

The Magazine of the  
FBI National Academy  
Associates

# NATIONAL ACADEMY



A S S O C I A T E

July/August 2017 | Volume 19, Number 4

WASHINGTON, DC

2017

PLUS | *Meet the New Association President  
Chief Scott Dumas*

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“Continuing Growth Through Training and Education”

# NATIONAL ACADEMY ASSOCIATE

**A S S O C I A T E**

The Magazine of the FBI National Academy Associates

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July/Aug 2017  
Volume 19 • Number 4

The National Academy Associate is a publication of the FBI National Academy Associates, Inc.

**Mark Morgan** / Executive Director, Managing Editor

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

The FBI National Academy Associates, Inc. is a private, non-profit organization and is not part of the Federal Bureau of Investigation or acting on the FBI's behalf.

Email editorial submissions to **Suzy Kelly**: skelly@fbinaa.org. Submissions may vary in length from 500-2000 words, and shall not be submitted simultaneously to other publications.

Email Chapter Chat submissions to **Angela Colonna**: acolonna@fbinaa.org by the 1st of every even month.

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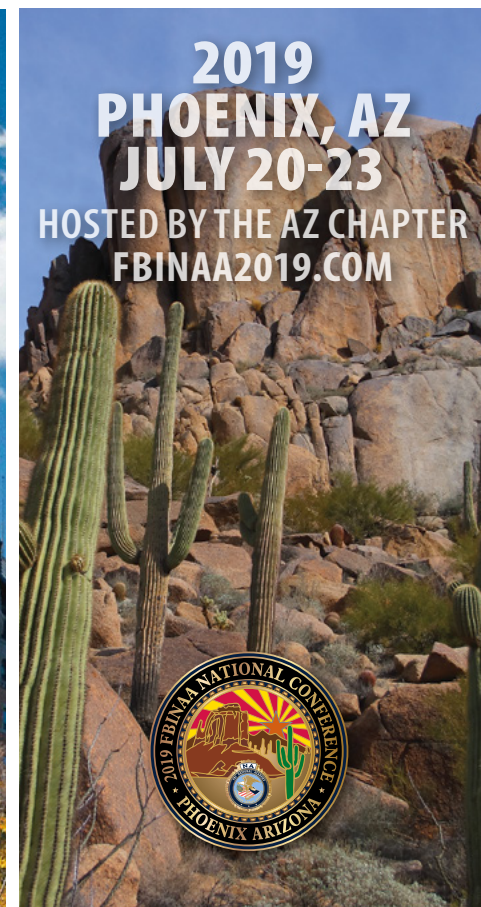
ISSUE	EDITORIAL DEADLINE	MAIL DATE
Jan/Feb	12/1	2/28
Mar/Apr	2/1	4/30
May/Jun	4/1	6/30
Jul/Aug	6/1	8/30
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**On the Cover:** New Association President, **Scott Dumas**, Chief of Police in Rowley, Massachusetts, addresses the attendees of The FBINAA Annual Training Conference on August 2, 2017 after being sworn in as Association President. Photo Credit: Jennifer Hill/FBI

**NEXT ISSUE**  
**YEAR-END**  
**DOUBLE ISSUE**

**Packed full of Products, Features, Resources, The First 100 Days of the New Executive Director and President.**



**FBINAA ANNUAL TRAINING CONFERENCES | SAVE THE DATE**

ASSOCIATION PERSPECTIVE

by Scott Dumas

Greetings!

It seems like just yesterday I was raising my right hand in Boston and being sworn in as the Section IV Representative. It is hard to believe I have entered my eighth year serving on the Board of the FBI National Academy Associates. I have watched and learned from those that have come before me, those I currently serve with, and those that are seeking to serve; and each hold an impassioned commitment to nurture the FBI National Academy experience through the FBI National Academy Associates. As my first official act as President, it is my distinct and humbling honor to be able to address our membership as a whole and to reflect on where we have come, where we are, and where we continue to strive towards as an Association.

I'm going to ask for your forgiveness while I briefly dip my toe into the political waters, but Washington DC, more specifically its political inhabitants, is broken. It certainly appears, and for some time now, our nationally elected officials care more about the next news cycle or the next election than they do about moving the country in a more positive direction. Now I don't care if you have a D or R next to your name, vote Green Party or Libertarian, because that statement is true for all sides of the aisle. Now that concludes my foray into the political arena, but I stated that to state this. Contrary to what you may have read in the newspaper or seen on television, the FBI is not broken. The FBI National Academy Associates is not broken. Law Enforcement is not broken. What the members of the FBI do, what the members of the National Academy Associates do, and what the members of law enforcement do is we lead. And we do it willingly and we do it without fear.

In 1935 J. Edgar Hoover had a vision. His vision was in response to the Wickersham's Commission's investigation into police corruption. That Commission found that police corruption was fairly widespread in 1933, the final year of Prohibition. Some sort of standardization in police training was required. There was talk of a nationalized police force, however many did not have the stomach for that nor did they want to rest that much control onto the National Government. The first class of the FBI National Academy consisted of 23 men and 0 women from some of the larger police departments throughout the country. Hoover's vision was expanded when President John F. Kennedy introduced international students to the FBI National Academy. The 269th session of the FBI National Academy is currently on campus in Quantico, due to graduate on September 15, 2017. It was during the graduation ceremony of the 268th session on June 7, 2017 that the 50,000th graduate crossed the stage, fittingly a woman, Captain Amy Schreiner of the University of Alabama at Birmingham Police Department.

As we continue to write our history we look back to the just completed National Conference in Washington, DC. Our first training sessions began on Sunday, July, 30th with a full gamut of topics running through Wednesday, August, 2nd. Topics included Social Media, Counterterrorism, Strengthening Partnerships with our Youth, The Dark Net, Marketing your Agency, Officer Safety and Wellness, as well



as case studies and discussions with some of the heralded leaders in our profession. Each topic was designed to engage our "Mission of Impacting communities by providing law enforcement leadership through training and networking while helping us to realize our vision of "Continuous development of the world's strongest law enforcement leadership network." The yellow brick received at graduation is symbolic of that leadership network. Thanks to the vision of former leaders of the FBI and of our nation, there are very few areas on this great earth that our network doesn't reach. Our network is impactful and our Vision circles back to feed our Mission each and every day.

We are a dues driven Association. 17,000 active members in 2017 are within reach. At some point, each one of you raised your hand and said pick me. I want to go to the FBI National Academy. I want to absorb all that it has to offer. I want to bring that knowledge back to my agency, my community and disperse that knowledge. Active membership from our graduates is essential for us to accomplish our mission and provide the training and resources required in our ever changing profession. I ask that each of you reach out to a classmate, or chapter associate that has fallen off the grid and bring them back into the fold. Although our network is strong and far reaching, it becomes even stronger when we remain involved in what drew us to the National Academy in the first place.

I'm very excited about the future of the National Academy Associates. We have a great board, an outstanding staff, all independent thinkers with one particular commonality, and that is to serve this Association. Executive Director, Steve Tidwell, retired at the conclusion of the DC conference. During both of his tenures at our helm, Steve continuously moved us in a forward direction. He maintained partners and established new ones. He has left many friends and a debt of gratitude in his wake. Thank-you Steve! I very much look forward to working with our new Executive Director, Mark Morgan. Despite his familiarity with the National Academy during his time as Assistant Director of the Training Division, for the past 4-5 months Mark has volunteered his time to gain an even deeper knowledge of our Association, so the transition will be as seamless as possible. Mark has a lot of energy and is eager to get started. I'm very grateful for the Past Presidents that have come before me and prepared me to take this role. Barry Thomas will be stepping off

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Association Perspective continued from page 4

the board. Barry has been a workhorse for our Association, particularly with Officer Safety and Wellness. His leadership will be missed, but his impact will be lasting. I'm particularly grateful for President Joey Reynolds. I followed Joey on the board. We don't look alike, we don't sound alike, and we certainly do not always agree. But I have watched Joey over these past 8 years serve this Association with honor. He has nurtured relationships, developed partnerships, and given direction during his time at the helm that has kept our Association in an upward mobility. It will take all of my effort to achieve the bar he has set.

