Holiday Giving
The Debbie Chisholm Memorial Foundation and RSA helping to make the season bright
Schedule of 2019 RSA Board Meetings

General meetings are held on a monthly basis (except December and January). Regularly scheduled general meetings are on the second Wednesday of each month. The annual meeting of the association is held in January of each year. For more information, check the website at www.rcdsa.org.

Important Benefits Notice!!

• Benefit designations for life insurance are important. Please review them frequently.
• Be sure to enroll a newborn with the Trust within 30 days of birth. Contact the Benefits Office at (951) 653-8014.
• If you marry or enter a domestic partnership, contact the Benefits Office at (951) 653-8014 within 30 days of marriage or entering the partnership.
• If you divorce or terminate a domestic partnership, contact the Benefits Office at (951) 653-8014 within 30 days of divorce or termination.
• If you become a legal guardian, adopt a child, or become legally separated, contact the Benefits Office at (951) 653-8014 within 30 days of the event.
• To ensure coverage, please respect these deadlines. Remember that the department does not notify the Benefit Trust of these changes.
• Please notify the Benefits Office of any changes in your address.
• Please provide dependent substantiation documents to the Benefits Office when requested to avoid cancellation of your dependent’s coverage.

RSA Legal Defense Alert!!

Always consult with an association representative/lawyer before responding to any report, letter, memo and/or questions concerning an investigation that could possibly lead to punitive action. If ordered to do so, ask to have it recorded and read the following: Non-waiver statement

“I have been refused the right to have a representative of my choice. I understand that I am being ordered to make a report or answer questions and that, if I do not comply with the order, I may be disciplined for insubordination.

Therefore, I have no alternative but to abide by the order. However, by so doing, I do not waive my constitutional rights to remain silent under the 5th and 14th amendments to the United States Constitution and under the protections afforded me under state law.”

RSA Affiliations

• Southern California Alliance of Law Enforcement (SCALE)
• California Coalition of Law Enforcement Associations (CCLEA)
• Public Employee Staff Organization (PESO)
• Riverside County Peace Officers’ Memorial Foundation (RCPOMF)
• California Peace Officers’ Memorial Foundation (CPOMF)
• Riverside County Deputy Sheriff Relief Foundation (RCDSRF)
• Debbie Chisholm Memorial Foundation (DCMF)
• RSA Legal Defense Trust (LDT)
• Concerns of Police Survivors (C.O.P.S.)
2019 RSA Annual Report

By Bill Young
RSA President

T
here is an old saying that “You don’t know where you’re going until you know where you’ve been.” With that in mind, as we enter 2019, I want to recap two big events in a challenging 2018 which have set the stage for what will unfold in 2019.

First and most importantly, as an Association we came together, mended relationships, and again became a cohesive group that is one of the most respected Associations in the State.

With the help of Members of our Board of Directors, our Association formed a Hiring Committee and was able to hire Retired Corona Chief of Police Michael Abel as our Executive Director. As Executive Director, Retired Chief Abel will manage the day to day operations of the Association as a business and serve as a consultant to the Board of Directors and Executive Board.

Obviously, a second important step was changing for the better the leadership of the Department. The Members of our Association came together and united to unseat an eleven-year incumbent Sheriff who refused to work with the rank and file of his Department. The Members of this Association fought off intimidation from high ranking Members of our Department and let their voice be heard by hanging signs, telling any family member or friend that would listen that we needed a change in the command of our Department. Along with the support from our brothers and sisters in the law enforcement community, our voice was heard by the voting public and Chad Bianco was elected the 14th Sheriff of Riverside County.

However, even with these welcome and needed changes, 2018 still has left work to be done. The Members of our Association are the backbone of emergency services in this County, a fact the County has failed

EXECUTIVE DIRECTOR’S CORNER

Exciting Changes

By Michael Abel
RSA Executive Director

H
appy New Year! We hope everyone had a happy and healthy holiday season, and that the new year brings new aspirations and opportunities for all.

As we closed out the 2018 calendar year, we were able to wrap-up a few important tasks that we wanted to share with everyone.

• A small committee met and discussed previously proposed RSA BYLAWS. Additional proposed changes were made with the gathered input. In early 2019, we plan to circulate the draft BYLAWS for membership input and, ultimately, pursue possible ratification later in the year.

• Outdated information in the existing RSA Employee Manual was made current, along with clearer guidelines and employee regulations and responsibilities.

• The new 2019 budget was completed and submitted to the Board of Directors for approval. It was adopted with a future savings outlook of several hundred thousand dollars.

• RSA completed the 2018 budget under the authorized budget amount with an overall total savings. Money saved

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January, 2019
President’s Corner
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to recognize. We still have our big battle ahead of us, fighting to change the unfair, and unethical terms and conditions our County Board of Supervisors voted to impose on us. With the poor terms/conditions imposed on our Members, we lost a huge number of Members. Even with the extremely high loss of Members causing a significant change in our budget, your Executive Board was able to present a balanced 2019 calendar year budget to your Board of Directors.

The major goal for the RSA in 2019 IS OUR CONTRACT. I am confident, with a united RSA leadership and a Department leadership that respects and values the rank and file, we will be able to make positive steps to improve your benefits and working conditions.

Next, I would like to help make our Association more accessible to our Members. I plan on working with your Board of Directors to open an RSA Office in the Desert area. I would like to have this Office open by the end of 2019. The new Office will have a Labor Rep., Benefits Trust Rep., and an Office Assistant. The Office will accommodate all the needs of our Members in the Desert and make it so there is no longer a need to drive to Riverside to conduct RSA business.

We also will seek to improve communications with the membership by creating a new web page and app to help us better communicate with you. The goal of establishing a bigger electronic footprint for our Association has already begun with the hiring of a Multi-Media Manager who is working with a company to develop the new website and app.

In a related move, the RSA would like to purchase an enclosed trailer, so we can become self-sufficient. For many years, RSA has relied on volunteers to move stuff around to places like the Sheriff’s Picnic and other events. In 2019, we will use the trailer to transport stuff (tables, chairs, etc.) to Stations when we visit in the future, now that we have a Sheriff that will allow us to make such visits.

