rehydrate and eat!
13. Most Supplements are snake oil. The U.S. Pharmacopeia (USP) label should be present to ensure quality, purity, and potency. Otherwise, buyer beware. I think a multi-vitamin can be an insurance policy for deficiencies. However, 33% of multi-

vitamins and 28% of protein powders on consumerlab.com's website have failed testing. Do your research to make the best decision. At the end of the day, I will bank on the grocery store, not the factory to provide for my family.

14. The BlueZones.com is a powerful story. There are 5 places in the world that have the lowest rates of chronic and degenerative disease. There are some similarities to the Mediterranean diet which has been shown to confer sustainability and longevity. I want to live to be 100 as long as I'm not a burden to my wife/kids and I have some cognitive awareness. Think about all those small retirement checks! Common ground is how they fuel:
 - largely plant based
 - no overeating
 - locally grown or home prepared
 - BEANS – fava, black, soy, lentils
 - 3 of 5 places are regular coffee drinkers
 - 4 of 5 places are regular alcohol consumers (moderation!)
15. Act the way you want to become. I will piggyback off 13 & 14. Be that Farmer or pay them for their hard work. Start your garden or go pick strawberries with the family. Find those markets in your area and remember density matters. It is survival of the fittest. It needs to be on your plate as soon as it is picked!
16. Eating out should be a reward for those goals that are met. I'm ecstatic when someone will cook and clean up for me! But, for the O'Malley family of five, there needs to be a game plan. Hit the website for specials and menu items of your destination. Pick one fried food that you crave and add a sweet potato or side salad.
17. Make fueling tactics a priority – Is the stuff in your pantry or fridge making you better? 


About the Authors: E.J. O'Malley is a Health and Fitness Instructor at the FBI Academy, Physical Training Unit. He earned his B.S. from Lock Haven University of Pennsylvania and M.S. from Virginia Commonwealth University. He holds Certification from the National Strength and Conditioning Association.

A Message from Our Chaplain *continued from page 19*

them, their brother, Joseph, stands before them. He holds unlimited power to take their lives and exact the revenge he was due. In fact, we read of Joseph struggling with the desire to avenge his brothers' earlier abuse by using the power of his position. On more than one occasion and by various ruses, Joseph has officers under his command threaten punishment and death for concocted allegations Joseph had devised. Eventually, the calling of home and its relationships brings Joseph to his senses and, in one of the most emotional readings of the Bible, he reveals himself to his astounded and dumbstruck brothers!

Then Joseph could no longer control himself before all his attendants, and he cried out, "Have everyone leave my presence!" So there was no one with Joseph when he made himself known to his brothers. And he wept so loudly that the Egyptians heard him, and Pharaoh's household heard about it. Joseph said to his brothers, "I am Joseph! Is my father still living?" But his brothers were not able to answer him, because they were terrified at his presence.

Then Joseph said to his brothers, "Come close to me." When they had done so, he said, "I am your brother Joseph, the one you sold into Egypt! And now, do not be distressed and do not be angry with yourselves for selling me here, because it was to save lives that God sent me ahead of you." You would do well to read this gripping account and rejoice in the tearful reunion of reconciliation. Please take time to read this most riveting account in the Bible's Old Testament book of Genesis, chapters 37-45.

Perhaps your own relationships in the home have suffered from decisions and actions of yourself or by others towards you. No matter how deep the hurt and seemingly permanent the loss of relationship, God calls us to reconciliation. Perhaps now is the time to be like Joseph and fully embrace your family however deep the injury may have been. Upon reconciliation, we can, in true heart and spirit, know "There's no place like home." 

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

A Challenging Time to be a Police Executive *continued from page 14*

of surplus military equipment and other similar items by civilian law enforcement authorities. Main stream media advanced this view while showing police personnel deploying in armored vehicles and wearing camo colored uniforms. Some media outlets who spoke of this over-militarization appeared quite fickle when they expressed contradictory assessments while providing commentary during unfolding events in San Bernardino, California. Officers there bravely risked their lives to apprehend the suspects who perpetrated the mass shooting that occurred in their community while supported by equipment that some would deem militaristic. Clearly the specialized equipment that was deployed during this apprehension significantly reduced the risks to law enforcement and civilians alike as they faced self-identified terrorists armed with assault weapons and improvised explosive devices. The reaction may be more about the application of the equipment than the items themselves. Many police executives feel stymied as adversaries increasingly utilize military type equipment and tactics against police. Attacks using assault rifles, explosive devices and military tactics seem to be on a steady increase. How can these actions be effectively countered in a manner that can protect officers and civilians alike without adversely affecting public opinion?

