

The Magazine of the  
FBI National Academy  
Associates

# NATIONAL ACADEMY



ASSOCIATE


November/December 2013 | Volume 15, Number 6

## *In the* **EYE of** *the* **STORM**

*Ocean City, NJ fighting Superstorm Sandy*

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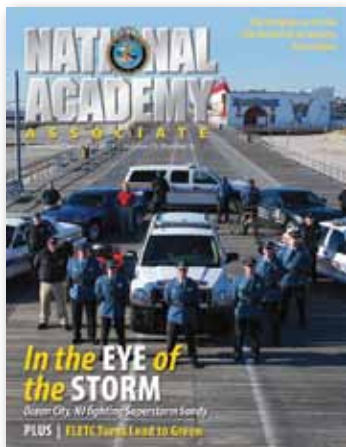
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Jan/Feb	12/1	2/28
Mar/Apr	2/1	4/30
May/June	4/1	6/30
Jul/Aug	6/1	8/30
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**On the Cover:** For Ocean City, New Jersey fighting Superstorm Sandy meant having the right people with the right technology.



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## ASSOCIATION PERSPECTIVE

by President Doug Muldoon

### Dear Fellow Graduates:

It seems like only yesterday that I was starting my year as President. The experience to serve this outstanding association of graduates was once in a lifetime and very humbling. Over the 25 years since I graduated, I have had the honor to meet many great law enforcement professionals from around the globe. This year was a blur in meeting many more of our graduates. I was fortunate enough to bring my wife Sue on many of these trips. I cannot thank everyone enough for the hospitality and friendship they extended to the both of us. The various Chapter Officers that were so kind in sharing their ideas to help our association and the invitation to join their respective chapters in the future to attend an annual conference, which we hope to be able to do.

This year we saw many changes in the FBI National Academy Associates, the FBI and society in general. We started out the year bidding farewell to Executive Director **Steve Tidwell** as he moved on to a new chapter in life working with The Freeh Group. We wish him all the best in those endeavors. We welcomed a longtime friend of the FBINAA, former Unit Chief **Greg Cappetta** as the new Executive Director. Greg came in and hit the ground running dealing with the daily events he must tend to but also with the changes of the FBINAA being off site and then large issues that came up during the year. He has been a great partner and I have enjoyed our working relationship this year.

We were preparing for the 15th Session of the **Youth Leadership Program** when approximately 4 weeks out the program was canceled due to a legal interpretation by the FBI legal staff that said YLP could not be held at the FBI Academy as it had been in the past. This was a devastating hit for those planning to attend and their families. Thanks to **E.D. Cappetta**, YLP Counselor Coordinator **Gayward Hendry**, Committee Chair **Barry Thomas** and myself we were able to ensure that there will be a Session held in 2014! I thank all involved for jumping on this to ensure our program continues in the future.



(L-R) Ronald Comers-Legate FBI Belgium, Doug Muldoon-FBINAA President, President Van Rompuy, Joos Duché-European Chapter President, Philip Benezue-FBINAA European Chapter/ Belgium Police.



We bid farewell to FBI Director **Robert Mueller** at the FBINAA Conference held in Orlando in July. His last day as Director was September 4th. On September 5th Director **James Comey** was sworn in as the Director of the FBI. Director Comey spoke at the 254th Session of the FBINA and E.D. Cappetta, Past President **Diane Scanga**, Section 3 Representative **Joey Reynolds** and I were able to meet with him to discuss the FBINAA. We are working on scheduling a meeting with the entire board and the Director in the near future.

I want to welcome the new FBINAA Unit Chief **Mike Harrigan** to the FBINAA board and also express our sincere appreciation to Acting Unit Chief **Deb McCarley** who was very helpful to the FBINAA during her time serving on the board of the FBINAA. We also wish her well in her new position in the Jacksonville, FL FBI Office.

Unfortunately due to the sequestration implications, amplified by the lack of a Federal Budget being approved, the 255th Session students arrived September 29th for class, attended class on Monday and then the government shut down. Although many of the instructors offered to volunteer to continue the session knowing how important this program is, the entire FBI Academy was shut down for approximately 3 weeks and all the students sent home. This became the first session to be totally canceled. Currently the plans are to bring back the 255th Session students in April to proceed with their class.

During this year we also bid farewell and said thank you to Chaplain **Billy Gibson** for all the work he did on behalf of the FBINAA. Billy was always willing to help those in need and would reach out to them to assist any way he could. We welcomed **Dan Bateman** from Michigan as the new Chaplain and he has already stepped up to the plate to assist and serve our members.

I want to acknowledge the following people that have been instrumental in my service to the association over many years. I started to attend the FBINAA conferences in 1989. I had the opportunity to meet **Robbie Hamrick** who was elected and served as President in 1997. I then had the privilege to work with the following FBINAA Board members over the years: **Joe Monteith**, **Chuck Burke**, **Randy Ely**, **Marty Keely**, **Walt Corter**, **Nile Carson**, **Ken Ramsey**, **Mark Willingham**, **Dave Easton**, **Timothy Overton**, **Sid Mitchell**, **Art Baylor**, **Kim Derry**, **Matt Raia**, and Past Executive Directors **Les Davis**, **Tom Colombell**, **Roger Trott**, and **Steve Tidwell**.

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**Association Perspective** *continued from page 4*

I must acknowledge all of the FBINAA Staff also for the work they do behind the scenes: Executive Director **Greg Cappetta**, **Laura Masterson**, **Nell Cochran**, **Ashley Sutton**, **Becky Storm**, **Angela Colonna**, **Liz Seal**, **Christie Glinski** and **Lisa Munoz** as well as our conference staff **Yvonne Bean**, **Nikole Colonna**, **Mark Lorimer** and **David Anderson**.