My New Year’s resolution is more of a prayer. May this be a year that we see no deputies or officers killed in the line of duty, in the RSA or elsewhere. May this be the year when community activists realize their energy and public relations efforts should be directed towards improving the safety of the public, not attacking those sworn to protect the public. May this be the year when kids in our community opt into school and out of gangs. May this be a rewarding and safe year for all of us.

In closing, your Board of Directors and I are dedicated to serving the great members of RSA who in turn keep us all safe. Without your hard work and dedication to your jobs and this Association, none of our achievements or plans for the future are possible. If you have questions, please don’t hesitate to call us. RSA is here to serve its Members from, “East to West,” by serving those who serve. As always, stay safe out there and make sure everyone goes home.

ED’s Corner
Continued from page 3

can help offset 2019 goals and expenditures.

We’ve hired a brand-new position within RSA, a multi-media manager! Please welcome Kathy Delgado to our team. You can follow all of Kathy’s posts and comments about what’s happening, as well as all the great things our membership does, on a regular basis at:

Facebook.com/RiversideSheriffsAssoc
twitter.com/RSA1943
instagram.com/RSA1943

Please join us and spread the word.

Lastly, we plan to come together at our annual RSA Awards Banquet on Friday, February 22, to celebrate some very significant accomplishments from our membership! Making this year even more special will be our new Sheriff, Chad Bianco, volunteering as our evening’s emcee. Individual tickets can be purchased for $50 each by calling RSA at 951-653-5152 Ext. 1203. Tickets must be purchased by Wednesday, February 13.

Hope to see you all there.

Thank you for your dedicated service.

- Mike.
BLUE LIGHT CEREMONY

“We Honor the Fallen”

In remembrance of all Riverside County law enforcement officers who made the ultimate sacrifice to protect and serve their community

December 10 & 17, 2018

Project Blue Light is part of a national recognition program through the Concerns of Police Survivors, Inc. (COPS) to honor all peace officers slain in the line of duty. During the holiday season, we honor our fallen heroes by displaying blue lights in our windows and blue ribbons on car antennas, showing support for our brave law enforcement officers.

The first of the two 2018 Riverside County Blue Light ceremonies took place at the Palm Springs Convention Center on December 10 with the address given by Chief Bryan Reyes of the Palm Springs Police Department. The second Blue Light ceremony took place at the County Administrative Center in Riverside on December 17, with the address given by Riverside Police Department Chief Sergio Diaz.

The ceremonies began with a humble welcome followed by the Pledge of Allegiance and an invocation. Many of the survivors of the fallen were in attendance at both ceremonies. The names of the fallen were read in remembrance. A floral presentation of white roses and blue ribbons was given to each family of the fallen.

Following the floral presentation, Explorer troops handed out blue light sticks to the attendees and the room was illuminated during a moment of silence.

This year’s Blue Light ceremonies took place through the generous support of the Riverside Sheriffs’ Association, Riverside Police Department, Banning Police Department, Beaumont Police Department, Blythe Police Department, California Highway Patrol, Cathedral City Police Department, Corona Police Department, California Department of Corrections & Rehabilitation, Desert Hot Springs Police Department, Hemet Police Department, Indio Police Department, Murrieta Police Department, Palm Springs Police Department, Riverside Community College District Police Department, Riverside County Sheriff’s Dept, Union Pacific Railroad Police Department, US Border Patrol, and the University of California Riverside Police Department.

Riverside County Peace Officers Memorial Ceremony

Mark your calender for the Riverside County Peace Officers Memorial Ceremony And 2-Mile Run on May 20, 2019 at the Safe in His Arms Statue located in Downtown Riverside. The memorial run begins at 5:45pm and the ceremony starts at 6:15pm.

Continues on page 6
RIVERSIDE COUNTY MEMORIALS

Blue Light Ceremony
December 10
Palm Springs Convention Center
Blue Light Ceremony
December 17
Riverside County Administrative Center

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HOLIDAY GIVING

Every year, the generous membership of the RSA teams up to provide gift baskets to needy families during the holidays and RSA’s sponsored charity, the Debbie Chisholm Memorial Foundation, delivers toys and good cheer.

DCMF TOY DELIVERY

DCMF TO THE RESCUE: The Debbie Chisholm Memorial Foundation and the RSA making a holiday toy delivery.

RSA CHRISTMAS BASKETS

THE MAKINGS OF A MERRY CHRISTMAS: Families receiving gift baskets through RSA’s annual holiday program.
Riverside Sheriffs’ Association Member Scholarship Program

The Riverside Sheriffs’ Association established this scholarship program to assist members of the Riverside Sheriffs’ Association in Riverside County, California.

Who May Apply?

Applicants to the Riverside Sheriffs’ Association Member Scholarship Program must:

- Be active bargaining unit members of Riverside Sheriffs’ Association at the time awards are announced and August checks are issued, and

- Have earned at least an associates degree or equivalent thereof.

Applicants must plan to enroll or already be enrolled in a full-time or part-time undergraduate or graduate course of study at an accredited four-year college or university.

If selected as a recipient, the student will receive a $5,000 award. Four awards will be granted.

Application materials are available at www.rcdsa.org

All Applications Must Be Postmarked By

April 1

Scholarship America is administering the program on behalf of the Riverside Sheriffs’ Association.
Riverside Sheriffs’ Association
Student Scholarship Program

The Riverside Sheriffs’ Association and Riverside County Deputy Sheriff Relief Foundation established this scholarship program to assist members’ children and students from Riverside County, California high schools.

Who May Apply?

Applicants must be high school seniors or undergraduates who plan to attend or are currently enrolled in a full-time undergraduate course of study at an accredited two- or four-year college or university, vocational-technical or trade school in the United States for the entire academic year who are:

- U.S. Citizens,
- Dependent children of active or retired regular or affiliate members of the Riverside Sheriffs’ Association, or
- High school seniors currently attending, graduates or undergraduates that have attended a Riverside County, California high school.

Four (4) awards of $2,500 will be granted to students who plan to attend or currently attending an accredited four-year college or university.

Four (4) awards of $1,000 will be granted to students who plan to attend or currently attending an accredited two-year college, vocational-technical or trade school.

Financial need will be considered in the selection of scholarship recipients.