Police departments should not be seen as an occupying force, but rather as part of the community as a whole, working cooperatively to improve the public's way of life. When members of the department recognize that their citizenry fully supports and appreciates their efforts any reluctance to act when necessary should be reduced. When the public is directly engaged with their local law enforcement and believe that all citizens are being treated fairly, feelings of police legitimacy should increase. When the police and the justice system are viewed as legitimate, people are willing to comply and cooperate with police and to obey the law. The public will see the merits of working within the system to resolve issues and crime reduction will become a joint effort.

In an effort to foster transparency the police should endeavor to enlighten community members on the issues that the department faces and why they desire to employ certain pieces of equipment. The deployment of specialized equipment should be closely scrutinized and it should be limited solely to the purpose for which it was obtained. Departments that opt to obtain military surplus equipment should do so with deliberation and forethought, applying for equipment because it will meet identified gaps in capability and not accepting items solely because they are available at no cost. The need should precede the acquisition and not the converse. Consideration should also be given to how the community may react if a given piece of equipment is obtained, as well as exactly how and when it will be deployed.

Former military equipment should be adapted so that it is clear that it has been repurposed for civilian law enforcement usage. This may include, for example, the removal of gun turrets; weaponry brackets; and repainting and marking of surplus vehicles so that they are unmistakably law enforcement units. If the department is transparent and takes the time to explain why the equipment was obtained, while limiting its usage to fulfilling that role, it is likely that opposition may be reduced or even eliminated. The public may actually appreciate the fact that their law enforcement agency is attempting to increase its ca-

pability to respond in a cost effective manner. If specialized equipment was obtained to fill an identified need, which is still valid, necessary and accepted by the local community, media criticism based upon the actions of others should not result in an overreaction or a reluctance to utilize items that will allow a department to better serve its community or keep its officers safe.

The proliferation of twenty-four hour news shows, both local and national, creates a constant need for content. Savvy police executives can leverage this need to enhance community relations and the image of their departments. Media relations should be proactive, whenever possible and not reactionary. Every effort should be made to highlight the good work performed by members of the department on a daily basis. Transparency should be a key consideration; after all if the department is part of the community, keeping the public informed of the work being performed is critical. Media outlets that focus on hyper-local news create opportunities to highlight stories that didn't exist in the past. Many people are interested in events that occur in their communities and neighborhoods that wouldn't have otherwise been newsworthy. Social media can enable law enforcement agencies to keep the public informed in an unparalleled fashion. It can be a direct pipeline of information, bypassing traditional media outlets, so that law enforcement can speak directly to the public that it serves. Effectively employing social media can humanize police officers and demystify law enforcement work, affording the public with the ability to relate to the police in an unprecedented manner.

While each new technology can have a benefit to society, it can also become a new means to commit crime. Unfortunately the criminal element is often able to exploit new technology to commit crime before police executives may even know about the technology. Police executives must keep abreast of developing technology and the potential impact that it may have upon public safety. As traditional crimes continue to be committed, emerging technology can both impact the methods used to commit them and also create new opportunities for illegal conduct, such as phishing, ransomware, and identity theft. Gone are the days of stealing late model vehicles through mechanical breaching of ignition locks. Car thieves are resorting to computer hacking to steal some newer vehicles. Rapidly identifying these trends and getting out in front of them is crucial. Mobile applications can spread like wildfire, creating new behaviors among the public. Enhanced reality games that involve people interacting with the real world while playing a game can cause usual and at times potentially dangerous behavior.