I want to end by congratulating Conference Chair Mike Spochart as well as the DC, Virginia, and Maryland/Delaware Chapters for their success in this year's conference. A special shout out is deserving of the 269th Session who sent up many volunteers to help with its success.

Thank you for affording me the opportunity and the great honor to serve as our Association's President. I am looking forward to seeing you all at a coming event throughout the next year. And lastly, thank you all for choosing the profession you have chosen and for being leaders in your community.

Be safe, be strong, be vigilant, and be proud!

Scott A. Dumas  
President FBI NAA  
Rowley, Massachusetts Police Department

**SAVE THE DATE**  
**FBINAA RECEPTION AT IACP | SUNDAY, OCTOBER 22, 2017 | 7PM-9PM**  
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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 on the Chapter Chat Submission Form by the 1st of every even month. Please attach to the email high-resolution digital .jpg or .tif photos to: Angela Colonna | acolonna@fbinaa.org

CALIFORNIA

California Chapter President Ken Tanaka "hangs loose" with the Hawaii Chapter and attended their annual trainer earlier this year.



(L-R) Elliotte Ke, NA 262, CA Chapter President Ken Tanaka, NA 228, Mike Contrades, NA 248 (Past President Hawaii Chapter).

LA DIVISION

The 2017 California Law Enforcement Executive Development Seminar (LEEDS) was hosted by the Los Angeles Division at the beautiful Embassy Suites Mandalay Beach Resort in Oxnard, California, May 8-11, 2017. 3rd Vice President Eric Sonstegard coordinated an



CA LEEDS.



(L-R) Area Representative Todd Garr, NA 250, Joe Ortiz, NA 159, Ed Lafond, NA 138, Jake Jacobs, NA 168, 2nd VP Daman Christensen, NA 242.

outstanding training program that was well attended.

SACRAMENTO DIVISION

The California Chapter recognized three members from the Sacramento Division for their dedication and support of the National Academy Associates for over 25 years. 2nd Vice President Daman Christensen, NA 242 and Sacramento Area Representative Todd Garr, NA 250 hosted a luncheon in Redding California. They presented three 25+ year Pins to Joe Ortiz,

NA 159, graduated in 1989, Ed Lafond, NA 138, graduated in 1984 and Jake Jacobs, NA 168, graduated in 1998. Thank you for your continuous support and commitment to our association.

SAN DIEGO DIVISION

1st Vice President Michael Barletta presented the California Chapter Coin to San Diego District Attorney, Summer Stephan at luncheon at the San Diego Sheriff's Department.

PROMOTIONS

Congratulations to James Ortega for his promotion to Chief of Police for the Placerville Police Department, Placerville, California.



Chief James Ortega



1st VP Michael Barletta, NA 222, San Diego District Attorney Summer Stephan.

RETIREMENTS

The California Chapter recognized SAC Monica Miller, Sacramento Division FBI, on her last day at work as she enters retirement. We would like to thank SAC Miller for her dedication to Law Enforcement and her support of the National Academy Associates. At a luncheon at POST Headquarters, California Chapter President Ken Tanaka and 2nd Vice President Daman Christensen presented SAC Miller with a beautiful retirement plaque and a lovely bouquet. Thank you, SAC Miller and we wish you the very best in your new adventure.

FLORIDA

Florida FBINA Graduates recognized by Governor Rick Scott. On May 20, 2017, Governor Rick Scott inducted 5 Florida Law Enforcement officers into the Law Enforcement Hall of Fame in the Capital located in Tallahassee, Florida. Two are active members of the Florida Chapter of the FBI National Academy Associates.

## CHAPTERCHAT

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(L-R) CA Chapter President Ken Tanaka, NA 228, SAC Monica Miller, 2nd VP Daman Christensen, NA 242.

■ Marshall **Bill Berger** and Chief **Richard Beary** were both submitted to the Governor's Office for consideration and selection for this recognition due to their life long involvement with law enforcement.



William "Bill" Berger, 132nd Session, US Marshall, Middle District of Florida.



Richard Beary, 143rd Session, Chief of Police, University of Central Florida.

Marshall Berger started his career with the Miami Police Department. He then became Chief of the North Miami Beach Police Department and Palm Bay Police Department prior to his appointment as the US Marshall for the Middle District of Florida by President Obama in 2011. Marshall Berger has served as President of the Florida Chiefs and International Chiefs of Police Association in 2001-2002.

Chief Beary started his career with the Altamonte Springs

Police Department, became Chief of the Lake Mary Police Department and the University of Central Florida. Chief Beary, also served as President of the Florida Chiefs Association and International Chief of Police Association in 2014-2015.

We want to congratulate them on their accomplishments and recognition by Governor Scott.

## PROMOTIONS

■ **Sean M. Douris** has been promoted to Chief of the CSX Transportation Railroad Police after a brief stint as Director.

## END OF WATCH

■ **Michael Loffredo**, 95th Session, Florida Department of Law Enforcement, EOW - June 2, 2017.

## NEW MEXICO

■ The New Mexico Chapter held its **2017 Spring Training Conference** in Las Cruces May 17-19th with 40 members attending the 2.5-day training. The conference started with a full day of firearms training and a pistol competition conducted by Las Cruces PD Firearms Instructor **Jeremy Story**. 23 attendees participated in the competition and enjoyed a lunch of grilled hamburgers and hotdogs courtesy of **First Tactical** and their Chapter Executive Board.

Day 2 was held at the Dona Ana County Community College with presentations by the **Badge of Honor Memorial Foundation**, New Mexico Public Employees Retirement Association, FBI Albuquerque Field Office Victims Assistance ending with a 4- hour presentation by **Rich Libicer** (236th Session) titled, "Running in the Fog"; a presentation concerning officer burnout and accumulated traumatic stress.

■ The Chapter's **Annual Steak Fry** (hosted by **Steven Shaw**, First Tactical Rep and NM Chapter Sec/Treasurer, 209th Session) was held at the host hotel pool/patio area where shooting and door prizes were awarded, 53 participants, guests and instructors attended the Steak Fry. The conference closed with a presentation on **Leadership Diversity** by Prescott, AZ Deputy Chief **Amy Bonney**, 257th Session. That is Prescott, like biscuit as we all learned!



(L-R) Laura Downing and Malcolm Green.

## NORTH CAROLINA

■ NC Chapter President **Laura Downing (Kruger)** Session 237 attended the Asia/Pacific Chapter Conference held in Siem Reap, Cambodia June 18-21, 2017. She met the "grandfather" of the Asia/Pacific Chapter, **Malcolm Green**, from Australia who attended Session 111 in 1977 and still attends the

Chapter conferences as often as possible. Both can be seen here with their delegate badges and an exchange of gifts between the two. The event was an amazing exchange of information and networking for all who attended. Hope to attend more International Conferences in the future!

## NORTHWEST

■ The 2017 Northwest **Chapter conference/re-trainer** is scheduled for September 18-20 in West Fargo, ND.

Training topics include: media relations, policing protests, and cultivating a culture of resilience.

Great speakers and good times are on the agenda! To register go to: <https://fargonaa2017.eventbrite.com> and enter password **FargoNAA2017**. Hope to see everyone there!

## PROMOTION

■ **Scott Nadeau**, 257th session, has been named police chief/director of public safety of the Maplewood Police Department. Scott has been chief of the Columbia Heights Police Department (MN) for approximately 9 years.



Scott Nadeau

Prior to Columbia Heights he was with the Brooklyn Center Police Department, where he held the positions of officer, detective, sergeant, and lieutenant. Ancillary duties included SWAT, community policing officer, hostage negotiator, public information officer, field training officer and explorer advisor. Scott earned both a bachelor's and master's degree from Metropolitan State University.