I want to express my appreciation to the current board of the FBINAA: **Diane Scanga**, **Laurie Cahill**, **Joe Gaylord**, **Barry Thomas**, **Joey Reynolds**, **Scott Dumas**, **Johnnie Adams**, **Keving Wingerson** and welcome **Joe Hellebrand** as the Section 3 Representative. You have a great group of hardworking individuals that truly have the interest of our membership and the overall growth of the organization at heart. Since my time on the board we have moved to make the FBINAA more transparent, more inclusive and improve communications. I believe we have done that as shown by the inclusion of our members in all our committees, rotation of those positions as counselors in YLP, Historian, and Chaplain, etc. We have started monthly e-mails / newsletters. The web site has included a social network in a secured area for our members. This year we also started a committee called the Public Private Partnership Committee with the intent of growing the involvement of the business world in our association.

In closing, I want to say a huge Thanks to my wife **Sue**, daughters **Justina**, **Jennifer**, **Jessica** and **Juliann** (YLP Session 9) who all grew up attending the FBINAA functions. Without the support of my City

Manager **Sue Hann** and my entire staff at the Palm Bay Police Department, I would never have been able to carry out the duties of President this year.

I wish you and your families all the best for 2014. I know that President **Laurie Cahill** is looking forward to serving you and will continue the work of this Board. If I can ever be of assistance, don't hesitate to contact me.

Sincerely,

*Doug Muldoon*

Doug Muldoon  
2013 President



# CC CHAPTER CHAT

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

Submit chapter news/high-resolution digital .jpg or .tif photos with captions to: Ashley Sutton, Communications Manager  
phone: (302) 644.4744, fax: (302) 644.7764  
asutton@fbinaa.org

## ALABAMA

■ **Tommy Skipworth** of the Muscle Shoals Alabama Police Department, 234th Session, was promoted to Captain in August. Captain Skipworth is assigned to the patrol division and over special operations.

## ARKANSAS

■ This summer, the Arkansas Chapter hosted its annual **Top Cop Golf Tournament** in Fayetteville. The Chapter was supported by long-time friend and supporter **John Currie** with **American Military University**, who made the five hour drive from Oklahoma City, OK, to golf with the chapter members. With AMU's support, and the support of **PowerDMS, Cruse Uniforms & Equipment, Outdoor Cap, Griffin International, Everett Chevrolet of Springdale**, and many local merchants, they were able to provide a great golf outing for their players. All proceeds went to support the Chapter's **Truett E. Rowe Scholarship program**. The 2014 Top Cop Golf Tournament will be held on Friday, June 13, 2014, in Fayetteville, AR. Visiting golfers are welcome!



The annual Top Cop Golf Tournament.

## CALIFORNIA

■ On October 21, 2013, **Timothy Gorsuch**, 236th Session, was appointed by Governor **Jerry Brown** as Director of the Department of Alcoholic Beverage Control. Tim began his career with the agency over 20 years ago, most recently serving as its Chief Deputy Director.



Timothy Gorsuch

## CONNECTICUT

■ **Dale Hourigan**, Session 209, was promoted to Major at the Connecticut State Police on September 20, 2013. Major Hourigan served as the Commanding Officer of the Statewide Narcotics Task Force and has been appointed



Timothy Edwards

Commanding Officer of the Bureau of Selections and Training.

■ This summer, Lieutenant **Timothy M. Edwards**, a 25-year veteran of the South Windsor Police

Department, was promoted to the rank of Deputy Chief of Police (Session #235).

## E. MISSOURI

■ Captain **Kevin Murphy** was awarded the Prestigious **Dan Linza Eagle Award** during the 2013 Re-trainer Conference at the Lake of the Ozarks Missouri.



FBI National Academy Session #251 graduates getting together for a reunion at White Lake, NC in August of 2013. (Standing L-R) Jeff Golden (CT), Brad Smith (FL), Paul Magee (MA), Vern Foli (IL). (Sitting L-R) Larry Aiken (FL), and Alan Melvin (NC).

## EUROPEAN

### FBI NAA Retraining Session in Brussels

■ Belgian graduates organized in cooperation with the Belgian Integrated Police in October the 31st Retraining session of the European Chapter in Brussels, capital of Belgium and Europe. The main topic was **Policing Major Cities in a Mobile and Diverse World**



(L-R) Chief Dan Linza 71st Session and Captain Kevin Murphy 207th Session.



Belgian retraining session in Brussels, Belgium.

continued on page 9



# CHAPTERCHAT

*continued from page 8*

where law enforcement, speakers including a magistrate and even private company speakers gave their point of view on managing major cities and the impact on police work.

There were 150 attendees from 24 countries, representing 3 continents. The Retraining session offered a professional conference program, and networking opportunities during the social and the evening program and international contacts were intensified.

■ An American-European delegation presided by European Chapter President **Joos Duchi** made a working visit to the European President **Herman Van Rompuy**.

This year's retraining session can be considered a great success for all and especially for the the 20 Belgian graduates. Let's meet again in Warsaw in 2014!

## FLORIDA

■ **Samuel Ben Caruthers**, 61st Session (graduated in 1958) was the guest speaker at a recent Florida Chapter event in Naples.

■ Director **Timothy Ryan**, 175th Session, retired from the Miami-Dade Corrections and Rehabilitation

Department after 43 years of public service in the corrections profession serving as Chief of Cor-



*Timothy Ryan*

rections for Santa Clara County Department of Corrections in California and Orange County Corrections Department in Florida.

■ **Malone Stewart**, graduate of the 202nd Session and member of the Florida Chapter, passed away October 26, 2013. He retired after serving 3 decades in law enforcement, as the Orange County Sheriffs Office Under Sheriff.

■ Congratulations to Deputy Chief **Cheryl Stewart**, 229th



*Samuel Caruthers (center), Florida chapter.*

Session who retired from the Tallahassee Police Department at the end of November 2013.

■ On October 1, 2013 - Captain **Arnold Brown**, 248th Session was promoted to the rank of Major with the Okaloosa County Sheriff's Office.

■ Effective September 29th, 2013, **Michael McKinley**, 254th Session was promoted from Major to Chief Deputy over the Administrative Services Bureau at the Orange County Sheriff's Office. Mike recently graduated from the NA on September 20th.

■ Also effective on September 29th, **Nancy J. Brown**, 244th Session was promoted from Captain to Major and assigned to the Criminal Investigation Division.