As law enforcement budgets retract technology can help to offset reduced staffing levels. It can be used to improve efficiency and allow officers on patrol to be more effective in reducing crime. As the adage goes, knowledge is power. Providing patrol officers with ready access to real time data can allow them to focus their efforts to achieve maximum results. It is well known that a small minority of individuals commit a disproportionate amount of crime. Arming front line officers with tools to identify these individuals can have a very dramatic effect on crime. Providing mapping capability can allow officers to visualize where and when crime is occurring so that they are able to hone their efforts to maximize their results. Allowing the public to perform tasks on a de-

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A Challenging Time to be a Police Executive *continued from page 22*

partment's web site or mobile application can reduce the need for officers to interact with them for routine and basic tasks thereby freeing up time for more important responsibilities.

New technology that has applications for law enforcement is continually being developed. Police executives must decide whether they wish to adopt new technology and, if so, when. Is it wiser to be one of the first to implement a new technology or is it better to wait until other agencies have had time to work out any bugs and to develop sound procedures to govern the usage? Many technologies can require additional expenditures and personnel above and beyond initial estimates. For example, body camera video can require large amounts of storage media and additional staff members of archive and retrieve the video. Other technology may be so cutting edge that procedures and judicial acceptance have not caught up with it. For example, non-contact fingerprint technology is emerging that allows prints to be captured without the fingertips having to contact a surface. While intriguing and promising, how long will it take for the courts to accept this new method of capture? Departments who spearheaded the implementation of unmanned aerial systems struggled as the FAA developed rules governing their usage.

Leading a police department in the twenty-first century can be a daunting task; however it is also a unique and potentially rewarding opportunity. Technology will no doubt substantially impact upon policing in an ever increasing way, certainly in both a positive and negative manner. Social media allows unique communications opportunities while creating increased exposure to risk caused by the actions of others. The future prospect of self-driving automobiles may result in incomparable roadway safety, yet it also may create a new threat caused by the hacking of this technology. What won't change is the need for effective and innovative law enforcement leaders who can adapt, improvise and overcome whatever hurdles that they may face to provide the best possible police service to the citizens that they are sworn to serve, in an inclusive, fair, honest and impartial manner. 

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THE HISTORIAN'S SPOTLIGHT

by Pat Davis

James Fitzgerald

James Fitzgerald was born and raised in Philadelphia, Pennsylvania and grew up in the mostly Irish and German working-class neighborhood of Olney, as part of the Baby Boomer generation. His father, Wally, worked for Philadelphia Gas Works, while his mother, Alma, was a stay-at-home mom. Jim recalls that there were so many other kids around all of the time, that it was almost too crowded with boys and girls his own age. For grade school and then onto High School, he attended two of the largest Catholic Schools in the country, and says that he would not trade his childhood with anyone.

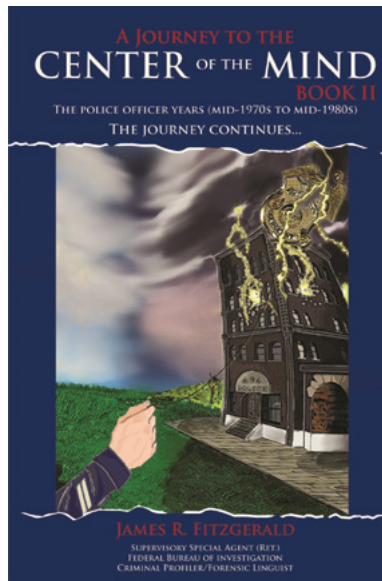
After graduating High School, Jim attended Penn State University where he received a B.S. in Law Enforcement and Corrections.

When asked if he had any relatives in Law Enforcement or what prompted him to pursue a career in Law Enforcement, Jim indicates that he had an uncle who served as a Philadelphia police officer who worked his way up the ranks, and retired as a captain. He even reports that this uncle helped get him out of some "very minor trouble" when he was sixteen. He also credits a teenage friend's older brother, also a Philadelphia police officer, as influencing him to want to "wear the uniform". After working 3-11 shifts, the officers would go back to his friend's house where they would drink a few beers, and tell stories of their most recent shifts. Jim found their stories compelling, and recalls being about eighteen years old hanging out with officers no more than twenty-one, and now contemplates, "we were all just kids when you think of it."