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## CHAPTERCHAT

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In the new role Scott will oversee both the police and fire department. Congratulations Scott, and we wish you the best!

## END OF WATCH

■ Deputy Chief **Paul Leingang**, Session 205, age 54, of Mandan, ND, passed away July 11th after a brief and courageous battle with cancer. Paul recently completed his 37th year with the Mandan Police Department and is survived by his wife of nearly 32 years and two children. Paul will be missed by all those who knew and loved him.

## WASHINGTON

■ **Colleen McIntyre**, #198, was proud to announce that her daughter, **Kallie**, just graduated from the Arapaho Law Enforcement Academy in Littleton Colorado as a Colorado State Parks and Wildlife Ranger. Kallie is currently in her Park Ranger field training. Colleen had the honor of pinning on her badge on June 16, 2017. It has been very special for Colleen and her husband **John** to see her pursue a law enforcement career while maintaining her passion for wildlife. Colleen always told her she would be a outstanding law enforcement officer. Kallie graduated from Colorado State University with a Degree in Zoology and worked for the Denver Zoo as a Marine Mammal trainer prior to being hired by the Colorado State Parks and Wildlife division.



(L-R) Kallie and Colleen McIntyre.

■ **Brian Burnett**, #262, was just installed as the WASPC President for May 2017-May 2018. Brian served previously on the WASPC Board as Vice President and President Elect.

The photo below is from this year's spring conference in Spokane where Brian is presenting an appreciation award to last year's president, Kennewick Police Chief, **Ken Hohenberg**, #202.



(L-R) Brian Burnett, Chief Ken Hohenberg.

## RETIREMENTS

■ **Bonnie Bowers**, #241, officially retired from Anacortes PD on April 3. On April 7th NA classmates from Tennessee, Colorado and Minnesota came to celebrate with her along with session mate **Earl Smith** from Kitsap Co. Bonnie didn't lose anytime embracing retirement. After the celebrating was done, she left for Spain to hike the Camino de Santiago where she completed a 500- mile trek. Home in June, her husband **Bud**, (Session 210) whisked her off in a new travel trailer for some more adventures. The retired Bowers can be reached at [bbowers@comcast.net](mailto:bbowers@comcast.net) and will continue to reside in Anacortes when they aren't off on adventures.

■ **Daryl Wiebe**, #243, is retiring at the end of June, after 35 1/2 years of service with the Vancouver (BC) Police Department. Robert Torgerson, #232, is retir-

ing from Aberdeen PD on July 27th.

■ Lt. **William "Bill" Slodysko**, #243, retired from Bellingham PD in March. Currently Bill and his wife are traveling around the US and visiting with some of his NA session mates.



Bill Slodysko



(L-R) Outgoing Chief Styner And Chief Logan.

## PROMOTIONS

■ **Neccie Logan**, #237, was promoted to Chief of Police Ocean Shores on April 1 (No April Fool's joke!) Neccie began her career with the Portland Police Bureau where she served for almost 2 years. She was hired with the Wapato Police Department in 2000 where she served 14 years, working her way up to Assistant Chief. In 2014, she was hired as the Deputy Chief in Ocean Shores.

■ **Rodney Covey**, #157, was sworn in as Chief of the Port of Seattle Police on May 16, 2017. His badge was pinned on by his daughter, Officer **Dani Covey**,

Gilbert Arizona PD. Rod has had a prestigious law enforcement career coming to the Port as a deputy chief in April 2009 after serving 32 years with the Arizona Department of Public Safety (DPS). He was a highway patrol officer and sergeant, field training officer, narcotics agent and supervisor and a Highway Patrol District Commander for the largest district in the state serving the Hopi, Navajo and White Mountain Apache Nations. He served as the Commander of the Arizona Law Enforcement Training Academy, the Chief of Staff for the Director of Public Safety, the Chief of the Highway Patrol, the Assistant Director of Operations and the Assistant Director overseeing the Agency Support Division. He also served as the Executive Director of the Arizona Peace Officer Standards and Training Board (AZPOST) and the Director of the AZ Regional Community Policing Organization. He finished his time in Arizona as Director of the Center for Leadership Excellence at AZ POST.

Rod has an AA Degree in Criminal Justice from Central Arizona College, a Bachelor's Degree in Management from the University of Phoenix, and a Master's Degree from Northern Arizona University (NAU) in Educational Leadership. He is a graduate of the Arizona State University's Institute for Public Executives. In July 2012, he attended the 52nd Session of the Senior Management Institute for Policing (SMIP) at Boston University. Over his career, Rod has worked to develop leaders in hundreds of federal, state, county and city agencies across the nation to include the Washington State Patrol, Pentagon Force Protection and the United States Capitol Police. A strong supporter of the FBINAA, he has been a featured presenter at the FBI's Command College for Washington State for the past nine years.

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# CHAPTERCHAT

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(L-R) Chief COvey and Officer Dani Covey.

Shawano community in retirement. He is currently a member of the Shawano Optimist Club and a big Shawano Hawks sports fan, supporting his son Austin. Best wishes in retirement!



Chief Mark Kohl

■ **Brian S. Smith**, #214, was promoted from Interim Chief of Police to Chief of Police, City of Port Angeles July 30, 2016. **Jason X. Viada**, NA 269 was promoted from Administrative Sergeant to Deputy Chief of Police on December 14, 2016. Jason is currently in Session 269 of the FBI National Academy which began on July 10, 2017.

■ **Lt. Larry G. Bonneville**, 193rd Session, has retired following a 32 year law enforcement career, the last 30 years with the City of Menasha Police Department. Larry officially retired on June 2, 2017. Larry was a Supervisory Lieutenant for 21 years at Menasha PD. He spent his last year as the Department's Investigative Lieutenant. Congratulations and best wishes to Larry in retirement!



Lt. Larry Bonneville

## WISCONSIN

■ Chief **Mark A. Kohl**, 198th Session, is happily retired! Mark served as the Chief of the Shawano Police Department since 2014, retiring in April of this year. He also served as Shawano's Chief from 2001 to 2002. Mark said he will remain involved in the

■ Chief **Tim G. Seaver**, 217th Session, was appointed Chief of Police of the Village of Fox Crossing Police Department on February 28, 2017. Tim has served nearly 31 years in law enforcement and had been an Administrative Lieutenant for the past 15 years, before being promoted to Chief. Congratulations to Chief Seaver!



Chief Tim Seaver

■ Chief **Todd L. Thomas**, 255th Session, was elected 3rd vice president of the Wisconsin Chapter of the FBINAA at the annual re-trainer and membership meeting, held recently in Minocqua, WI. Todd reports that he is ecstatic to be joining the board and is "looking forward to jump-



Chief Todd Thomas

ing in with both feet." Congratulations Todd and welcome to the board!

## 2017 WI FBINAA Chapter Scholarship Award Recipients

- Award: \$1,000  
Applicant: **Erin Dunning**  
Sponsor: **Eric Dunning**  
Session: 237th  
Agency: Ashwaubenon Public Safety
- Award: \$500  
Applicant: **Bailey Brandner**  
Sponsor: **Roger Brandner**  
Session: 245th  
Agency: Columbia County Sheriff
- Award: \$500  
Applicant: **Jeffrey Knudson**  
Sponsor: **Troy Knudson**  
Session: 222nd  
Agency: Rock County Sheriff
- Award: \$500  
Applicant: **Alexa Bonneville**  
Sponsor: **Larry Bonneville**  
Session: 193rd  
Agency: Menasha P.D.

## END OF WATCH

■ On behalf of the Wisconsin Chapter, our sincere sympathy to the family, loved ones, friends, and associates of: **Lyle R. Bliss**, 102nd Session, Wisconsin State Patrol, EOW – January 31, 2017.