Application materials are available at www.rcdsa.org

All Applications Must Be Postmarked By

April 1

Scholarship America administers the program on behalf of the Riverside Sheriffs’ Association / RCDSRF.
When you join SFPCU, you’ll receive $25 for your opening deposit, plus enter to win a $500 Amazon eGift Card at www.sfpcu.org/giveaway.*

- Below-market mortgage rates and low fees
- Low Auto Loan Rates with 90 days NO PAYMENTS, a 1% rate discount with Enterprise Car Sales**
- Checking with no monthly fees and up to 10 ATM fees rebated per month+
- Platinum Visa with no annual or balance transfer fees

** Join today with two easy steps! **
1. Go to www.sfpcu.org/becomeamember
2. Enter MD950 in the promo code section to get your $25 opening deposit bonus.

800.222.1391
www.sfpcu.org

*$500 Amazon eGift Card winner will be chosen at random and notified on 4/5/19. Before prize is emailed, SFPCU must receive acknowledgment of winning by 04/12/19. All new accounts are subject to the SFPCU account opening procedures and standard account terms and conditions. **1.00% off current SF Police Credit Union rate with a max loan term of 60 months. Offer valid 01/01/19 – 03/31/19 and is subject to change without notice. This offer cannot be combined with any other offer. Used vehicles were previously part of the Enterprise rental fleet &/or an affiliated company’s lease fleet or purchased by Enterprise from sources including auto auctions, customer trade-ins or from other sources, with a possible previous use including rental, lease, transportation network company or other use. *SFPCU will refund ATM surcharges up to $3 per out-of-network ATM transaction. Rates, terms and conditions are subject to change. Federally insured by the NCUA.
Chad Bianco Sworn In As Riverside County Sheriff

By Kathy Delgado
RSA Media Relations Manager

Chad Bianco took the oath at Riverside’s Historic Courthouse to become Riverside County’s 14th Sheriff on Tuesday, January 8 in a historic fashion being that no lieutenant had ever been elected Sheriff in Riverside County, let alone defeat an incumbent. It was an evening of high energy and excitement as the community cheered and gathered to watch the new Sheriff be sworn in. Hundreds were gathered at the steps of the Historic Courthouse in downtown Riverside including law enforcement officials from multiple agencies, elected officials, the Sheriff’s Mounted Posse, multiple news stations, and the many members of the community who voted in support of Sheriff Chad Bianco.

The Master of Ceremonies was City of Lake Elsinore Council Member Natasha Johnson, who commenced the ceremony, and was followed by Pastor Matt Brown, from Sandals Church, for the moving and heartfelt invocation. The Posting of Colors was conducted by the Riverside Sheriff’s Department Color Guard; it was a touching moment of silence and honor on such a historical day. The Pledge of Allegiance was led by RSA President Bill Young in a profound moment as the crowd raised their voices in unison reciting our Pledge of Allegiance.

Three assistant Sheriffs- Robert Gunzel, Raul Vergara, and Dennis Vrooman were also sworn in this day. It was a great moment for Riverside County as new leadership took the reins. You could feel the enthusiasm and hope for the future of Riverside County Sheriff’s Department as Sheriff Chad Bianco gave his inspiring speech where he stated: “We are about service, we are about integrity, and it is about you, not about me.” He also stated “I just want you to do your best. I want you to give it your best every single day.”

At the conclusion of the ceremony many rushed to the steps of the courthouse eager to congratulate the new Sheriff in town, and from there many made their way inside the beautiful Historic Courthouse for refreshments and celebration. The future looks bright for Riverside County. New Sheriff and new beginnings. ✨
SCUBA diving, why are we talking about SCUBA diving in the All-Points Bulletin? Because SCUBA Diving and the therapeutic effects of water have been proven to help with many injuries, both physical and psychological.

JOHNS HOPKINS UNIVERSITY STUDY:

In 2011, John Kaplan and Daniel Becker took a small group of veterans with spinal cord injuries to the Cayman Islands to undergo a four-day scuba diving certification. The purpose of the study was to research the effects of water in muscle movement, sensitivity to light touch, pinprick on the legs, and effects on PTSD. There were 19 subjects in all consisting of 10, wheelchair dependent participants and 9, able bodied subjects who were used as a control group. The wheelchair dependent participants did nine dives in four days but only 8 completed all the dives.

The researchers saw an average 15 percent reduction in muscle spasticity in those disabled veterans who went diving, an average 10 percent increase in sensitivity to light touch, and five percent to pinprick. In some individuals the improvement in tone, sensation, or motor function was between 20 and 30 percent. The healthy controls experienced no neurologic changes. However, the most striking psychological impact was seen in PTSD symptoms, which decreased, on average, by 80 percent in those veterans who went diving.

PTSD AND FIRST RESPONDERS:

As a profession, first responders are already at an increased risk of PTSD, Traumatic Brain Injury (TBI), General Anxiety disorder (GAd), and an array of physical injuries.

This is based on their physically demanding jobs and the increased chances of being exposed to a variety of traumatic events. First Responders go into situations that often can't be described with human words and come out able to function with their families, and still be able to function in society. However, the human mind is not designed to take that day in and day out for a 30-year career often resulting in the development of Cumulative PTSD.

Cumulative PTSD can be even more dangerous than PTSD caused from a single traumatic event, largely because cumulative PTSD is more likely to go unnoticed and untreated. When a traumatic event occurs, such as an officer-involved shooting, most departments have some sort of procedure in place to help the employee address and deal with the aftermath of the event.
However, the build-up of events that arise throughout a First Responder’s career often go unnoticed and, as a result, the employees with cumulative PTSD are less likely to receive the help they may need because there are no procedures or programs in place. Additionally, the employees often do not come forward and ask for help.

**My Friend Rick:**

In addition to being a military veteran, I am also a retired Sergeant from the Riverside County Sheriff’s Department. For years I had been using SCUBA diving to help fellow veterans with PTSD, so I thought, why not use the same techniques to help First Responders? The truth is, most organizations out there that use alternative methods to help with PTSD, such as SCUBA diving, focus primarily on military veterans. Helping our veterans is a necessity and, luckily, there are many organizations out there that cater to this specific mission. Unfortunately, there are very few organizations out there designed to help First Responders who are experiencing the same struggles.