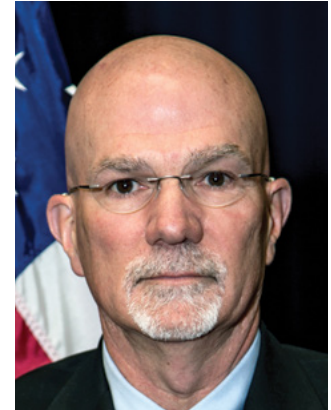
Feeling the call to serve, Jim started his Law Enforcement career when he was hired by the Bensalem, PA Police Department in 1976. During his eleven year tenure with Bensalem Police, he held the positions of Patrol Officer, Plainclothes Detec-



James Fitzgerald



"A Journey to the Center of the Mind", by James Fitzgerald



tive, Detective Sergeant, Patrol Sergeant and Administrative Sergeant. During this time period Jim enrolled at Villanova University, pursuing a Master of Science in Human Organizational Science. In the fall of 1986 he was selected to attend National Academy Session 147, which had only 125 members in attendance due to Federal budgetary issues. Jim advises that his favorite courses at the Academy were Computers, Police Management and Media Relations. He also enrolled in two graduate level classes whose credits he was able to transfer to Villanova and his degree which he completed in 1987.

At the time of his attendance at the Academy, Jim had been married for ten years. He and his wife had two of their now three sons, Sean and Dan (Ryan didn't come along until 1994), which made being away for three months difficult, but living in the Philadelphia area, he was able to come home on most weekends. While being away was difficult, Jim states, "If you have to be away from home, the FBI Academy is the place to be." Jim's attendance at the Academy was the first time in his life that provided extended exposure to people who were not born in the Philadelphia area. Recognizing the importance of sharing various law enforcement and agency tales over the weeks, Jim also valued learning about the people, themselves, from different parts of the United States and other countries and credits this eye opening experience as great preparation for his future.

Jim enjoyed meeting individuals from other agencies around the country and from around the world who shared very similar workplace issues and he found it helpful in addressing issues in his own agency. Jim's advice to those selected to attend the academy is simple: "go there knowing that it's a once-in-a-lifetime/profession experience. Take every class and every session-mate interaction as a learning tool to be applied to not only your job when you get back home, but to your everyday life too. And then stay involved with the NAA."

Jim's favorite memory of his time at the Academy is the graduation ceremony, not because it meant that his time in Quantico had concluded, but rather because of the wonderful and lavish and circumstances of the ceremony.

In 1987 Jim left Bensalem Police Department to become an Agent with the FBI, where he spent the next twenty years working as a Special Agent. While with the Bureau, Jim continued his higher education, earning a Master of Science in Linguistics from Georgetown University in 2005. During his time with the Bureau, Jim spent time in New York City, and at the FBI Academy as a Criminal Profiler and Forensic Linguist. During his career, Jim was fortunate to have been assigned to work some of the biggest criminal cases of the last twenty-five years.

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CHAPTERCHAT

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esee county in upstate NY.

■ **Sal Simonetti**, past chapter pres., just retired from Monroe County Community College to take a position as asst director of public safety at U Florida at Tampa.



Undersheriff Paul Boscia

■ NYS/EC Chapter hosted their first annual **Finger Lakes Wine Tour** weekend getaway. It was open to all LEOs and was attended by mainly NA grads and their spouses. Held on October 22, 2016 on Seneca Lake in NY. Sat wine tour, hospitality room at night and a winery tour/brunch on Sunday morning. It was a lot of fun and brought together people from the US and Canada.

NORTHWEST

■ Sheriff **Matt Bostrom**, 222nd Session, recently retired as sheriff of the Ramsey County (MN) Sheriff's Office. Sheriff Bostrom, who was elected sheriff in 2010, has more than 30 years of law



Sheriff Matt Bostrom

enforcement experience, the majority of it with the St. Paul Police Department where held positions including officer, sergeant, lieutenant, commander, senior commander, and assistant chief.

Sheriff Bostrom, who holds a doctor of public administration from Hamline University, is working on a research project and furthering his education at Oxford University in England.