## FBI NATIONAL ACADEMY AT THE WORLD GAMES | WROCLAW, POLAND 2017

The World Games were conducted in Wroclaw, Poland in July, 2017; the next host city for the World Games will be Birmingham, Alabama, USA in 2021. A delegation of City of Birmingham and Jefferson County, Alabama officials had the opportunity to observe many aspects of the planning and operations of the event in Poland, including law enforcement and the World Games Command Center.

Three FBI National Academy graduates were among the delegates; these were **AC Roper**, Chief of Police, Birmingham Police Department (Session 200), **Henry Irby**, Deputy Chief, Birmingham Police Department (Session 231), and **James (Jim) Coker**, Director, Jefferson County Emergency Management Agency (Session 224; City of Hoover, Alabama Police, Retired).

There was an opportunity to network with a National Academy graduate in Wroclaw. **Pawel Noculak** is a graduate of the 242nd Session; he is the Deputy Head of Criminal Intelligence, Policja Regional Headquarters.



(L-R) Chief AC Roper, Birmingham PD (Session 200), Pawel Noculak, Major, Policja (Session 242).

Pawel shared information about law enforcement planning specific to the World Games. The World Games was a resounding success in Poland; the flag has been passed to the United States. The World Games in 2021 will be the first time the event has been on US soil in forty years. Planning is underway!

## MEET CHIEF SCOTT DUMAS, FBINAA'S NEW PRESIDENT

*Associate Magazine:* Tell us why you first decided to take a leadership role at the FBINAA and how your involvement with the organization grew?

**SCOTT:** Well, I guess it started with a great foundation for me. I worked for three Chief's in my life, all NA graduates, 165th, 177th, and 188th, respectively. Each Chief was a strong believer in training, even with a limited budget and each not only supported, but encouraged we stay involved. Once at the Academy, 226th session (Best Class Evah!), it was everything I thought it would be, outstanding training, physical fitness for the whole body, and the introduction into the future, which is our networking. But it was at the 2007 National Conference in Phoenix, the first one I attended. During opening ceremonies and Lee Greenwood was singing "Proud to be an American". I looked around the room of law enforcement leaders, which was filled with emotion, and it was at that moment I knew I wanted to be more than a member.

*Associate Magazine:* As you start your 12-month term, are there some specific initiatives you are planning to pursue?

**SCOTT:** We have a great foundation already in place thanks to the leadership of our members, prior boards, and prior Executive Directors. I guess what I'd like to do is not so much start additional initiatives, but rather fine tune what we are already doing. I'd like to re-focus our commitment to our members and our partners to make sure we are all getting out of our Association a quality return on our investment. We'll be looking at our strategic plan and making sure that everything we do with our Association is driven towards our Mission and Vision.

*Associate Magazine:* How do you see the FBINAA further collaborating with not only federal, state and local agencies but also reaching out to the private sector?

**SCOTT:** The current political rhetoric regarding immigration aside, law enforcement at all levels will always seek to collaborate on matters regarding public safety, it's what we do. The FBINAA is at the forefront of that collaboration due to our unique experience in having attended the National Academy. Our ability to reach, gather, and initiate is limited only by our willingness to do so. We have members in over 170 countries across the globe. Policies, resources, immediate assistance is a keystroke or a phone call away. In regards to collaborating with the private sector, although there are many great relationships already established, I feel as a profession and as a society, we are still in our infancy in effectively realizing this potential collaboration in the interest of public safety. Take the San Bernardino shooting and the difficulty we had in balancing the interest of public safety with the individual freedoms our great nation provides. These relationships and balances need to be realized before the need arises. Due to the uniqueness of our members through that fraternal bond and our relationships both inside and outside of law enforcement, I feel, as an Association, the FBINAA has the ability to bridge that gap, but we have more work to do.

*Associate Magazine:* What do you think it is about the FBINAA that keeps it so relevant within the law enforcement community?

**SCOTT:** My first week back from the National Conference in DC I had someone come into the lobby of my police department and ask to speak with the Chief of Police. I walked out to the lobby and I met Detective Lieutenant Louis J. McKenzie (retired) of the Chelsea, MA Police Department, graduate of the 137th Session of the National Academy. With him was his wife Grace. In Mr. McKenzie's hand was the latest copy of the Associate Magazine. (With the budget always in view, I would later explain to him how much it cost to print the magazine as opposed to the electronic version but he said "I'm old school") Mr. McKenzie explained he lives a few towns over, he had seen my picture, saw where I was from and had been meaning to come down and introduce himself. We sat down and talked about our experiences while at the National Academy, people we mutually knew, and life in general. So to answer your question I believe it is the uniqueness of our fraternal bond. Mr. McKenzie has been retired for 21 years, I had just met him, and we conversed like we were old friends. Wherever, whenever, whatever, that's the relevance of the FBINAA.

*Associate Magazine:* As a membership organization, what is the distinct thing about the FBINAA that makes law enforcement executives want to dedicate and volunteer their time?

**SCOTT:** I think it really comes down to the Mission, "Impacting communities by providing and promoting law enforcement leadership through training and networking." This was something that I mentioned during the conference but each one of us raised our hand at one point and asked to be sent to the National Academy, but even prior to that we raised our hands and asked to be law enforcement officers. Now for many of us the job we raised our hands for doesn't reflect what it represents today. Law enforcement officers are now required to wear many different hats. The expected level of service has increased but our commitment to service has never wavered. The National Academy experience is just the beginning of a journey. It is not until you become fully engaged with the FBINAA that you fully unlock the potential to build a better police officer, build a better police department, and build a better community. As a law enforcement executive responsible for the well-being of their community, I want every resource available to me. The FBINAA is like a master key!

*Associate Magazine:* Congratulations on being named president of the FBINAA; it has to be a great honor to be chosen to lead the organization.

**SCOTT:** It is truly a humbling honor. It is my task to forge on towards our Vision of "Continuous development of the world's strongest law enforcement leadership network." I want to thank all of our members for choosing a life of service. The sacrifices that come along with it are outweighed by the rewarding results of that service. Be Safe. Be Strong. Be Vigilant. Be Proud!



## 2017 FBINAA COMMUNITY ENGAGEMENT LEGACY GIFT RECIPIENT

This past year, as part of now Past President Joey Reynold's core initiatives, the FBI National Academy Associates established a Community Engagement Committee (CEC) to focus on strengthening the bond between law enforcement and the communities they serve. The Committee is committed to utilizing partnerships with public and private entities in order to identify, develop and promote best practices in community/law enforcement relations. The CEC worked with the 2017 FBINAA Annual Conference Committee in Washington DC to establish a legacy gift that would be awarded to a group in that area and presented during the Annual Conference.

The Washington DC Police Foundation (DCPF) was chosen as this year's inaugural Legacy Gift recipient due to its strong Mission. DCPF works to support the Chief of Police, to fund youth initiatives throughout the District of Columbia. The DCPF brings together business, civic, and other professional communities to promote public safety by providing financial and in-kind resources to the Chief of Police and the Metropolitan Police Department, by expanding public safety awareness, and by advancing public safety policy and initiatives. Their goal is to make the District of Columbia a safer place to live, work and visit through the fulfillment of unmet public safety needs.



Accepting the Legacy Gift are Rebecca Schwartz, DC Police Foundation Director of Marketing & Operations and Christian Gordy, of Finance & Operations. (Pictured L-R: FBINAA Past President Joey Reynolds, Community Engagement Committee Member, Youth Programming Chair Jamie Fields (Arkansas Chapter), DC Police Foundation Representatives, Christian Gordy and Rebecca Schwartz, and Committee Member Ken Kanger (Nebraska Chapter).

Rebecca Schwartz, Director of Marketing and Operations accepted the Legacy Gift on behalf of the DC Police Foundation and addressed the 1,400 attendees sharing "The Washington DC Police Foundation sincerely appreciates the generous award from the FBI-NAA. As an organization, the Foundation funds the community outreach efforts and youth programming for the Washington Metropolitan Police Department. This contribution will enhance programming between officers and youth from the most challenging communities. Thank you for being part of our mission, and for helping to make a difference in the lives of so many youth."