■ Effective July 17, 2013 **David R. Thompson**, 230th Session was promoted to Major with the Saint Lucie County Sheriff's Office.

■ Chief **Dennis Jones** retired from the Tallahassee Police Department on October 4, 2013. He will be leaving Law Enforcement with 35 years of public service. He is a graduate of the 223rd Session FBINA.

## Largo Police Department

■ Chief **John Carroll** retired after 33 years of service to the Largo Police Department, 218th Session.

■ Deputy Chief **Jeff Undestad**, 251st Session, was promoted to Chief of Police.

■ Captain **Brian Browne**, 238th Session, was promoted to Deputy Chief of Police.

■ Lt. **Michael Loux**, 228th Session was promoted to Police

Captain in charge of Operations.

## HAWAII

■ **Michael De Cenzo**, 241st Session, was promoted to Lieutenant,

Hawaii State Sheriff Division, on 11/4/13.

■ Captain **Andrew Lum**, 237th Session, of the Honolulu Police Department, was elected as President of the Hawaii Chapter on 4/18/13 at the **43rd Annual Hawaii Training Conference** in Kona, Hawaii.

## Honolulu Police Department

■ Major **Ron Bode**, 249th Session, retired effective 12/31/12.

■ Captain **Moana Heu**, 213th Session, retired effective 2/28/13.

■ **Robert Green**, 222nd Session, was promoted to Assistant Chief of Police effective 10/1/13.

## INDIANA

■ This fall, members of the Indiana Chapter participated in the team competition during the **12th Annual Beyond the Badge 5K Run & Walk** in Indianapolis, Indiana, honoring slain Marion County Sheriff's Deputy **Jason**

**Baker**. Jason is the son of Lt. **Jerry Baker**, 130th Session, a member of the Indianapolis Division of the Indiana University Police Department and previously, Chief of the Albion Michigan Police Department.

## KANSAS/W.MISSOURI

■ The **2014 Chapter Board** was sworn in at their recent Annual Fall Re-Trainer at the Lake of the Ozarks, Missouri

■ The Kansas/Western Missouri Chapter honored several of their Chapter's Past Presidents with a pin and recognition during the Re-Trainer Banquet.

■ **William C. Delaney**, Session #179, received his retirement plaque from **Dave Burlew**, Training Coordinator for the FBI Kansas City Office, in April, 2013 after 35 years with the Kansas Bureau of Investigations (KBI).

■ **Kelli Bailiff**, Wyandotte County, KS Sheriff's Office (Session #200) received the 'Law Enforcement of the Year Award' from the National Center for Missing and Exploited Children and the Department of Justice. She is featured here with the organization's founder, Mr. **John Walsh**.

## Promotions

■ **Jim McCulloch**, 251st Session, Springfield, MO Police Department promoted to Major.

■ **Randy Hopkins**, 214th



*(L-R) Cameron Ellison, Session 248, Mitch Thompson, Session 202, Scott Jordan, Session 217, Andy Dietz, Session 209, Ed Gebhart, Session 251, Brad Arnold, Session 224, and Mike Nielsen, Session 242.*

*continued on page 17*

# IN THE EYE OF THE STORM

For Ocean City, New Jersey fighting Superstorm Sandy meant having the right people with the right technology

Myles Tillotson





As Hurricane Sandy approached the cooler waters off the Eastern Seaboard in late October last year it was officially downgraded to a tropical storm. But, in nature, timing is everything. Sandy attached itself to a cold front to become a nor'easter with a wider area of impact than a typical tropical storm. Plus, when the eye of the moisture-laden storm made landfall just five miles north of the summer resort community of Ocean City, New Jersey on the evening of October 29th, it was greeted by high tide and a full moon. On a barrier island surrounded completely by water, Ocean City was a prime target for Superstorm Sandy.

**W**hen the storm finally passed the next day, most of the damage and loss of life was still being felt further up the New Jersey coast and across the New York metropolitan area. But Ocean City didn't escape Sandy's fury by any means. Winds exceeding 70 miles per hour and three separate tidal surges left more than \$400 million in damage to Ocean City commercial and residential property and an estimated \$20 million in damage to the city's famed boardwalk and other municipal infrastructure and facilities.

But even with flooded streets and homes, and downed electrical wires everywhere, there was fortunately no loss of life or serious injury. With just a few exceptions, residents had heeded the warnings of public safety and emergency management leaders like **Chad Callahan**, Ocean City Chief of Police, to evacuate the island before the bridges to the mainland were closed. Chad maintains that this successful outcome was due in large part to clear and consistent communications with the media and directly with residents and business people. "In an event like Sandy there can be no ambiguity in the message you're trying to deliver," he says. "It's important that people understand exactly what you want them to do."

Chad, a National Academy graduate (Session #225 in 2006), points directly to the training he received at Quantico for giving him a strong foundation in the communication skills he needs for handling emergencies like Sandy and in his day-to-day work. "The best class I took was media relations," he recalls. "I've used

because you can't anticipate assistance from other agencies. Everyone is in crisis mode." Two of the department's three patrol squads were assigned to remain on the island throughout the storm, with the third staying on the mainland (where most officers live), positioned to provide relief immediately after the storm. "From prior experience, we knew that once you were off the island, you were most likely not going to be able to get back on (until the bridges were reopened)."

Chad emphasizes how important it is in a situation like Sandy to give your people time to prepare and evacuate their families first so they know they're safe. "That way they can focus on their jobs," he says. "Everybody stepped up, although some officers who are single parents and caregivers needed extra time to make special arrangements for their families. I learned that you have to be flexible and firm at the same time."



*Ocean City, New Jersey Police Department under water.*

the tools I learned to better communicate with and through newspapers, radio and other media outlets. Through the strong partnerships we built with local media we were able to get the right information to the public before and after Sandy." He also points out that "the training has really helped me navigate potential hurdles, like anticipating media questions and preparing clear responses that reinforce the key message I want to get across."