■ Sheriff **Jack Serier**, 253rd Session, was appointed the 22nd Sheriff of Ramsey County (MN), replacing retiring Sheriff Bostrom. Sheriff Serier, who has approximately 26 years of law



Sheriff Jack Serier

enforcement experience, joined the Ramsey County Sheriff's Office in 2011 where he served as inspector, undersheriff, and chief deputy. Preceding his time in the sheriff's office, Sheriff Serier served as an officer, sergeant, executive officer, and commander, having spent the majority of his career with the St. Paul Police Department. Sheriff Serier holds a doctoral degree in Leadership, Policy, and Administration from the University of St. Thomas.

OHIO

■ **Mark Fender** is a twenty-eight year veteran of the Strongsville Police Department. During his career he has spent time in each rank within the agency.

He has also had experience in each facet of the operation, either as a street-level operator or a supervisor. This experience includes time as a beat officer, traffic unit officer, first-line supervisor, detective bureau supervisor, middle manager, executive officer, and as a supervisor of all support services.

He also served for eight years as a member of the Southwest



Mark Fender

Enforcement Bureau SWAT team; initially as an entry team officer, and later as a team leader. He is recognized as one of the areas foremost authorities on prepared response to active threats, and has provided instruction to dozens of groups including businesses, schools and churches.

SOUTH CAROLINA

■ Congratulations are in order for three of our members who recently were awarded the prestigious **2016 Strom Thurmond Award for Excellence in Law Enforcement**.

Federal Recipient: FBI Special Agent **Jeffrey M. Long** (Session 221 Counselor)

State Recipient: SLED Assistant Chief **Paul "Cricket" Grant** (Session 212)

City Recipient: Batesburg-Leesville Police Chief **Wallace Oswald** (Session 147)

2016 IACP CHIEFS OF POLICE "40 UNDER 40"

■ Congratulations to Bluffton Police Lt. **Joe Babkiewicz** (Session 254) for being recognized for demonstrating leadership and commitment to law enforcement as one of the country's top law enforcement managers under 40.

NEW CRIMINAL JUSTICE ACADEMY DIRECTOR

■ Congratulations to Chief **Jackie Swindler** (Session 137) who was recently named Director of the SC Criminal Justice Academy.

■ Lexington Police Chief **Terrence Green** (Session 217) was recently elected 3rd Vice President of the SC Law Enforcement Officers Association. Terrence just completed his 10th year as Lexington's Police Chief.

■ **Andy Robinson** (Session 241) was recently elected 2nd Vice President of the South Carolina Police Chief's Association. Andy has served as York's Chief for 6 years.

■ **Matthew "Matt" Hamby** (Session 215) has been named Police Chief for the City of Greer, SC., succeeding Chief **Dan Reynolds** (Session 136), who is retiring March 31st. Matt most recently served as Assistant Chief. Matt joined Greer as a Patrolman in 1993 and has worked his way up through the ranks.

■ **Scott Morrison** (Session 251) was recently promoted to Assistant Chief of the West Columbia Police Department. Scott most recently served as Captain over the Administrative Bureau.

RICHLAND COUNTY SHERIFF'S OFFICE PROMOTIONS

■ **Chris Cowan** (Session 235) has been promoted to rank of Deputy Chief.

■ **Roxanna Meetze** (Session 229) has been promoted to the rank of Major.

■ **Harry Polis, Jr.** (Session 263) has been promoted to the rank of Captain. Harry's Father, the late **Harry Polis, Sr.** was a graduate of the 124th Session in 1981. He attended when he was Chief of Police for Forest Heights, MD Police Dept.

■ **James "Jim" Crosland** (Session 265) has been appointed Captain with Cayce Department of Public Safety.

THE FBI, COLUMBIA (SC) DIVISION WELCOMES TWO NEW SENIOR EXECUTIVES

■ **Alphonso "Jody" Norris** has been appointed Special Agent in Charge. Jody most recently served as the section chief of the executive development and selection program in the Human Resources Division at FBI Headquarters.

■ **Paul "Reid" Davis** has been appointed Assistant Special Agent in Charge of the criminal programs and administrative function. Reid most recently served as the Assistant Section Chief and acting Chief of Staff for the National Security Branch at FBI Headquarters.