WASHINGTON, DC-2017 HIGHLIGHTS: 53RD ANNUAL TRAINING CONFERENCE



(1) 5.11 Tactical presents a \$30,511 check to the FBINAA Charitable Foundation, accepted by Foundation representative Doug Muldoon. (2) Incoming President Scott Dumas is sworn in by Joe Perry, Chairman of the Rowley, Massachusetts Board of Selectmen. (3) A job well done by the FBINAA 2017 Host Committee. (L-R) Mike Wilson, Michael Spochart, John Campanella and Ray Goodloe. (4) Chaplain Dan Bateman is recognized for his years of spiritual service to the Association by President Joey Reynolds. (5) The family of Deputy Constable Clint Greenwood (NA Session #263) receive the Livio A. Beccaccio Award for his service and sacrifice presented by 2nd VP Johnnie Adams. (6) Joe Hellebrand of the Brevard County Sheriff's Dept. is sworn in as FBINAA 3rd VP, Section III by Granddaughter Breeann Lewis. (7) Chief Grady Sanford of the Forsyth County Sheriff's Department is sworn in as FBINAA Section III Representative. (8) Past President Barry Thomas receives a Proclamation for years of valuable service to the Association from President Joey Reynolds. (9) President Reynolds presents Executive Director Steve Tidwell with the Les Davis Award.





# WASHINGTON, DC 2017

HIGHLIGHTS: 53RD ANNUAL TRAINING CONFERENCE

# ACADEMY NEWS

by Jeff McCormick

## Hello from Quantico!

Thanks to all of you who were able to attend the first-ever National Conference in Washington, DC this past July. And special thanks to those of you who were able to stay an extra day, and participate in the **FBINAA Homecoming** here at the National Academy. While we had demonstrations, lunch, and a few short speeches, I heard from many attendees that the highlight of the day was the opportunity to once again walk these halls, share stories, and marvel at the many positive changes taking place. A particular highlight was that each attending family linked up with a current NA Student from the 269th Session, who were in their 4th week. That student served as their guide, and link from their past attendance to the current NA experience.

Arnie, while I was only one part of a huge team involved in “putting everything together,” I will say on behalf of the team that it was our distinct pleasure to do so. That team includes the NA Staff here at the FBI, the NA Associates, and many, many other FBI personnel in the Quantico and DC areas. And we would like to say thanks to you, Arnie, and to the other graduates who attended Homecoming, for demonstrating in a profound and positive way what we tell each new class at the beginning of the Session: Attending the National Academy

is joining a family; and not one made up of just the 230+ members of your Session. This family extends beyond your individual Session, and is made up of the nearly 17,000 active members of the NAA. Session 269 got a sneak peek at this family connection.

For those of you who were unable to attend Homecoming, if your travels bring you near to your Alma Mater here at the Academy, please feel free to reach out. We would love to see you.



Jeffrey S. McCormick  
National Academy Unit Chief

“Jeff, If you are the guy that put everything together today for us old-timers, you struck a hole-in-one or a grand slam whatever your sports passion is. I wasn't quite sure what to expect when I drove in this morning, but I was more than pleasantly surprised, quite impressed and really felt like I had come home to the NA from a long overdue absence. Your staff and especially the men and women who comprise the 269th session did a bang up job escorting us, answering questions, and kinda being our buddy for a day. One of the day's highlights was seeing a colleague of mine from Fairfax County PD, Major Eddie O'Carroll, section 4 who appeared to be enjoying himself and learning the tricks of the trade, as I did back in 1972 as a US Army military police captain.

Many things had changed, but, of course, many things remained the same. There was no Yellow Brick Road, no paved walkways, no TV's in the rooms, and no gate guards checking us through the East gate; however, those intrinsic values of camaraderie, citizenship, integrity, selflessness, and fidelity, the bedrock of the Academy appeared to be alive and well. Your staff has obviously done a superb job in instilling those values in the class today, as they did with me, back in 1972.

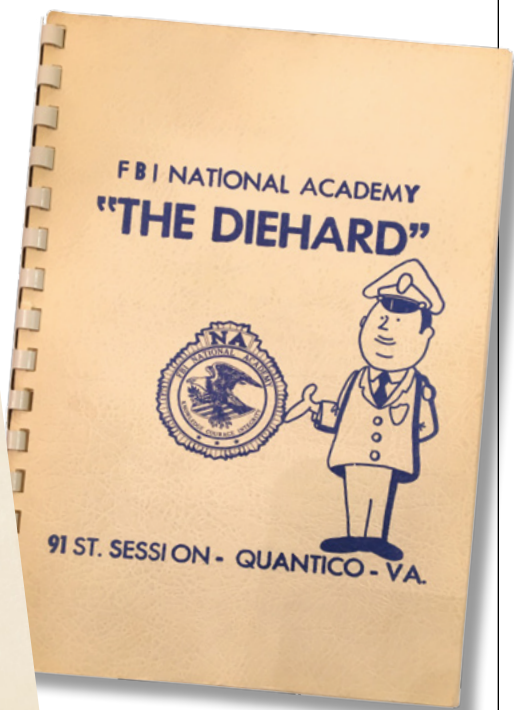
I attended the NA gathering in DC, and again, was the lone attendee from my 91st session, the 2nd session at Quantico. We were the first to have women, and the last to go without counselors. There was a bit of cain raised from time to time, but I think we policed ourselves and looked mighty proud when graduation came before Christmas and we were handed our diplomas from Acting Director, L. Patrick Gray.

In closing, thanks again for a wonderful day of memories and restoring my pride in being a graduate of the 91st session.

Sincerely,

*Arnie*

Arnold Daxe, Jr.  
Col., USA Ret., NA '91



FBINA 91st Session Program provided by Arnie Daxe.



**FBI NATIONAL ACADEMY HOMECOMING 2017**

**Tour Highlights**

- Hogan's Alley
- PTU-Physical Training Unit
- FTU-Firearms Training Unit
- FBINAA Store
- Dorm Room

## THE HISTORIAN'S SPOTLIGHT

by Pat Davis

## NA, It's A Family Thing

Many times law enforcement becomes a family tradition, with sons and daughters following in the footsteps of a parent, who had followed in the footsteps of one of their parents. This is one of those stories, not only is it about three generations of police officers; it is about a grandfather and grandson who are both graduates of the National Academy.

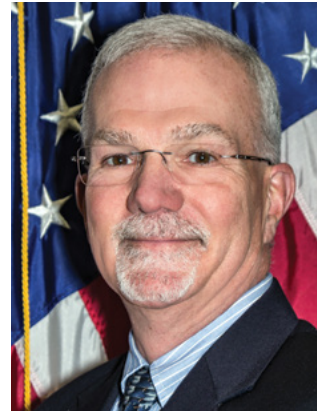
The legacy begins with **Rossa E. Couture**, known to his family as "Papa," born in the Industrial/Mill town of Fall River, Massachusetts on March 12, 1912. Rossa's father, **Edmund J. Couture**, was a carpenter and owned an auto repair/paint shop. His mother, **Louise Gurnett Couture** was a homemaker. According to family members, Rossa chose to become a Police Officer as it was one of the few jobs available at the end of the Great Depression. At the age of Twenty-Five, on September 7th, 1937, Rossa Couture became a sworn officer with the Fall River Police Department in the role of Detective.



Eleven months after starting his law enforcement career, Rossa was off to Washington, DC, to be a member of the 9th session of, what was then known as, the National Police Academy. An excerpt from the August 27, 1938 edition of the Fall River Herald News read:

*Patrolman Rossa E. Couture, 26, of 4 Bardsley Street, one of the younger members of the local Department, who is stationed at the Central Division, being unassigned, will leave Saturday for Washington, DC where he will attend the Federal Bureau of Investigation Police Academy for a three month period.*

*While at the school he will receive instruction from nationally known teachers who are under the direct supervision of J. Edgar Hoover, the country's Number 1 G-Man.*



Mr. Couture is the second young man to attend from New England, and he is the first and only man to attend from the local department. His untiring efforts and own merits have made it possible for him to be accepted by Mr. Hoover for the special training, and he is relinquishing his annual furlough and supplying the necessary funds for his studies in his desire to gain the necessary training that is expected to prove invaluable to the public which he serves.