### **PREPARING FOR SANDY**

In preparation for the storm, Chad ordered a total recall of all personnel, regardless of status. In major emergencies like Sandy, he stresses, "you have to be self-sufficient

### **THE EYES AND EARS OF THE STORM**

Starting well before Sandy arrived, the department's Communications Center which handles 911 calls and dispatches for the department, as well as the city's Fire Department, got inundated with calls for information and help. As Chad explains it, "in times like this, 911 is the one number people know to call."

For Ocean City's citizens and public safety professionals alike, the Communications Center became the "eyes and ears of the storm" and the center of action for handling calls and dispatching resources before, during, and after Sandy. A core team of dispatchers staffed the Center for three days - eating

*continued on page 12*

**In the Eye of the Storm** *continued from page 11*

and sleeping off-shift in the building - before relief could arrive from the mainland two days after the storm. "Along with everybody else in our public safety and emergency management departments, they did an outstanding job," according to Chad.

The Communication Center team relied on the technology that supports them every day to get them through the storm. Since 1999 the centerpiece of that technology support has been an integrated public safety solution from Pennsylvania-based **CODY Systems**, which also happens to be a top-level supporter of the FBI National Academy. "Two key members of our sales force are both retired law enforcement leaders and NA grads," commented **Frances Heffner**, CODY Systems' President. "The training that the men and women receive through the programs they offer are invaluable."

The CODY solution in place at the Ocean City Police Department includes a powerful RMS (CODY Desktop™) and an integrated CAD module (CODY Dispatch™). "Information-led policing and the use of advanced software has been the Ocean

City Police Department's approach for some time now," Chad Callahan states.

The CAD module is integrated with the Center's 911 call answering system so that name and address information from land line-based calls automatically populates in CAD. With the unusually high volume of calls the Center handled during Sandy, features such as these that save dispatchers time in entering information and dispatching emergency response became ever more crucial. Plus, it is fully outfitted with a geographic information and mapping solution that presents dispatchers with a map view right on the CAD workstation. They can see the incident location, as well as the current location and status of all responders in the field. The result is more intelligent assignment and faster response based on proximity - both of which are of utmost importance when dealing with heightened danger to both residents and officers.

Information from a call for service or incident inputted at the Communications Center is immediately and automatically available to the responding officer in the field, who can add detail on the service or incident response without having to re-key data already en-

tered. Through the Desktop tm they can access vital information on residents, vehicles, businesses, and more in real-time. Related files, images, sound waves, and other supplemental documents can be attached to records to maintain comprehensive information in one location. This is made possible because all the information is stored in one relational database which promotes rapid search and retrieval. "Providing our officers with the timely and accurate CAD and RMS information they need in the field gives them the power to better do their jobs," Chad maintains.

**GAINING A REAL ADVANTAGE WITH THE RIGHT TECHNOLOGY**


This technology solution has helped the Communications Center and the whole department work smarter and certainly proved its worth over and over again throughout Sandy's torment. That was evident in how successfully the Center managed all the resources assembled to fight the storm. "For Sandy we had close to 150 first responders involved, including our officers and the city's Fire Department EMTs and Fire personnel. CODY brought it all together for the dispatchers. They could see on one screen who

*continued on page 13*

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**In the Eye of the Storm** *continued from page 12*

was on duty and who was available across both agencies. That gave them a real advantage in a chaotic time," Chad explains.

The system also helps Chad and his command staff collect and synthesize the information they need to manage the department. "CODY is designed so you can extract information in many different ways," he points out. "For example, we can do a search on calls for service by different criteria, such as location and incident type, and have that information at our fingertips in seconds. And all the operational data we need for our annual report can be easily extracted." The capability to document call for service and response information fully and accurately proved to be especially important to the department immediately after the storm. When there's a Presidential declaration of a disaster, as there was with Sandy, the local agency must quickly substantiate manpower hours for FEMA reimbursement.

"As we progress in how we want to use technology in the department, it seems that CODY has already included those features. For example, when we started looking at electronically logging and barcoding evidence, we found that the Desktop™ includes a Property and Evidence module that can do this for us." Chad says.

The city's Emergency Notification System also played a large role in preparing residents for the storm. The system includes a "reverse 911" feature for sending voice messages to all land line phones registered in Ocean City, as well as the ability to send emails to citizens who had signed up on the city's web site. Critical information like storm forecasts, evacuation routes, bridge closure plans and shelter locations was broadcast to more than 25,000 people.

While most residents who could not leave the island on their own were successfully evacuated, some residents decided to ride out. As the water rose, the number of panic calls to the Communications Center's 911 line increased. The city opened an emergency on-island shelter, but getting to stranded residents became a challenge with streets made impassable by water and sand and the danger of downed power lines. Also, under the OSHA standard the department follows, personnel are not allowed to respond to an emergency when sustained wind speed is greater than 40-45 mph, as it was for several hours that night. "We won't put our people in harm's way," Chad explains, "but if someone were in imminent danger, it would be very difficult to hold some of our people back. Fortunately we didn't have to make that call." Chad expects the situation to be differ-



*Downtown Ocean City, New Jersey experiences the wrath of hurricane Sandy.*

ent in the next storm. "I guarantee that most of them won't stay next time. They saw firsthand what a powerful storm can do."

### **THE ROAD TO RECOVERY**

As a resident of Ocean City with his wife, Denise, and their two sons, Chad has a personal stake in the community's recovery from Superstorm Sandy. The Ocean City economy depends on seasonal tourism and home rentals, which usually begins in late Spring. "We had a slow start this past season, but it picked up over the course of the Summer," Chad observes. "We are still in the recovery phase, but construction is underway and we are looking forward to record numbers of vacationers in 2014."

One of the unexpected impacts of the storm was at least a short-term reduction in crime. Even over the typically busy summer season, "this year our numbers were down across the board," Chad says. "We made fewer arrests, and there were fewer accidents, which is a good thing." One police activity that has increased at Chad's direction, however, is late night property checks. "With the large number of summer homes still damaged and vacant, we've become more proactive in trying to prevent break-ins by taking preventative action. And, we're able to document and keep track of these property checks right in CODY."