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PASS IN REVIEW

■ Chief **Richard P. Ruonala**, (Session 132) retired Chief of Police, City Goose Creek, SC passed away on September 4, 2016. He was 81.

■ Lieutenant **Kevin J. Mooney**, (Session 182), retired City of Columbia, SC Police, passed away on September 9, 2016. He was 68.

Chief Harold Charles Jennings, (Session 53) retired Chief of Police, City of Greenville, SC passed away on September 22, 2016. He was 94.



Andy and Kathy Atwood.

WASHINGTON

■ **Kathy Atwood**, Session #213, reported that she is still a traveling support system for her son **Andy** who had a great summer playing for the West Coast League championship Corvallis Knights team. Andy is back to Oregon State University for his sophomore year and has been selected to play in the Cape Cod Baseball League next summer for the Bourne Braves.

■ **Sheri Crain**, Session #252, was officially named as Sequim Police Chief on December 5 in front of a packed house in council chambers at the civic center. Family, friends, dignitaries, fellow police officers and retired Police Chief **Bill Dickinson**, Session #184, were in attendance to see Sequim's first woman police chief sworn in Friday. Crain had previously served as the deputy police chief. Crain's husband Pat pinned on her new badge. She



Sheri Crain

began working for the Sequim Police Department in 1991 and has served in several positions during that time.

■ **Colleen Wilson**, Session #172, retired in November after forty years of law enforcement service.

She began her career with Monroe PD and was appointed as chief after returning from the NA in 1993. After serving as chief for nine years, she became the Certification Manager for Washington State working on the implementation of licensing standards for law enforcement. She accepted a position with Sumner PD and served as chief for five years before becoming the Chief of the Port of Seattle PD in 2007.



Colleen Wilson

Colleen holds the distinction of being the first female police chief in Washington State. She was also the first female president of the Washington Association of Sheriffs and Police Chiefs (WASPC) and chair of the Washington State Criminal Justice Training Commission. Colleen has been recognized for her work in domestic violence, child abuse and human trafficking. Colleen's retirement plans include spending time at the

family cabin in Idaho with her husband **Jerry** and their children. She and Jerry are doting grandparents.

■ On December 8th, Inspector (Deacon) **Dan Ritchie**, Session #180, received the "Order of Merit" medal in a ceremony in Edmonton, Alberta. The Governor General of Canada the Honorable



Dan Ritchie

David Johnston bestowed the title Member of the Order of Merit upon 50 Canadian Police Officers across Canada.

Established in October 2000, the Order of Merit of the Police Forces honors the leadership and exceptional service or distinctive merit displayed by the men and women of the Canadian Police Services, and recognizes their commitment to this country. The primary focus is on exceptional merit, contributions to policing and community development. Her Majesty Queen Elizabeth II is the Order's Sovereign, the governor general is its Chancellor and a Commander, and the commissioner of the Royal Canadian Mounted Police is its Principal Commander. Congratulations to Washington Chapter member Dan Ritchie for receiving this honor.

FROM GAIL HARRIS, SESSION #190

■ This past Fall, I took off for the **European Conference** in Dresden, Germany with my NA suitemate **Nancy Carroll**. First we HAD to start with Oktoberfest in Munich for a few days. Lots of beer, music and festivals. Then north to Dresden to meet up with our NA friends from



(L-R) Dirk Callebaut, Sabien Gauquie.

Brussels, **Sabien Gauquie**, speaker at our Seattle 2015 Women's Networking event and her husband, **Dirk Callebaut**. The conference, like last year's in Austria, concentrated on Europe's challenges with the refugee crisis, terrorism's use of social media, and debriefs of various aspects of the attacks in Paris and Brussels. This was very much a lessons learned for law enforcement in the United States. We did have a bit of a scare there in Dresden when bombs were set at a mosque and another conference center in town. (I guess all of the police cars at our conference center were a deterrent!)