Rossa returned from the Academy and continued to serve the Fall River community until 1942, at which time he left the local department to become a Naval Intelligence Officer. Upon returning from the Navy, Rossa served as a member of the Fall River Police Commission from 1950 to 1956. In addition to the service to his community and his country, Rossa was a dedicated fisherman who held several fishing records in New England and was known throughout the region as a skilled boatman.

In 2002, **Mark Pftzter**, grandson of Rossa, began his law enforcement career following in his father's and grandfather's footsteps; thus beginning his journey towards attending the National Academy.

Mark was born in Middletown, Rhode Island, a community situated next to Newport, Rhode Island. Mark's father, Kenneth Pftzter, served as a police officer for Jamestown Police Department in Jamestown, Rhode Island, from 1973 until his retirement in 1992. His mother, Christine Pftzter, owned and operated a business from their home. East Bay Claims was an automobile appraisal company that appraised vehicle damages for insurance companies.

Mark states that "as a young boy I always looked up to my father and wanted to be in law enforcement." The other force guiding Mark toward a career in law enforcement was his Grandfather, Rossa Couture. After retiring from law enforcement, Rossa, worked part-time for his daughter, Christine. Living as next-door neighbors, this was a fortunate situation for Rossa as he was close to work and able to spend time and share stories with his grandson.

Mark began his law enforcement career as a patrol officer with the Mason, Ohio Police Department. After two years in Mason, Ohio, Mark moved to Aztec, New Mexico and began work for the San Juan County Sheriff's Office, where he continues to work today. During his tenure with the Sheriff's Office he has held positions as Deputy, Field Training Officer, SWAT Officer, Patrol Sergeant, Administrative Lieutenant, and currently serves as one of three Patrol Lieutenants.

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## A MESSAGE FROM OUR CHAPLAIN

by Dan Bateman

## Home: The FBINAA Family Remembers

At the Washington, DC annual training conference in July, we paused to reflect, honor, and remember those colleagues, friends, and associates who had passed away since our last conference in St. Louis in 2016.

Tragically, we lost three graduates to adversarial action. **Francisco P. Cisneros**, an international graduate of Session 180, gave his all while serving his community in Mexico. **Clinton T. Greenwood** and **Patrick N. Weatherford**, both graduates from Session 263, deserve special recognition for their bravery and courage in giving their last full measure of devotion. These three will be forever remembered in the FBI Academy's Hall of Honor when a ceremony will be held next year to add their names amongst those brave souls who made the ultimate sacrifice.

They were included with 93 other names read during the Opening Ceremonies memorial service itself. This tradition is vested with honor and solemnity as each name is read aloud in the presence of the assembled conferees. With each name, there is an untold story of friendship, service, family, and fond memories. As the list is read in order of session number, conference attendees watch closely as their particular session draws near. Then the name of some friend and colleague appears. Memories come alive of the common bond they shared when they attended the FBI National Academy together and in their respective career paths following graduation.

My theme this year has been "Home: Where It Begins, Where It Ends". And while my magazine articles have focused on the immediate family, are we not family as members of the FBI National Academy Associates? Yes, we are united in the calling of our career and our need for the strength and support of our brothers and sisters in law enforcement. That does, indeed, make us "family".

The Bible is replete with many accounts of God's people being told to remember. Sometimes it involved a visual memorial tribute like an altar or building, other times, a solemn ritual of honoring so as to never forget. We practice the same during the Opening Ceremonies where we vest our members who have passed on with honor and respect. The tradition associated with the Memory Table never fails to remind us of our friends and colleagues who have gone on. It does us well to recall the deep symbolism of the Memory Table:

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



6. A framed list providing the name, session, and date of death of each of our fellow graduates is posted on the table as a visible reminder of our fellow graduates and friends who have gone on.

This year, we remembered 96 of our FBI National Academy Associates who had passed away since our last conference in St. Louis. The Memory Table, as always, remained on display throughout the 2017 DC conference until our Closing Ceremony so attendees could review, reflect, and remember friends ones who had gone on.

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

Peace and blessings,

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

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# FBI NATIONAL ACADEMY 2017 MEMORY ROLL

SESSION/NAME	DATE OF PASSING
67 George W. Geyer, Jr.	April 28, 2017
80 Ronald D. Frazier	June 29, 2016
83 Francis A. Keala	January 7, 2017
85 Anthony Moretti	November 28, 2016
90 Richard A. Amiot	May 1, 2017
90 Carl E. Hyde	January 30, 2016
90 Donald M. Hill	September 6, 2013
91 George H. Braxton	May 14, 2017
91 Robert C. White	September 28, 2016
92 Robert P. Merchant	May 6, 2017
93 Paul W. Dollins	March 30, 2016
93 John "Jack" DuPlayee	May 19, 2017
93 Dominic A. Ferrazzi	August 24, 2015
95 Michael F. Loffredo	June 2, 2017
95 John F. McGowan	November 15, 2016
95 James T. Trollinger	April 13, 2017

SESSION/NAME	DATE OF PASSING
96 Casper "Len" E. Cardoza	June 12, 2016
97 James C. Newton	August 3, 2015
99 Edward A. Haraden	June 8, 2017
100 James R. Beale	August 26, 2012
101 Edward A. Rudolph, Jr.	January 21, 2017
102 Lyle R. Bliss	January 31, 2017
104 John A. DeBassio	October 1, 2016
104 Richard A. Sandberg	March 10, 2017
107 Elmo Williams, Sr.	January 31, 2017
110 Frank A. Barker	January 23, 2017
110 William H. Biggerstaff	May 25, 2017
111 Ronald C. Canaday	October 19, 2016
111 James B. Howard, Sr.	March 15, 2016
113 Colin T. Millar	December 30, 2016
114 Johnnie Holcomb	November 15, 2015
117 Richard J. Pennington	May 4, 2017

SESSION/NAME	DATE OF PASSING
117 Knut Inge Robberstad	July 13, 2011
118 Edward J. Camp	June 22, 2014
118 James E. Fitzpatrick	August 5, 2016
120 Louis J. Bervid, Jr.	November 14, 2016
121 Jymes Carter	November 3, 2016
122 Ralph W. Shanks	September 30, 2016
123 John W. Kozar	March 10, 2017
125 John E. "Jack" Kelly	December 24, 2016
124 Donald C. Dempsey	December 31, 2016
124 John F. Sayers	March 17, 2010
125 Richard G. Tuck	September 19, 2016
127 Douglas D. Worthan	April 19, 2017
129 Frank J. Cappitelli	June 1, 2016
129 Richard DeBoer, Jr.	September 18, 2016
130 Richard G. Staniland	November 28, 2016
131 Kai Erik Tondal	February 26, 2016