### **FBINAA – A NETWORK YOU CAN RELY ON**


Starting as a part-time seasonal officer in 1993, Chad progressed through the ranks to become chief in 2008 (replacing retired Chief Bob Blevin, also a National Academy graduate of the 162nd Session). But, he says, there's always a new problem or situation that you haven't faced before. That's where the FBINAA comes in. "The NA network and the camara-

derie among graduates is incredible. I can pick up the phone or email to ask a question about a specific issue and get an immediate response. No matter how large or small the department, we're all dealing with the same problems and there's always someone able and willing to give you the guidance you need."

Chad's National Academy network starts locally. "We have a strong state Associates organization in New Jersey, which meets quarterly, and there's good representation from Ocean City." Bob Blevin serves as Treasurer, Captain Jay Prettyman (Session #237 in 2009) and retired Lieutenant Bruce Twiggs (Session #230 in 2007), also actively participate.

### **THE DRIVING FORCE**

According to Chad, this platform will continue to be the backbone of the department's technology for handling emergencies like Sandy, as well day-to-day operations. In fact, the system is being expanded to provide RMS access to the city's Fire Department personnel in the field via a bandwidth-lean "anywhere" RMS application, CODY Express™. "We believe that it's important for everyone to be on the same public safety software, sharing the same information seamlessly," Chad maintains. "It will ultimately improve the safety of police, fire and EMS responders and be a huge benefit to our local residents and tourists alike."

"There's no doubt technology is the driving force of law enforcement today," Chad concludes. "We're excited about continuing our partnership with CODY to further enhance our department-wide policing capabilities." 

*About the Author:* Myles Tillotson writes extensively about public safety and biometric identification solutions. He can be reached at mylestillotson@verizon.net

# Lead to green



Alex Graves

The long-term commitment of the Federal Law Enforcement Training Center (FLETC) to the health and safety of staff and students yielded landmark industry advances in the development of Reduced Hazard Ammunition (RHA), which is now being used by law enforcement agencies throughout the country for training purposes.

In addition to the many health and safety benefits of RHA, there is also a considerable economic value in using RHA at training facilities. By switching from lead-use ranges to RHA-use ranges, FLETC has been able to save approximately \$100,000 per year on cleaning costs. The significant cost reduction is largely attributed to the differences in wage rates for specialized lead abatement cleaning staff compared to regular janitorial staff. Further costs are realized by fewer training requirements associated with RHA ranges, as well as a reduction in equipment costs. As stated in the Department of Homeland Security's March 30, 2006 Fact Sheet, under OSHA regulations, "...workers in a lead environment require a lead management plan, lead awareness training, specialized protective equipment, and medical surveillance."

There are also additional hidden costs associated with lead ammunition, including: Personal protective equipment necessary for range clean up; Specialized equipment and supplies for range clean up; Lead hazard awareness training for staff, cleaning crews, and grounds keepers; Medical surveillance for staff, cleaning crews, and grounds keep-

ers; Lead management plans and updates; Projected remediation or abatement costs for lead contaminated environment; Waste disposal for lead contaminated weapon cleaning equipment and products; Ventilation equipment maintenance and cleaning; and the cost of potential Federal and or state fines for regulatory compliance violations.

As fiscally responsible it is to switch to RHA ranges, FLETC is also motivated by improving the health and safety of its staff, students, and the environment. Lead has been identified as being responsible for tainted soil and water, and it is being ingested by wildlife resulting in serious threats to the health and safety of human and animal populations. The effect of lead on the environment and human health cannot be taken lightly.

The toxic, heavy metal lead, can be deposited on shooting ranges either fired as bullets into impact berms, or collected in indoor range traps. Relatively small amounts of lead may also come from vaporization of lead from the heat of burning powder, barrel friction, and from lead compounds in primers.

Thousands of tons of lead have been deposited and or collected at outdoor law enforcement shooting ranges across the country. Indoor shooting ranges pose additional serious health issues, such as increased lead exposure to the firearms instructor and shooters as a result of an enclosed space. Safe operations of indoor ranges require high-capacity ventilation and air filtration systems. Handling of ammunition and contaminated weapons can also produce elevated lead levels in the blood by absorption through the skin.

Lead is poisonous. It interferes with the proper function of the brain, nerves, and kidneys. At high enough levels, lead is not just absorbed in tissue, but is absorbed in bone marrow. Lead poisoning can be irreversible and potentially fatal. According to a study conducted by the National Institute of Occupational Safety and Health (OSHA), 89 percent of the individuals shooting with lead bullets received exposure that exceeded their standards for exposure to lead. In that same study, OSHA found that using alternative "reduced hazard" ammunition reduced that to seven percent.

*continued on page 15*





### Lead to Green *continued from page 14*

The composition of bullets most often used by law enforcement typically ranges between 90 to 99 percent lead. So in 1994, recognizing potential environmental and health impacts associated with lead on shooting ranges, staff at the FLETC began to investigate costs and benefits of an alternative to lead ammunition.

In 1998, FLETC developed performance standards for RHA, which also included frangible ammunition. The Sporting Arms and Ammunition Manufacturer's Institute (SAAMI) defines a frangible round as a projectile that breaks up readily upon impact.

The projectiles of frangible bullets are formed from mixtures of powdered (non-heavy) metals that pressed at room temperature to produce a high-density material. This ammunition is designed to intentionally break up into smaller pieces upon contact with harder objects or surfaces.

The term "Reduced Hazard" originated at the FLETC in 2003, though it has yet to be adopted as an official industry standard by SAAMI. However, stringent requirements es-

tablished by the FLETC have become industry norms.

Ballistics experts and senior armorers at the FLETC determined no damage to weapons resulted from the use of RHA. However in the early development of RHA, semi-automatic and/or fully automatic long guns did experience some malfunctions such as interruptions in the cycle of operations when non-jacketed frangible bullets were used. The bullets showed a tendency to break off near the case mouth during the feeding into the chamber from the magazine. As a result, FLETC designed and purchased copper jacketed RHA for use in rifles. Contract stipulations with ammunition manufacturers require RHA projectiles to break into particles no larger than 5 grains; an OSHA requirement.