During my career as a First Responder, I witnessed the negative effects that experiencing repeated traumatic events over a career has on a person. I have seen some of my brothers and sisters develop drug and alcohol problems, become both suspects and victims of domestic violence, and suffer from depression. I also know First Responders who have chosen to take their life due to depression and PTSD.

One such incident was when, in 2016, a fellow first responder and good friend, Rick Runstrom, took his life leaving behind a wife, three children, and a grandchild.

After Rick died, I thought about him a lot and tried to make sense of what he did and wished there was some way I could have maybe intervened and helped him before he chose to take his life. The problem was I had no idea Rick was going through this because he did what most First Responders do, he kept it to himself.

You see Rick thought, like most of us do in this line of work, that “We are the Guardians!” We are the people who are not supposed to hurt, feel pain, or be affected by the things we see and experience! So, in March, 2018, Dive Guardians was born.

**What Our Department Leaders Need to Understand:**

The first thing leadership needs to understand is if an employee is showing signs and symptoms of having PTSD, it does not mean they are broken or a liability. Post Traumatic Stress is not really a “Disorder.” More accurately, it is a “normal response to an abnormal situation.” It is similar to getting any physical injury, whether a broken leg, sprained ankle, or hurt shoulder. The employee may have to take some time to deal with the issue, but once the problem is identified and treated, the employee can usually return to work and have a successful career.

In order for leaders and the employees themselves to identify PTSD symptoms and receive treatment, departments must focus on improving the mental fitness of their employees through not only physical conditioning, but resilience training for the mind as well.

**Guardian Resiliency:**

Guardian Resiliency is your ability to recover from and to continually condition your mind and body to withstand the stresses of your chosen profession. It is your ability to maintain healthy emotional and physical functioning after being exposed to highly stressful events, such as the violent, hazardous, and life-threatening situations encountered as a First Responder.

**Who We Are:**

Dive Guardians is a non-profit organization as described in Section 501(c)(3) of the Internal Revenue Code. We are an organization of First Responders,
dive professionals, and volunteers who create an environment that uses SCUBA diving to nurture healing and self-improvement.

**WHAT WE DO:**

We take each participant from classroom to open water dives where they experience the many benefits to SCUBA and ultimately receive a PADI Basic Open Water Diver certification. Our Program is designed to be absolutely FREE to the participant.

**TO APPLY FOR OUR PROGRAM:**

Go to our website, www.diveguardians.org, create an account, click the APPLY tab, then complete the “Apply to DGI” application.

**TO DONATE:**

The success of our program is dependent upon donations and grants. For a small donation of $5.00 a month, ($60 a year), you can help keep the program free to our participants. You can even donate to us through the United Way campaign offered by the department.

**TO VOLUNTEER:**

Because we are a non-profit, all of us at Dive Guardians are volunteers at this time. If you wish to become a volunteer please go to our website, click the APPLY tab, then complete a volunteer form. We often need volunteers to help us at various events such as standing at a display booth or at our Discover SCUBA classes handing out gear and helping to keep things organized. In addition, we are always on the lookout for people who possess skills in the area of fundraising and grant writing.

**TO LEARN MORE:**

If you would like to learn more about Guardian Resiliency or more about the proven therapeutic effects of SCUBA diving, please contact us at info@diveguardians.org or call (833) DIVE 911. We would be happy to discuss scheduling a presentation for your station or agency.

---

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

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

Call the **Law Offices of Scott O’Mara** to make sure you receive the quality representation that you deserve. We have assisted law enforcement in matters pertaining to personal injury, Workers’ Compensation, and retirement for 30 years.

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

**1-800-LAW-1199**

[www.LAW1199.com](http://www.LAW1199.com)
Take a look back in time to spotlight our law enforcement heritage. The APB highlights an image each month.

Have a photo of your own you want to feature? Send it to Julie Kelley at julie@rcdsa.org.

IDENTIFICATION UNIT, CIRCA 1949: In 1949, a station wagon was purchased and dedicated as the Sheriff’s Department “Identification Unit.” It sported a logo painted on the side announcing that it was the Identification Unit of the Riverside County Sheriff. This logo was copied on other vehicles used as patrol cars at all Sheriff’s Stations.

Threwback Corner

2nd Wind Real Estate

“I’ll Go The Distance For You.”

Herb Packer, GRI, MRP
Broker/Owner

Hp2ndwind@gmail.com 619.708.1935
Lic#01233005

IT’S A TOUGH JOB!

Crisis counseling services provided by
The Counseling Team Int.
“Dedicated to Serving Those Who Serve”
for all locations go to: www.thecounselingteam.com
• No cost for members of the Riverside Sheriffs’ Association
• Completely confidential
Call 800-222-9691 to schedule an appointment

CONNELL CHEVROLET

★ SPECIAL PRICING ★
TO ALL LAW ENFORCEMENT AND THEIR FAMILIES

Fleet Managers
Mike Quinlan • Eddie Cuadra • Joey Cuadra
(714) 546-1200
2828 Harbor Blvd. Costa Mesa
www.connellchevy.com

Herb has been in the real estate industry for over 21 years. He is dedicated, honest, determined. His passion is educating clients throughout the real estate process!

Herb retired from the US Navy and Riverside Sheriff.

Respectfully,
Herb Packer, GRI, MRP
619.708.1935
hp2ndwind@gmail.com
Lic#01233005

- Dedication
- Determined
- Honest
- Reliable

My mission at 2nd Wind Real Estate; is to make buying/selling a home an enjoyable experience. 2nd Wind Real Estate; is a reputable company that offers total dedication and communication. Educating my clients during the buying/selling process is the key component to fulfilling my vision. 2nd Wind covers Riverside and San Diego counties! I am passionate about helping people, especially when it involves finding the ideal home for my clients. It is truly an honor to be a part of my client’s biggest investment!

If you are thinking of buying or selling a home and have questions, please call to schedule a free consultation. I stand by my motto, “I will go the distance for you.”

Herb Packer, GRI, MRP
2nd Wind Real Estate
Herb has been in the real estate industry for over 21 years. He retired from the US Navy and Riverside Sheriff. His passion is educating clients throughout the real estate process!

Connell Chevrolet

Serving the Sheriff’s Department for over 20 years.