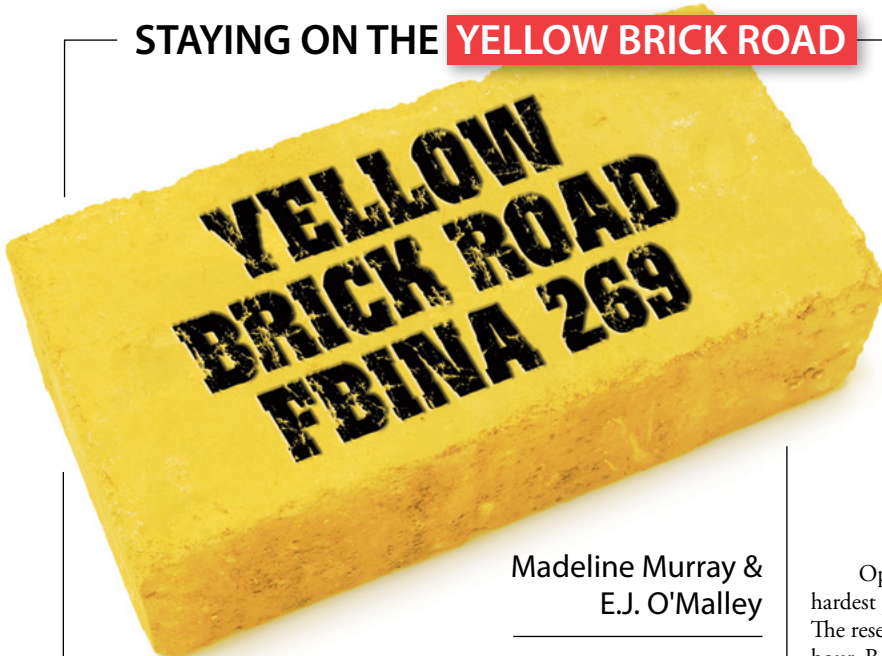
SESSION/NAME	DATE OF PASSING
134 Edward D. Irvine	July 4, 2016
135 Ronald L. Clark	January 22, 2017
136 Daniel F. O'Brien	January 17, 2017
136 Richard V. Polzin	January 3, 2017
138 Harry "Bud" J. Armitage	March 20, 2017
138 Charles G. McDonald	
138 Wille E. "Boe" Patterson	July 1, 2016
138 William P. Register	January 14, 2016
139 Eddie Carter	February 19, 2017
139 James R. Wilbourn	January 18, 2017
140 Jack J. Becaccio	July 30, 2016
141 John C. Woods	March 31, 2016
143 Michael J Gancarz	February 21, 2017
143 Anthony "Skipper" T. Hoke	October 14, 2016
144 Frank D. Blackburn	September 28, 2016
144 David H. Carter	March 2, 2017

SESSION/NAME	DATE OF PASSING
145 David A. Coleman Sr.	March 8, 2017
146 Walter J. "Butch" Kaszubski	June 6, 2017
149 Patrick F. Casey	February 25, 2017
150 John M. Riker	March 17, 2017
155 Gabriel E. Ornelas	January 8, 2017
155 Richard A. Zappile	January 6, 2017
162 Gilbert A. Currie, Jr.	December 16, 2016
163 Joseph A. Hudick	December 1, 2016
171 John J. Benoit	December 26, 2016
171 John J. Lange	September 29, 2016
173 Larry W. Flatt	December 28, 2016
173 Billy C. Morrill	April 22, 2017
175 Zsigmond Szabó	December 7, 2016
180 Francisco P. Cisneros	September 24, 2016
182 Ion G. Sotirescu	July 18, 2016
184 John M. Fuscaldo	February 17, 2013

SESSION/NAME	DATE OF PASSING
187 John W. "Guido" Corrigan	March 20, 2017
189 James M. Potter	July 12, 2016
189 Bob M. Randall	September 15, 2016
191 Clifford T. Hayes	December 12, 2013
193 James G. Molloy	January 30, 2017
194 Alan L. Wilson	March 26, 2017
199 Timothy D Barbour	May 6, 2011
201 Pamela Carrier	April 5, 2017
213 Michael T. Kearney	May 14, 2017
228 Jean-Michel Louboutin	November 2016
233 Philip P. Royal	July 18, 2016
237 Jay R. Memmelaar, Jr.	February 16, 2017
251 Carlos L. Dominguez	November 24, 2015
252 Michael L. Hudson	October 30, 2016
263 Clinton T. Greenwood	April 3, 2017
263 Patrick N. Weatherford	June 12, 2017



STAYING ON THE YELLOW BRICK ROAD



Madeline Murray & E.J. O'Malley

The Central GOVERNOR

The objective in this article is to attack the mindset of our Tactical Athletes. The central nervous system is the governor in the fights of life. My belief is that we undersell and underutilize the power of the mind. Optimizing the health of our athletes must encompass a mind/body connection. Courage, confidence, emotional regulation, and self-discipline are the attributes that define positive psychosocial skills. I will focus on the fitness battle and I'm very proud to introduce Madeline Murray to assist me with the nutrition side of the house. Madeline is currently an intern in the Physical Training Unit. She is a graduate of Virginia Tech and I'm thrilled to pick her brain with fueling tactics.

Ultimately my job is to create a mastery motivational climate in training. It is easy to create a combative circuit in the gym and crank up Metallica. The challenge for me is to empower and inspire in the classroom. I deploy pictures, videos, and personal stories of victory and defeat in hopes creating thought. In the 1960's, Albert S. Humphrey developed the SWOT Analysis to help formulate strategy. We address the strength, weakness, opportunity, and threats here at the Academy. This tool really sets the tone for the mental/physical battles ahead. These men and women are the 1% of the Law Enforcement profession. Use this statistic as a major strength of intelligence, grit,

enthusiasm, and experience. This is your foundation to build from. My passion is to find the weak links in the chain that unfortunately crack that foundation. The fitness modalities that expose weakness could be core training, aerobic/anaerobic capacity, and previous injuries. If we patch and tighten these areas in training, the carryover is a resilient athlete after 10 weeks. The focus is on the details of the little things. I know we bore our students with band walks and dynamic warm-ups, but these daily rituals make the best, better. My wife and I took our 3 boys to a Washington Nationals baseball game recently. My bride knows I enjoy arriving early to watch batting practice and the warm-ups. Bryce Harper was band walking in the outfield before the game. One of the best players in the league was spotted doing the basics, respect! I'm chasing simplicity. Where are you now? Where do you want to be regarding the physical culture?

Opportunity means 24/7 access to me. Getting out the door is the hardest part. Our methodology is a 20-30 minute session, then recover. The research is very clear on how the nervous system shuts down after 1 hour. Be mindful in a shorter window and make better choices of drilling. Use technology as a motivator for accountability. Smart watches can reinforce a competition to better your numbers today. My earbuds and playlists play a big role in the intensity arena. Music is not a crutch for me but it helps me focus on the task at hand. Visualize success in the weight room or on the bike. There will never be a substitute for strength. Buzz words like unload, finish, and compete flow through my mind constantly in any high intensity protocol. Adapt to the ever-changing environment. I use my back yard, parks, hills, and pools on the weekends to enhance movement. I think running in a light rain is a gift!

The threat category is a monster that will derail everything. Sleeping and fueling properly are tier 1 skills that are essential. Alcohol, as an example, can affect the brain and body for up to 3 days if doses exceed 5 or more. Back to back nights of fun ruin the nervous system for up to 5 days. REM sleep cycles are disrupted which leads to a 40% reduction in strength the following day. You will pay the piper! Is the threat low self-efficacy? Sports psychologists have learned that those who suffer from a lack of confidence were almost twice as likely to be injured in physical training as those who exhibited high self-efficacy. More fight or flight scenarios need to be on the schedule, nonsense! The skillset of diaphragmatic breathing is vital for recovery and relaxation. We all need to be better with belly breathing. Try to find a great yoga practitioner or martial artist that doesn't believe in the diaphragm. Everybody needs a boost or an edge. I don't think we need more hard work, we must diversify. The psychological component may need a tune up for every Law Enforcement executive.

Here is a dynamic quote to get the mind right: "4 P Formula – people + personality + process + purpose = success" – Jack Stark, PHD Performance Psychologist

We as humans are impressionable and eager to learn about the newest trend; we are followers in the world of ever changing nutrition gimmicks, and it feels like we can never keep up. Law enforcement hours are long and non-conventional, and the job can range from sedentary to needing to be physically active at a moment's notice. Nutrition is often put on the backburner in the midst of the chaos, or lack thereof, but this should not be the case. What is not said enough is that in order to take care of someone else to our full capacity, we need to take care of ourselves first. Nutrition is often overlooked as a means of

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Staying on the Yellow Brick Road continued from page 22

self-care, possibly because it seems challenging to approach, and there are many unanswered questions which makes it seem as if there is some sort of barrier to nutrition, or to wellness in general. Therefore, the primary goal becomes education to understand behavior change basics, and giving resources along with encouragement.