It is important that there be transparent characteristics between training ammunition and duty ammunition. Training ammunition, whatever it may be, should be indistinguishable from the shooter's duty ammunition when fired. Characteristics to be mirrored are:

- Recoil
- Accuracy

- Reliability
- No special weapon modifications necessary

According to Ken Alexander, an ammunition development engineer at CCI-Speer Operations, only very experienced shooters, less than 10 percent, noticed recoil differences when shooting the two types of ammunition randomly placed in magazines.

A FLETC study found similar results when replacing lead ammunition with RHA. The study noted that the RHA practically replicated recoil characteristics, a result of more than 85 percent compared to the 98 percent for lead duty ammunition. The accuracy of RHA was comparable to lead duty ammunition - 6" at 25 yards with a mean center not more than 2" from that of duty ammunition.

Typically, the RHA round is considerably lighter than the lead round. However, the intent of the RHA is generally for basic and advanced marksmanship training. It is not yet designed to produce the same terminal performance characteristics as lead duty-carry ammunition.

*continued on page 16*

**Lead to Green** *continued from page 15*

Reliability is not an issue with using RHA. During analysis by FLETC staff, RHA produced no more interruptions in the cycle of operations with weapons used than did lead ammunition. In addition to health and safety benefits, inherent to its construction, RHA greatly reduces wear and tear on range equipment, and reduces potential for injury/damage from ricochets.


In fact, the FLETC received the Presidential "Closing the Circle" award in 2004 for leadership in driving the development, procurement, and implementation of RHA or "Green Ammunition" used at the FLETC. As a result of the leadership role adopted by the FLETC, the amount of revenue generated from commercial contracts for RHA ammunition has resulted in a reduction in the per-round cost of RHA, which is now comparable to lead duty ammunition.

Based upon data collected for ammunition purchases at the FLETC, the cost per round of .40 SW lead and RHA is negligible

at approximately 0.27 per round. The one thousand round purchase price of RHA is slightly higher than 155 grain, but slightly less than 180 grain lead ammunition. Profound cost savings associated with the use of RHA are related to mitigating the adverse environmental and health issues resulting from the use of lead ammunition.

Millions of lead rounds are fired at law enforcement shooting ranges around the country yearly. Lead is not biodegradable, combustible nor does become less toxic over time. Lead remains and accumulates in the environment, where it can settle into the soil or mobilize into the food chain, poisoning humans, animals, and the ecosystem. RHA offers a safe alternative to lead ammunition for training and there is no discernible difference in performance when compared to lead ammunition.

Lead-free frangible rounds are not only as reliable in a training environment as lead ammunition, but have proven to be less de-

structive on ranges and equipment. Most importantly, the ammunition is safer for personnel and the environment. "Green" is clearly the most cost effective and the safest way to train the law enforcement professionals who protect our society. 

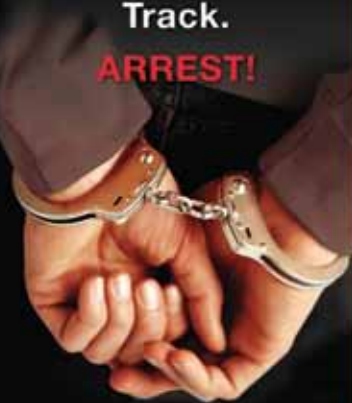

*About the Author:* Alex Graves is currently a Branch Chief at the U.S. Federal Law Enforcement Training Center (FLETC) assigned to the Firearms Division. He joined the staff of the FLETC in 2005 as Law Enforcement Program Specialist, responsible for the delivery of domestic violence training in Indian Country. He is a veteran of the U.S. Marine Corp, where he was a Criminal Investigator specializing in crimes against children. He served as a Detective with the Hawaii County Police Department, assigned as Supervisor for the West Hawaii Domestic Violence Unit. His assignments also included duties as Patrol Sergeant, Patrol Officer and Firearms Instructor. Alex was formerly a Law Enforcement Training Specialist for Cangleska/Sacred-Circle in South Dakota.

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# CHAPTERCHAT

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(L-R) President Bill Delaney (#179), President-Elect Dave Williams (#231), 1st Vice-President Tim Burnett (#231), 2nd Vice-President Roy True (#241), Secretary/Treasurer John Simmon (#215), and Immediate Past President Zim Schwartz (#231).



(Standing L-R) Terry Maple (2008), Sid Mitchell (2000), and Ed Pavey (1994). (Seated L-R) Mark Goodloe (2012), Jan Zimmerman (2003), Al Thimmesch (1984).



(L-R) William Delaney, Dave Burlew.



(L-R) Kelli Bailiff, John Walsh.

Session, Kansas City, MO Police Department promoted to Deputy Chief.

■ **Floyd Mitchell**, 236th Session, Kansas City, MO Police Department promoted to Major.

### Retirements

- **Clark Morrow**, 241st Session, Olathe, KS Police Department.
- **Bill Delaney**, 179th Session, Kansas Bureau of Investigation.
- **Don Krone**, 197th Session, Lenexa, KS Police Department.
- **Terri Moses**, 189th Session, Wichita, KS Police Department.
- **Randy Landen**, 224th Session, Wichita, KS Police Department.

■ **Warren Wilson**, 241st Session, Topeka, KS Police Department.

### LATIN AMERICA /CARIB-BEAN

■ **Elvira Aranda** FBI-NAA 216th graduate, receiving her 20 years of service medal with the police force PDI Chile, along with her fellow officers of the police academy. Elvira joined the Policia de Investigaciones de Chile (PDI) in 1993 and every year this ceremony is celebrated putting a medal on the detectives. In addition, 2013, is the 80th anniversary of the PDI de Chile.

### MARYLAND/DELAWARE

- The Maryland/Delaware Chapter held their annual tailgate party at the **Navy Marine Corps Memorial Stadium** in Annapolis, Maryland on Sept. 14th when the Midshipmen took on the Blue Hens of University of Delaware. 150 Chapter members and their families enjoyed the festivities which included an overwhelming win by Navy over Delaware; 51-7.
- The Maryland/Delaware Chap-



Maryland/Delaware annual tailgate party, Annapolis, Maryland.