We then traveled to Prague in the Czechoslovakian Republic to meet with **Milo Zan**, graduate of the 260th. He was an AMAZZZZING tour guide, taking us to places that no regular tourist would go. He wore his Green NA shirt our first day! He did extend a generous offer to have anyone wanting to visit Prague contact him – he loves showing off his beautiful city. We were there for the Czech's National Holiday, so enjoyed the music and festivals. Nancy and I ended our trip touring Berlin and were there for October 3rd their Reunification Day and more music and festivals. I guess by now you see a theme of our European trip.

For those of you who can find a way to attend one of the

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international conferences, I promise you it is a great way to see the world and meet amazing lifelong friends from many countries. Mark your calendars and make a plan for Bristol, England September 23-27, 2017. See you there!

WISCONSIN RETIREMENTS

■ Chief **David Beguhn**, Session #205, retired December 1, 2016 from the City of Oconomowoc Police Department after 33 years in law enforcement. Dave spent the past 10½ years as the Chief of Police in Oconomowoc, his hometown where he was raised. Previously, Dave spent 22½ years at the Waukesha County Sheriff's Department where he worked his way up the ranks to Captain. It was there in 2001 that he was given the opportunity to attend the FBI National Academy. From 1987 to 1997, Beguhn also taught EVOC part-time, to officers and recruits at Waukesha County Technical College. Dave and his wife Barbara retired to Cape Coral Florida, but plan to summer in northern WI at their cottage so that he can continue to attend the FBINAA summer re-trainer. Congratulations Dave!

■ **Jeffery Micklitz**, Session #227, Retires From Milwaukee

PD. Captain Jeffery Micklitz was appointed to the Milwaukee Fire Department in 1988 and began his career with the Milwaukee Police Department in 1991. He served as a patrol officer in the Third District, highlighted by his assignment to the Neighborhood Foot Patrol program which also included bicycle patrol. In 1995 he was assigned to the Vice Control Division, where he remained until his promotion to Detective in 1997. As a Detective, he was assigned to the Criminal Investigation Bureau and the Narcotics Division, highlighted by his assignment as a drug detection canine handler. He was promoted to Lieutenant in 2001 and held assignments in the Narcotics Division, Internal Affairs Criminal Investigation Section, Background Investigation Section, Criminal Investigation Bureau, Milwaukee Metropolitan Drug Enforcement Group, Wisconsin High Intensity Drug Trafficking Area, and District Seven.

In 2015, Captain Micklitz was promoted to his most recent position as the commander of the Narcotics Division where he oversaw the Department's participation in the Wisconsin High Intensity Drug Trafficking Area, leading a diverse team of Federal, State, and local law

enforcement officers assigned to the Drug Gang Task Force, the Fugitive Task Force, the Heroin Task Force, the Interdiction Task Force, and an Investigative Support Center. Additionally, he oversaw the Department's participation in the Milwaukee Metropolitan Drug Enforcement Group and the DEA Task Force.

■ **Lisa Walter**, UW-Stout's chief of police for 14 years, retired effective January 6, 2017. Lisa joined the University Police in September of 1993 and became interim chief in 1999. She was appointed permanent chief in 2002.

Besides her police duties, Lisa is well-known for her community work, especially with Special Olympics. In 2007 she represented Wisconsin as a runner at the Special Olympic World Summer Games in China. She also represented Wisconsin in 2009 as a running team leader in the World Winter Games in Idaho. Lisa has served on the state Special Olympics board and has been a member of the state Torch Run council for more than a decade. She has been recognized with many awards over the years.

Lisa graduated in 2002 from the 210th Session of the FBI

National Academy and is a member of the Wisconsin Chiefs of Police Association. Congratulations Lisa!

GRADUATES

Congratulations to Wisconsin's most recent National Academy graduates:

266th Session Graduates - 2016


- **Brian Knepper**, State of Wisconsin - Department of Natural Resources
- **Aaron Goldstein**, Fond du Lac Police Department
- **Charles Ashbeck**, West Salem Police Department

265th Session Graduates - 2016

- **Terry P. McHugh**, Kronenwetter Police Department
- **Randall S. Albert**, Marathon County Sheriff's Office
- **Chad D. Opicka**, DePere Police Department

END OF WATCH

On behalf of the Wisconsin Chapter, our sincere sympathy to the family, loved ones, friends, and associates of:

- **Richard "Dick" Polzin**, 136th Session, Racine Police Department, EOW - January 3, 2017.
- **Edward A. Rudolph**, 101st Session, Port Washington Police Department, EOW - January 21, 2017. 