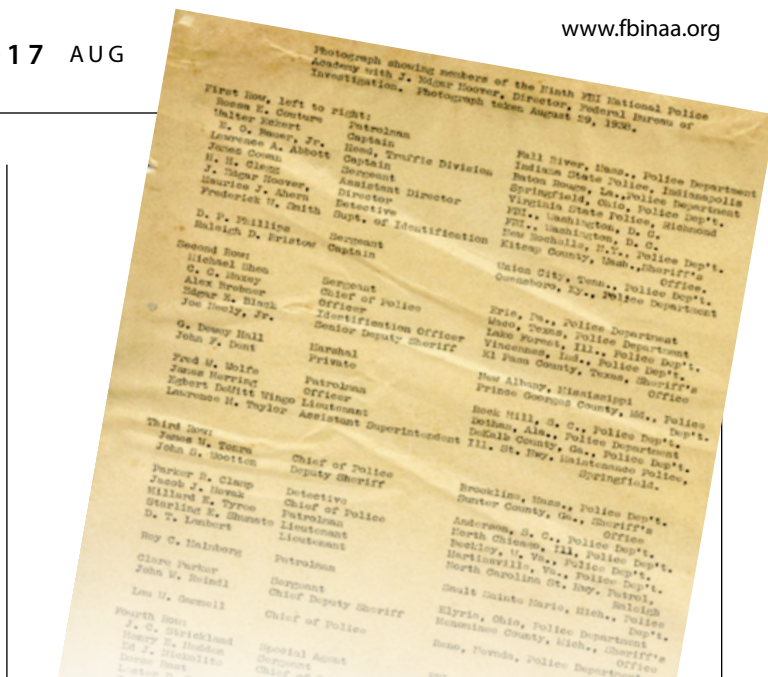
A diet by definition is a restriction of food, whether it be quantity or kind, and the majority of the time we end up with more "cheat" days, or giving it up altogether. Too often we feel we have to make monumental changes which will somehow be successful in changing our lives. What is not well understood is that change needs to be a conscious decision which occurs gradually. This seems easy enough, so why is it that our society struggles so much with nutrition?

Convenience plays a large role in diet, what is easiest to consume on the go. We often see law enforcement officers eating out because there is no time for lengthy preparation, drinking their calories through sugar sweetened beverages, or snacking on food from the vending machine because it is easily accessible. This lifestyle of law enforcement officers contributes to the mindlessness of eating which is considered an eating disorder that the majority of Americans suffer from: binge eating. When eating out, choose restaurants that have higher quality ingredients like Panera or Chipotle. Water should be the primary source of fluid, minimize the amount of sodas, teas, and sugary coffees consumed in a day. Bring small snacks packed with protein such as cheese sticks, apples and peanut butter, peanuts, or yogurt to minimize mindless snacking. Again, convenience becomes the focus as we eat what is within reach by looking at the kitchen counter tops and front of the fridge. Try replacing that candy dish or chip bag with a bowl of washed fresh fruit, and put vegetables in the front of the fridge for easy access. It is also important to vary the consumption of foods rather than sticking to the same routine in order to ensure consumption of all required nutrients. While seemingly simple, these changes to make eating healthier easier might help lead to a more sustainable and realistic lifestyle.

Practice healthy lifestyle habits by implementing these changes to the diet slowly so they are achievable. www.choosemyplate.gov is a simple place to get started learning about portion control and making other small changes. Use their supertracker to gauge the nutrients consumed and bring awareness to those which are either over or under consumed. It is easy to give up on implementing healthy changes when we see they are not working, but it is equally as simple to continue implementing these behaviors when positive results are seen.

About the Co-Author: Madeline Murray graduated from Virginia Tech in May of 2017 with a B.S. in Human Nutrition, Foods and Exercise. She will continue her education at Virginia Tech in the fall, pursuing a Master's in Public Health. Madeline is currently an intern for the Physical Training Unit with the FBI Academy in Quantico, Virginia.

About the Co-Author: 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.



Historian's Spotlight continued from page 18

Continuing to foster knowledge, Mark obtained an Associate's Degree in the Science of Mathematics from San Juan College in Farmington, New Mexico, and will continue his studies this fall with Franklin University, pursuing a Bachelors Degree in Risk Management.

In early 2016, Mark was invited to attend National Academy Session 266 from October through December. Like his grandfather had done two hundred fifty-seven sessions and seventy-nine years earlier, he was off to attend the National Academy.

As is the case with many of us who have lived the Academy experience, Mark found the most difficult part to be the time spent away from his wife Robyn and daughters Khaleel (who turned 18 while he was away) and Kelyn who is 16. He is grateful for the support that he received from Robyn who maintained the daily duties of keeping the house, kids and pets going while he was away taking classes, attending events and meeting new people.

He enjoyed most of his classes and particularly the discussions that arose during class. Truly, we all grow from sharing experiences with peers and learning the various ways situations/issues are handled. Mark feels that the knowledge gained in his leadership class will help him become a better leader and positive role model. And, that what he learned in the legal and writing sessions, will assist him in training others on those aspects that impact their jobs within the San Juan County Sheriff's Office.

Mark commented that what he had been told him prior to attending the Academy had been confirmed; the network you establish at the NA will be one of the most powerful tools you have to do your job. When faced with a problem or issue, where the answer isn't readily apparent, all you need to do is pick up the phone or send an email to a fellow Associate for guidance and help.

For those who are waiting to attend, Mark offers the following advice: "Spend as much time as you can immersed in the environment and take full advantage of the experience. Enjoy your time-off on weekends to see the local sights, and to get better acquainted with your session-mates. During class and at enrichment sessions be sure to extract something from everything that you attend."

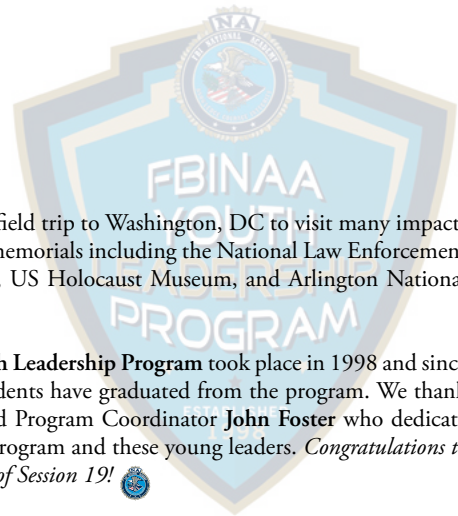
Patrick Davis, Session 152  
FBINAA Historian

### 2017 YOUTH LEADERSHIP PROGRAM SESSION 19

This year we welcomed sixty (60) students to the FBI National Academy in Quantico, VA from June 22-30, 2017. Similar to the FBI National Academy Program, students came from all over the United States, representing the 44 North American Chapters, one from the European Chapter, one from the Latin America/Caribbean Chapter, one respectively from FBI LEEDA, FBI Society of Former Agents and the FBI National Academy Associates Executive Board selection process. The week focused on core subject matter which included Leadership, Ethics, Values and Choices, Juvenile Crime, Character Matters, Goal Setting, Bullying, Ethical Decision Making, Accountability, Social Media and Financial Responsibility. Session 19

also had a full day field trip to Washington, DC to visit many impactful museums and memorials including the National Law Enforcement Officers Memorial, US Holocaust Museum, and Arlington National Ceremony.

The first Youth Leadership Program took place in 1998 and since then, over 900 students have graduated from the program. We thank the Counselors and Program Coordinator **John Foster** who dedicate their time to this program and these young leaders. *Congratulations to these future leaders of Session 19!*



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