Ask For: Barbara Marino
Law Enforcement Representative

(714) 293-8999
1700 West 6th St, Corona, CA 92882
LHMToyotacorona.com
New 2019-2020 Session, Governor And Legislature

By Ryan Sherman
Legislative Analyst

The year 2018 is history and a new day begins under the dome in Sacramento. Gavin Newsom now occupies the governor’s suite of offices in the “horseshoe” on the ground floor of the state Capitol.

On the opposite side of the building, the state legislature has already begun the process of introducing bills they hope to get signed by the new governor.

The 2019-2020 legislative session actually began December, 2018. Both Republicans and Democrats elected their own leaders in the Senate and Assembly.

Senate Democrats reaffirmed their support of Senate president pro tempore Toni Atkins (D-San Diego) while Senate Republicans re-elected Pat Bates (R-Laguna Beach) to continue to serve as the Senate Republican Leader.

In the Assembly, the Democratic members voted to have Anthony Rendon (D-Los Angeles) continue as the Speaker of the Assembly. Republican Assembly members selected Marie Waldron (R-Escondido/Temecula) to lead the reduced numbers of Republicans in the lower house.

There are 40 members of the state Senate:
29 Democrats
11 Republicans

Similarly, there are 80 members of the state Assembly:
60 Democrats
20 Republicans

The overwhelming numbers of democrats in each house are frequently referred to as a “supremacy,” meaning that each house has more than the constitutionally-mandated 2/3 of legislators needed for tax increases and for placing initiatives on the ballot for approval by the voters.

Out of the combined 120 legislators, there are 10 lawmakers who represent all or parts of Riverside County, consisting of three in the state Senate and seven in the Assembly. No changes in the legislative delegation occurred as result of the 2018 general election. Riverside residents continue to be represented by:

- Senator Mike Morrell (Republican) Representing Riverside County communities including Banning, Beaumont, Calimesa, Hemet, Menifee and San Jacinto.
- Senator Richard Roth (Democrat) Representing Riverside County communities including Corona, Jurupa Valley, Moreno Valley, Norco, Perris and Riverside.
- Senator Jeff Stone (Republican) Representing Riverside County communities including Corona, Jurupa Valley, Lake Elsinore, Murrieta, Temecula and Wildomar.
- Assemblymember Sabrina Cervantes (Democrat) Representing Riverside County communities including Corona, Eastvale and Jurupa Valley.
- Assemblymember Eduardo Garcia (Democrat) Representing Riverside County communities including Blythe, Coachella Valley, Desert Hot Springs, Indio.
- Assemblymember Jose Medina (Democrat) Representing Riverside County communities including Blythe, Coachella Valley, and San Jacinto.
- Assemblymember Melissa Melendez (Republican) Representing Riverside County communities including, Canyon Lake, Lake Elsinore, Menifee, Murrieta and Wildomar.
- Assemblymember Randy Voepel (Republican) Representing Riverside County communities including Desert View, Pine Wood, Pinyon Pines and Sycamore.
- Assemblymember Marie Waldron (Republican) Representing Riverside County communities including Lake Village, Los Ranchitos, Rainbow, and Temecula.

These ten legislators, along with 110 of their colleagues have already begun submitting their ideas. During the single week that the legislature was in session in December 2018, over 200 bills were introduced. Bills of interest to RSA members will include criminal sentencing reductions, potential changes to public employee pensions and a renewed interest in restricting use of force by law enforcement. Other bills addressing peace officer bill of rights (POBOR), officer-worn body cameras and limits on law enforcement’s use of other types of emerging technology will also be introduced in the next two months.

Also, on January 10, the governor will have released his budget proposal for this new year and we will review each section to make sure the interests of the RSA are protected.

RSA leadership has increased its participation with other law enforcement organizations and remains committed to working in a unified manner, recognizing that all in public safety are stronger together. As Benjamin Franklin said, “We must, indeed, all hang together or, most assuredly, we shall all hang separately.”

There is no doubt that this 2019-2020 legislative session will be an extremely important one to the members of RSA. It is likely that at some point during this session, we will need your assistance in ensuring that the united voice of the RSA members is heard.

Until that time, Be Safe.
RSAs Amusement Park Tickets
Sold exclusively to RSA Members 951-653-5152
Prices subject to change

✓ = Tickets available online

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<tr>
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<th>PARK $</th>
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Movie Tickets

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<tr>
<td>Regal, Edwards, &amp; United Artst</td>
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<td>$9.00</td>
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Raging Waters

| Processing Fee: $3.00 |
|----------------------|---------|
| San Diego Zoo OR Safari Park | All Ages | Seasonal |
| Adult | | | |
| Child (3-11) | | | |
| Seaworld (Promo Code: SWCJC) | All Ages | | |
| | All Ages Plus Dining | | |

Splash Kingdom

| Adult | Child (3-10) |
| | | Seasonal |

Universal Studios

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For complete ticket listing and annual passes, visit www.rcdsa.org and click on the “Discount Ticket Information” link.

For the user name and password enter “Discount Ticket Information” in search bar in “Member’s Only” site.

For complete ticket listing and annual passes, visit www.rcdsa.org and click on the “Discount Ticket Information” link. For the user name and password enter “Discount Ticket Information” in search bar in “Member’s Only” site.

All proceeds benefiting the Riverside County Deputy Sheriff Relief Foundation.
In Remembrance

“Greater love hath no one than this, that they lay down their life for their friends.” — JOHN 15:13