The Historian's Spotlight *continued from page 24*

In 2007 Jim retired from active law enforcement to pursue a writing career. In 2014 his first book, "A Journey to the Center of the Mind, Book I: The Coming-of-Age Years," was published. He has recently completed his second book which is titled "A Journey to the Center of the Mind, Book II: The Police Officer Years," and it is scheduled for publication in January 2017. Book III, "The FBI Years," covers his twenty years as an FBI Agent in NYC as a Criminal Profiler and a Forensic Linguist, and is scheduled for release in the Fall of 2017.

Jim's soon to be published Book II, covers his eleven years as a Bensalem Police Officer, Detective and Sergeant. It spans the years 1976 to 1987. In it he recounts anecdotes relating to his police career, including investigations, arrests, trials, gunplay, car chases, politics, etc. One of the Jim's favorite sections of this book is the three full chapters that he devotes to his time at the NA in the Fall of '86. A lot happened during Jim's time there, including the infamous DEA Police Drug School members not dressing appropriately one evening in the Cafeteria and all being "released" by the new Assistant Director one week prior to their class graduation. The book contains many other stories relating to the NA experience, delivered in a conversational style, to which we can all likely relate.

Recently, Jim was one of seven experts on CBS TV's *"The Case of Jon Benet Ramsey,"* which aired in September, 2016. Also, actor **Sam Worthington** will be portraying the character of **"Jim 'Fitz' Fitzgerald** in the upcoming *Discovery Channel* 8-part mini-series *"Manifesto"* which is about his contributions to the solving of the Unabomber case.

In addition to his writing, Jim works as a consultant, working actual criminal and civil cases, as well as consulting with Hollywood, in an effort to help make realistic TV shows about law enforcement. He adds that, *"each hat I'm presently wearing is equally important to me."*

Jim continues to reside in the Philadelphia area and is a member of the Eastern Pennsylvania Chapter of the FBINAA. More information about "Fitz" and his very exciting career can be found at: www.jamesfitzgerald.com. 

Patrick Davis, Session 152
FBINAA Historian




THE FBI NATIONAL ACADEMY ASSOCIATION'S GLOBAL NETWORK

For over eighty years, the FBI National Academy has been training law enforcement officers to elevate the levels of expertise and build bonds of friendship and networking. In the beginning, most of the classes contained students primarily from the United States. By the late 30s, a few students from China, Canada and Great Britain were part of the program. The number of international students began to rise in the early 60s, when President Kennedy signed National Security Action Memorandum No. 177 to enhance the training of overseas officers in the United States. As a result, the FBI began accepting international law enforcement executives in each National Academy session. Today, each session has about 25 international students accounting for ten percent of the class.

Thousands of international law enforcement leaders from over 170 countries have graduated from the National Academy Program. As global crime and terror risk continue to rise, the stronger the need for higher levels of international cooperation, collaboration and law enforcement expertise. The FBI continues to put a priority on offering and coordinating international training opportunities for its partners around the world.

The FBINAA International Chapters

The FBI National Academy Associates is the strongest law enforcement leadership network in the world with over 16,000 members around the globe. Members are part of 48 Chapters – 44 U.S. and 4 International Chapters. It is through the networking and training at National and Chapter events where the network is forged and enhanced. This past year each of the four International Chapters held their training events. Each event included a full agenda of high level training and social networking. 

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Global Network *continued from page 28*

FBINAA AFRICA/MIDDLE EAST CHAPTER RETRAINER

Marrakesh, Morocco | May 8-12, 2016



FBINAA LATIN AMERICA/CARIBBEAN CHAPTER RETRAINER

Santiago, Chile | May 22-26, 2016



19th FBINAA ASIA-PACIFIC CHAPTER RETRAINER

Honolulu, Hawaii | June 5-8, 2016



34th FBINAA EUROPEAN CHAPTER RETRAINER

Dresden, Germany September 24-28, 2016



European photo credit: Danielle Masucci

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