Elvira Aranda



Tournament organizers, Randy Hughes, 200th Session, Laura O'Sullivan, 238th Session and Pete Schwartzkopf, Speaker of the House for the Delaware House of Representatives.

ter held their **annual crab feast** on October 4th at the **Fisherman's Crab Deck** located along the Chesapeake Bay in Maryland. Over 150 were in attendance for this social event.

■ The Maryland/Delaware Chapter held their **annual golf tournament** on August 19th at the **Odessa National Golf Course** in Townsend, Delaware. Twenty-six (4) person teams participated in this event as a fund raiser for the Chapter's college scholarship programs.

### NEW ENGLAND

■ Captain **Thomas Lee**, 174th Session from the Boston Police was appointed Chief of Police in Portsmouth, RI Police Department, September 23, 2013.

### NEW YORK/E. CANADA

■ Deputy Chief **Paul A. Sandy** (NA220) of the Cortland City Police Department (President of the NYS/EC Chapter) with his son, Officer **Kyle A. Sandy** (Cornell University Police Officer) after P.O. Sandy's graduation ceremonies at **Corning Community Police Academy** on October 18th, 2013.

■ The Suffolk County Police

Department hosted its annual **"Bart Hose Memorial Shoot"** on Sept. 20th. The guest speakers were wounded NYPD Detective **Steven McDonald** and his wife **Patti Ann**. The event was very well attended and a room full of cops were dead silent as Steven and Patti told their story of heroism and forgiveness. The Bart Hose Shoot is the 4th of the 4 shoots run yearly by the New York Office of the NYS/E.Canada Chapter.

■ Captain **Les Kachurek**, Session 216, and a 23-year veteran of the Niagara Falls, NY Police Department was named chief of



(L-R) Kyle Sandy, Paul Sandy.

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## FBI National Academy Associates Network Makes Young Cancer Patient's Dream *a Reality*

Scott Brunson

Since I had the privilege of attending the 206th session of the National Academy in 2001, I have always been in awe of the strength and the compassion of our wonderful Association. This was noted by my good friend and our 2013 Association President **Doug Muldoon** in his Associate May/June 2013 article. Doug's comments were re-enforced by an act of compassion that has to be told to our membership.

One of our career employee's Eighteen year old Sam Simms, son of Corporal Eric Simms of the Statesboro GA PD, was battling his second bout of Hodgkin's Lymphoma cancer. His dream was to go to Texas for a deer hunt. Like most young men in South Georgia, he had heard people talk about the deer hunting in Texas and enjoyed watching the hunts on television. I was speaking to **Rob Bryan** (NA Session#249), one of our Lieutenants, who mentioned to me about Sam applying to the Make-A-Wish Foundation for a possible dream hunt in Texas. Unfortunately the Make-A-Wish Foundation does not provide dream hunts. That is when the FBINAA network got into high gear.

We logged onto the FBINAA website and found the Texas Chapter President Chief **Chris Vinson** (NA Session#209) Highland Park Department of Public Safety and sent him an email explaining to him that I was the 2008-2009 FBINAA Georgia Chapter President, and I needed a little help from the Lone Star State. Wow, did they come through! Within 48 hours Chris had me in contact with **Will Beecherl**, owner of the **Flat Top Ranch**, Walnut Springs, Texas. He did not hesitate in fulfilling this request. Sam's father and Mr. Beecherl spoke about Sam's current medical condition and decided they should not wait and scheduled a whitetail deer hunt, for June 27 and 28, 2013. Bulloch County Sheriff **Lynn Anderson** (NA Session#161) and several other local community leaders and civic clubs provided the funding for gas, food, lodging and the hunting license.

*(Pictured above L-R) Captain Dale Chelette, Session #238, Ouachita Parrish S.O., Sam Simms, Noah Simms, and Eric Simms, outside the Duck Commander Warehouse in West Monroe, LA.*

*continued on page 19*



**FBI National Academy Associates Network** *continued from page 18*



(L-R) Mr. Will Beecherl, owner of Flat Top Ranch, and Sam Simms with his trophy black buck.

While traveling to Texas, Sam wanted to stop in West Monroe, Louisiana and see the Duck Commander Warehouse, where one of his favorite television programs *Duck Dynasty* is filmed. Captain Dale Chelette (NA Session#238) Ouachita Parish Sheriff's Office rolled out the red carpet for Sam, Eric, and brother Noah. During the tour they were fortunate enough to meet Willie Robertson and John Godwin of the *Duck Dynasty* Cast. The FBINAA network is awesome!


On June 26th, the trio arrived at the Flat Top Ranch in Walnut Springs, Texas. Met by Flat Top Ranch Owner Will Beecherl and Texas FBINAA Chapter President Chief Chris Vinson, Sam's dream became a reality. He saw animals and parts of the country he had never seen before during his hunt for his trophy black buck. It did not matter to Sam if he actually harvested the animal, but it did matter to Will Beecherl. They hunted hard until Sam was finally able to harvest a trophy black buck, something he was really proud of. I am an avid hunter, and I don't know of anybody around our area that has ever harvested a black buck. Sam has outdone us all! I also found out that the Simms' boys also did a pretty good job helping control the wild pigs on the ranch.

On June 29th, Sam, Eric, and Noah left Texas for the long drive back to South Georgia. They had one more surprise in store thanks to the FBINAA network. Sam told us he would like to meet a real Texas Ranger. Lieutenant Rob Bryan had a classmate in his NA class. Lieutenant Rob Bryan contacted William "Tony" Bennie, Texas Rangers Company "C" who arranged for Ranger Michael Don Stoner of Company Company "B" to meet with

them. Before they left they presented Sam with some Texas Ranger memorabilia which included a challenge coin and an autographed Texas Ranger history book.

I had no idea what an impact it would have on me and my department twelve years later. We all treasure our memories from the National Academy, and as graduates we know it is the premier executive training program in the world. I encourage each member to use our wonderful experience to help others who have not had our experience. The FBINAA is a network of support for our employees, our community and each other.