JANUARY REMEMBRANCES

James W. Lehmann, Jr.
EOW: January 5, 1997

Michael P. Haugen
EOW: January 5, 1997

Frank Hamilton
EOW: April 9, 1895

William Joseph Rutledge
EOW: May 14, 1969

Randy Robert Lutz
EOW: June 22, 1989

Jim W. Purkiss
EOW: April 16, 2001

Preston Van Buren Swanguen
EOW: December 24, 1907

William Fredrick Carter, Jr.
EOW: May 20, 1969

Kent A. Hintergardt
EOW: May 9, 1993

John Towe
EOW: February 15, 2002

Henry Fredrick Nelson
EOW: September 22, 1921

Edward Michael Schrader
EOW: July 11, 1974

Mark S. Kemp
EOW: November 9, 1994

Brent Jenkins
EOW: March 18, 2003

Theodore Crossley
EOW: September 22, 1921

James Bernard Evans
EOW: May 9, 1980

Michael P. Haugen
EOW: January 5, 1997

Bruce Lee
EOW: May 13, 2003

Howard R. Scheffler
EOW: February 29, 1956

Dirk Alan Leonardson
EOW: October 4, 1980

James W. Lehmann, Jr.
EOW: January 5, 1997

Manuel Villegas
EOW: March 19, 2007

Roger Allen Strong
EOW: August 7, 1961

Michael David Davis, Sr.
EOW: October 24, 1988

Eric Andrew Thach
EOW: October 8, 1999

IN MEMORY, 2018

Deputy Steven Belanger
Los Angeles County Sheriff’s Department
EOW: February 6, 2018

Officer Kirk Griess
CHP – Solano Area Office
EOW: August 10, 2018

Deputy Mark Stasyuk
Sacramento County Sheriff’s Department
EOW: September 17, 2018

Deputy Antonio Hinostroza
Stanislaus County Sheriff’s Department
EOW: November 25, 2018

Officer Gregory Casillas
Pomona Police Department
EOW: March 9, 2018

Officer Oscar Adrian Reyes
Costa Mesa Police Department
EOW: September 12, 2018

Sergeant Ron Helus
Ventura County Sheriff’s Department
EOW: November 8, 2018

Corporal Ronil Singh
Newman Police Department
EOW: December 26, 2018

Deputy Sheriff Ryan Zirkle
Marin County Sheriff’s Office
EOW: March 15, 2018

Officer Armando Gallegos, Jr.
CA Dept. of Corrections and Rehabilitation
EOW: September 14, 2018

Officer Toshio Hirai
Gardena Police Department
EOW: November 15, 2018

California Peace Officers’ Memorial: www.camemorial.org • National Law Enforcement Memorial: www.nleomf.com
Riverside County Peace Officer Memorial Foundation: www.rcpomf.org
WOMEN IN LAW ENFORCEMENT CHARITY

FLAG FOOTBALL TOURNAMENT

SAT JANUARY 26TH

KICK OFF AT 9AM
CHAMPIONSHIP AT 3PM

WHEELOCK FIELD
RIVERSIDE COMMUNITY COLLEGE
4800 MAGNOLIA AVE., RIVERSIDE

PARTICIPATING AGENCIES
RIVERSIDE PD • RIVERSIDE SHERIFF’S DEPARTMENT
SAN BERNARDINO PD • SHERIFF’S DEPARTMENT
CDCR • SANTA ANA PD • LOS ANGELES PD
LOS ANGELES SHERIFF’S DEPARTMENT

$10 PRE-SALE
$12 AT THE GATE

All money raised will benefit a charitable foundation chosen by each agency
WHO WE ARE

Dive Guardians, Inc. is a 501(c)(3) organization comprised of First Responders, dive professionals, and volunteers. We use SCUBA diving, the therapeutic effects of water, and science to nurture healing and self-improvement. Our program is designed to be FREE to those who qualify.
RSA IS SELLING
RSA CHALLENGE COINS
IN THE DEPUTY DEPOT STORE

THE COST IS $15.00 WITH ALL PROCEEDS
BENEFITTING THE RIVERSIDE COUNTY
DEPUTY SHERIFF RELIEF FOUNDATION

THE RIVERSIDE DEPUTY SHERIFF RELIEF FOUNDATION IS YOUR 501(C)(3) NONPROFIT
ORGANIZATION THAT WAS ESTABLISHED TO HELP THE FAMILIES OF LAW ENFORCEMENT AND
PUBLIC SAFETY OFFICERS SUFFERING THROUGH CRITICAL INCIDENTS, SUCH AS BUT NOT LIMITED
TO, LINE OF DUTY DEATHS, CATASTROPIC LIFE THREATENING ILLNESSES AND PROVIDING
ASSISTANCE TO MEMBERS OF THE COMMUNITY WHO ARE VICTIMS OF CRIMINAL ACTS. THE
RCCSRF ALSO ADMINISTERS EDUCATIONAL SCHOLARSHIP ASSISTANCE TO MEMBERS AND THEIR
CHILDREN OF THE RIVERSIDE SHERIFFS' ASSOCIATION AND THE COMMUNITY AT LARGE.
January Word Search

R S F I R E C R A C K E R S M
E J E V W M A H B G L T S X W
S Z G U R S T F J Y M A U G T
O R A N G B E K N U P R H M B
L S P M I T P O L R B B F A M
U T M E F K I U S O J E L E E
T O A S T T R T V T Z L G R N
I M H I A B H U J M E D V D Y
O E C N W G B P S R H C H A S
N X R O I A R Y O M F O Y E G
C A L N U R F P T E D S T V N
C O D G H N G K A G A P K A A
E I N T R E T S O R J W N H L
M S Y F F T H D M X A M R I D
W A U M E K B P O U H D U S L
F H Z G H T Y A F W G B E M U
R E M A E R T S L J N O H E A
G K S B F P J H H R S M Y F G

Auld Lang Syne
Ball Drop
Carnation
Celebrate
Champagne
Confetti
Count Down
Firecrackers
Garnet
I Have A Dream
(Martin Luther)
King Jr.
Midnight Resolution
Streamer
Toaster
Parade

January Sudoku

1 6
5 6 4
6 7 3 8
3 2 5 6
8 3 7
9 4 8 3
5 1 4 9
9 5 8
8 7

TEEN ROAD TO SAFETY LOOKING FOR DRIVING INSTRUCTORS. If interested, please contact Andrew (949) 697-9933, email: teensafety@cox.net, www.teenroadtosafety.com.

VACATION RENTALS / DISCOUNT TO ALL RCDSA MEMBERS!!! “Two Palm Springs Condo’s for rent.” All you need to bring is your golf clubs. Condo #1 – Fully furnished. The condo has all the necessities of home. Walking distance from downtown and the Spa Casino. 2 bedrooms 2 baths. 2 large pools and Jacuzzi’s. 2 tennis courts. Barbeque on the patio. Exceptionally clean!!!! Price varies. Condo #2 – Fully furnished. The condo has all the necessities of home. 1.5 miles from downtown. Large front and back patio, view of waterfall and small lake. 7 tennis courts. 7 pools and Jacuzzi’s. Club house with 2 indoor racket ball courts. Barbeque on the patio. Exceptionally clean!!!! Price varies. Contact/Owner: Sherry Eversole (Cell) 909-557-7847. Sr. Investigator Riverside District Attorney’s Office.

VACATION RENTAL IN ESTILL SPRINGS, TENNESSEE This new, 3 bedroom, 2 bath sleeps up to 8 people and has all 5 star reviews. We are located 25 minutes from Jack Daniels Distillery and 30 minutes George Dickel Distillery. We are 82 miles from Nashville Airport located near beautiful Tims Ford Lake. Enjoy the new Twin Creeks Marina just 7 miles from the house with boats, paddle boards, and other water toys for rent. The house is beautifully decorated in Lake and Jack Daniels décor and has everything you need to enjoy your vacation. Discount for Law Enforcement retired or active. Call for Carren (406) 235-0777.

VACATION RENTAL WHITEFISH, MONTANA Studio apartment in the woods, super clean, and in the Montana forest. Sleeps two comfortably with a queen bed and kitchen. It does have a blow up queen bed too for additional guests. Come to Montana and be in the natural beauty, away from it all, and see why many retired Law Enforcement have retired here! Whitefish is a resort town with year round activities, great restaurants, bars, and the ski resort was just voted 4th best in the nation. We have many lakes near the apartment and lots of hiking trails. Glacier National Park is just 45 minute drive. Discount for Law Enforcement retired and active. Call Carren (406) 235-0777.
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White Glove Service
The Choice is Easy...
NO Closing Costs for RSA Members
855-668-5626

- Eliminate High Interest Debts
- Cash Out for Home Improvements
- Consolidate HELOC or 2nd Mortgage
- First Time Homebuyer Programs
- Buy After Bankruptcy Specialists

Union Choice Pays...
Appraisal Fee
Loan Closing Costs
Title & Escrow Fees

Apply Online 24/7 - UnionChoice.com
CONGRATULATIONS TO OUR DECEMBER RETIREES

<table>
<thead>
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<th>職位</th>
<th>勝出日期</th>
<th>退休日期</th>
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<td>ROBERT MACRAE JR.</td>
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<td>SR. D.A. INVESTIGATOR</td>
<td>FEB. 8, 1990</td>
<td>DEC. 28, 2018</td>
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<td>DANIEL WORKMAN</td>
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<td>SR. D.A. INVESTIGATOR</td>
<td>MAY 24, 2007</td>
<td>DEC. 19, 2018</td>
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<td>DONALD BRAASCH</td>
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<tr>
<td>SR. D.A. INVESTIGATOR</td>
<td>JULY 27, 1990</td>
<td>DEC. 19, 2018</td>
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<tr>
<td>DARREN MANNION</td>
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</tbody>
</table>

RETIREE BREAKFAST

WHEN: Friday, March 22, 2019 • TIME: 10:00AM
PLACE: Riverside Sheriffs’ Association

21810 Cactus Ave., Riverside, CA 92518
(951) 653-5152

RSVP: RSA (951) 653-5152 (800) 655-4772
or email julie@rcdsa.org

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GOOD FOOD • GOOD CONVERSATION
Meet Your Lawmakers

US Congress, Senate

Kamala Harris (D)
40 B Dirksen Senate Office Building
Washington DC, 20510
(202) 224-3553

Dianne Feinstein (D)
331 Hart Senate Office Building
Washington DC, 20510
(202) 224-3841

US Congress, House of Representatives

36th District
Raul Ruiz (D)
1319 Longworth House Office Building
Washington, DC 20515
202-225-5330

41st District
Mark Takano (D)
1507 Longworth House Office Building
Washington, DC 20515
202-225-2305

42nd District
Ken Calvert (R)
3400 Central Ave., Suite 200
Riverside, CA 92502
(951) 784-4300

50th District
Duncan Hunter (R)
223 Cannon House Office Building
Washington DC 20515
(202) 225-5672

California Senate

23rd District
Mike Morrell (R)
10350 Commerce Center Drive
Suite A-220
Rancho Cucamonga, CA 91730
(909) 801-5040

28th District
Jeff Stone (R)
State Capitol, Room 4072
Sacramento, CA 95814-4900
(916) 651-4028

31st District
Richard Roth (D)
State Capitol, Room 4032
Sacramento, CA 95814-4900
(916) 651-4031

California Assembly

42nd District
Chad Mayes (D)
Capitol Office: P.O. Box 942849,
Room 4139, Sacramento, CA
94249-0042; (916) 319-2042.
District Offices: 2081 West Florida
Avenue, Suite 125, Hemet, CA
92545; (951) 895-8306;
73-710 Fred Waring Drive,
Suite 116, Palm Desert, CA
92260, (760) 674-0164

56th District
Sabrina Cervantes (D)
Capitol Office: P.O. Box 942849,
Room 4112, Sacramento, CA
94249-0056; (916) 319-2056
District Offices: 45-677 Oasis Street,
Indio, CA 92201, (760) 342-8047;
1625 West Main Street, Suite 220,
El Centro, CA 92243,
(760) 336-8912

60th District
Jose Medina (D)
P.O. Box
942849,
Room 5135,
Sacramento, CA
(916) 319-2061

61st District
Melissa Melendez (R)
P.O. Box
942849,
Room 4009,
Sacramento, CA
(916) 319-2067

67th District
Randy Voepel (R)
P.O. Box
942849,
Room 4009,
Sacramento, CA
(916) 319-2071

71st District
Marie Waldron (R)
P.O. Box
942849,
Room 4009,
Sacramento, CA
(916) 319-2075

75th District
Eduardo Garcia (D)
P.O. Box
942849,
Room 4112, Sacramento, CA
94249-0060;
(916) 319-2056

71st District
Richard Roth (D)
State Capitol, Room 4032
Sacramento, CA 95814-4900
(916) 651-4031

Riverside County Supervisors

District 1: Kevin Jefferies
County Administrative Center
4080 Lemon St.-5th floor
Riverside, CA 92501
(951) 955-1010

District 2: Karen Spiegel
County Administrative Center
4080 Lemon St.-5th floor
Riverside, CA 92501
(951) 955-1020

District 3: Chuck Washington
County Administrative Center
4080 Lemon St.-5th floor
Riverside, CA 92501
(951) 955-1030

District 4: V. Manuel Perez
County Administrative Center
4080 Lemon Street - 5th Floor
Riverside, California 92501
(951) 955-1040

District 5: Jeff Hewitt
County Administrative Center
4080 Lemon St.-5th floor
Riverside, CA 92501
(951) 955-1050

The Riverside Sheriffs’ Association has deployed an integrated “members only” online news & information center to improve our ability to keep our members informed on important issues.

RSA Member Alerts

The news & information center at rcdsa.org is where members will go to view exclusive content, including negotiations and other confidential information from RSA.

To access the news & information center members are required to log on and register by clicking on the “RSA Members Only” link then following the instructions. Once registered members will also be able to update their own on-line profiles at anytime (email addresses, user name & password, etc). Members are urged to keep their information current at all times to avoid missing important updates from the Association.

For Technical assistance please contact Judy Drott by email: judy@rcdsa.org
Monday – Friday 8am – 5pm or by calling (951) 653-5152 (800) 655-4772.
Incentive 1
Earn $119 by completing your Personal Health Assessment (PHA), your biometric screening, and choosing between cash or a fitness device voucher.

Personal Health Assessment: The PHA is an online, private* questionnaire about your health and lifestyle that takes about 15 minutes to complete. It is available on www.Healthyroads.com. Once you’re logged on, you can find the PHA on the landing page rotating graphic or by visiting the “Scorecard” tab.

Biometric Screening: Take the Healthyroads® Health Care Provider Form (found on your Healthyroads.com homepage) to your physician during your next annual physical or preventive screening** Part II of the form should be completed and submitted by your doctor directly to Healthyroads by July 4, 2019.
(Note: If the form is illegible or missing data values, it will be returned to you to complete and re-submit by the deadline.)

Complete Incentive 1: Once your PHA and biometric screening are completed, you can complete Incentive 1 by selecting a $119 cash reward or a $119 fitness device voucher. Log in to your Healthyroads.com account and click Incentives > Plan Summary > "Click here to finalize your incentive!" Follow the instructions on the pop-up box to choose $119 cash or a $119 fitness device voucher.

Incentive 2
Earn up to $480 by achieving monthly activity goals via the Healthyroads Connected!® program between the months of January and July 2019.

You can earn up to $80 based on your steps, workouts, or gym visits each month for a total of $480 for the length of the program. Register your wearable fitness device or app on Healthyroads.com, or use the Healthyroads CheckIn!® app to track your workouts at one of 41,000+ fitness centers and select YMCAs nationwide. Some gyms will auto-report your visit.

Here’s how you can earn:

<table>
<thead>
<tr>
<th>Movement Merits</th>
<th>Reward</th>
<th>Month(s)</th>
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<tbody>
<tr>
<td>100,000</td>
<td>$40</td>
<td>$40/month</td>
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<tr>
<td>175,000</td>
<td>$60</td>
<td>$60/month</td>
</tr>
<tr>
<td>225,000</td>
<td>$80</td>
<td>$80/month</td>
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</table>

Visit the Connected! page on your Healthyroads account for more details!

NOTE: You may still participate, but you will not receive payout for Incentive 2 until Incentive 1 is completed. Healthyroads Connected! rewards will be paid out quarterly.

Log on to Healthyroads.com to get started

Questions?
Email service@healthyroads.com or call 877.330.2746.

On the Road to Better Health
2018/2019 NEW INCENTIVE
Two ways to earn in the new plan year!

To be eligible, you must complete the required activities by **July 4, 2019**.
Two ways to earn in the new plan year!

To be eligible, you must complete the required activities by July 4, 2019. Visit the Connected! page on your Healthyroads account for more details!

Here’s how you can earn:

- **Personal Health Assessment (PHA):** You may still participate, but you will not receive payout for Incentive 2 for this activity. Complete this form. (You must complete both Incentives 1 & 2 to qualify for the Incentive 1 reward.)

- **Biometric Screening:** Complete your annual biometric screening by July 4, 2019. This includes a blood draw and a blood pressure test. Take the Healthyroads® Health Care Provider Questionnaire before the biometric screening to let us know how to interpret your results.** Part II of Form (found on your Healthyroads.com homepage) to your physician to administer the incentives described here. (You must complete both Incentives 1 & 2 to qualify for the Incentive 1 reward.)

- **Healthyroads® Health Care Provider Questionnaire:** Your doctor will need to fill out this form before you can participate in the program with the same reward that is right for you in light of your health status. (You must complete both Incentives 1 & 2 to qualify for the Incentive 1 reward.)

- **Personal Health Assessment (PHA):** You may still participate, but you will not receive payout for Incentive 2 for this activity. Complete this form. (You must complete both Incentives 1 & 2 to qualify for the Incentive 1 reward.)

- **Auto-Report:** Record your PHA and biometric screening results by visiting Healthyroads.com to submit your data. You will need your Healthyroads account and click Incentives > Plan Summary > PHA Rewards. Log in to your account and find the PHA on the landing page. You can also submit your PHA data by completing the PHA form on Healthyroads.com and having it signed and returned to Healthyroads by July 4, 2019. Your PHA data must be received by Healthyroads no later than July 4, 2019. If you sign up for the program after this day, you will not receive the PHA reward.

- **Point System:** You can earn up to $80 based on your steps, workouts, or gym visits.

<table>
<thead>
<tr>
<th>Movement Merits</th>
<th>Value</th>
</tr>
</thead>
<tbody>
<tr>
<td>175,000</td>
<td>$80/month</td>
</tr>
<tr>
<td>225,000</td>
<td>$80/month</td>
</tr>
<tr>
<td>100,000</td>
<td>$80/month</td>
</tr>
</tbody>
</table>
The RSA offers a referral service for members to offer their skills for hire. Have a business on the side, or a talent you would like to market?

To include your business, contact the RSA at (951) 653-5152 and ask for Julie or email julie@rcdsa.org.

The RSA does not endorse or support any particular business listed on this page.