**Sam Simms lost his battle with cancer on October 24, 2013, surrounded by his loving family. At the funeral the family had Sam's trophy mount on display from his hunting trip at the Flat Top Ranch. Sam's father told me that was the last time Sam was able to go hunting and our members made it happen.**

Chief Chris Vinson, Mr. Will Beecherl, Major Tony Bennie, Ranger Michael Don Stoner, and Captain Dale Chelette, words cannot express the impact that this trip had on Sam Simms and his entire family. God Bless you all! 

*About the Author:*  
Major Scott Brunson has served with the Statesboro, Georgia Police Department since December 1989. He currently commands all bureau operations within the Statesboro Police Department. He is a graduate of the 206th session of the FBI National Academy and 19th Session of the FBI Southeastern Law Enforcement Executive Development Seminar. Scott is a member of The Georgia Association of Chiefs of Police as well as the Peace Officers Association of Georgia and served as the Georgia FBINAA Chapter president 2008-2009. He and his wife Stephanie have two children: a daughter Morgan, age 17 and a son Preston, age 12.



# CHAPTERCHAT

*continued from page 17*



(L-R) NYSJE, Canada 1st VP Bob Oswald (NA 190), NYPD Det. Steven McDonald, wife Patti Ann.

the Alfred State College University Police Department, on August 15th, 2013.

## NORTH CAROLINA

■ **Bob Scott**, 205th session, was elected mayor of Franklin, North Carolina on November 2nd. Bob was formerly with the Macon County (NC) Sheriff's Office and retired from the Western Carolina University Police Department.

■ It is with great sadness the NC chapter announced that on October 29, 2013, the Asheville Police Department family lost one of their own in the line of duty. Sr. Police Officer **Robert Bingaman** of the Traffic Safety Unit was travelling across the French Broad River when he lost control of his patrol vehicle, then collided with and went off the Captain Jeff Bowen Bridge. Despite the great efforts of emergency personnel and officers, SPO Bingaman succumbed to his injuries



Robert Bingaman

■ The North Carolina Chapter provided a **Youth Leadership Program** alternative to our candidate in 2013. Based on recommendations by Chapter President and Rotarian **Eric Copeland**



Eli Booth

(212), the NC Chapter sponsored **Eli Booth** of Buncombe County, NC to attend the Rotary Youth Leadership Awards program

*continued on page 20*

# CHAPTERCHAT

*continued from page 19*

in Brevard, NC. The chapter was thankful for a last-minute alternative to the FBINAA YLP program.

■ The chapter also selected its **2013 Chapter Scholarship** winner. **Alex Hagwood**, daughter of **Chris Hagwood**

(230), was selected for the \$1,000 scholarship. Alex is also a 2013 recipient



*Alex Hagwood*

of the Zeiss Memorial Scholarship awarded by the Society of Former Special Agents of the FBI. Alex is currently attending the University of North Carolina at Chapel Hill, majoring in Biology and pursuing a career as a Physician's Assistant.

## OHIO

■ **Brigitte Charles**, 186th Session, was promoted to Major to serve as Commander of the Office of Personnel, Ohio State Patrol.

## OREGON

■ The 2014 Oregon Board was sworn in at their **2013 Fall Training Conference and Annual Business Meeting** on Sept. 13, 2013 in Bend, Oregon. The new board takes effect Jan. 1st, 2014.



*(L-R) Immediate Past President Dave O'Shaughnessy swearing in the new 2014 board. Jim de Sully-past president, Henry Reimann-president, Calvin Curths-1st VP, Dave Henslee 2nd VP, Greg Olson-sectres (Greg was elected to another 4 year term).*

## TENNESSEE

■ **David Quillin**, 182nd Session has been promoted to the position of Chief of Police for the Kingsport, TN Police Department. Chief Quillin began his law enforcement career with the Kingsport Police Department in 1985 as a patrolman.

## TEXAS

■ **J. Michael Ragan**, 141st Session, has been selected as Chief of Police for Texas A&M University. Chief Ragan has over 34 years law enforcement experience, 33 with the Texas A&M University Police Department.



*J. Michael Ragan*



*Robert Flood*

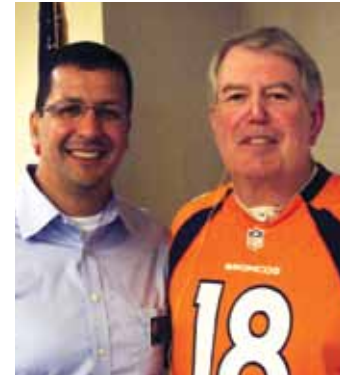
■ Chief Deputy **Robert Flood**, 232nd Session, retired after nearly 35 years of law enforcement in Illinois and Texas. His last assignment was with the Bosque County, Texas Sheriff's Office.



*Bud Cox*

## UTAH

■ The Utah Chapter held their **annual fall conference** in St. George, Utah October 27-30th. They were honored to have President **Doug Muldoon** and his wife, **Sue** attend, and were all treated to some excellent training! **Bud Cox** (Session 145) was presented with the chapter's "Lifetime Achievement" award for all of his support over the years.



*(L-R) Chapter President George Delgado and Rod Covey.*

Safety. The one day seminar, "Leadership Lessons for Building an Organization of Leadership, Integrity, and Accountability", covered key leadership concepts and leadership failures that result in disciplinary actions.

Chapter Executive Board elections were held for two positions. **Scott Behrbaum**, Session 241 (Issaquah PD) was elected



*(L-R) ASAC Steve Dean, Al Escalera, Ronnie Roberts, Joseph Hodgson, Chapter Treasurer Cindy Reed, Dave Leibman, President George Delgado, Vice President Tim Braniff.*

## WASHINGTON

■ The annual fall conference and training event was held September 3-6, 2013 in Leavenworth, WA. The featured speaker and presenter was **Rod Covey**, Session 157, Deputy Chief for the Port of Seattle Police Department. Rod is a thirty-six (36) year law enforcement veteran having previously served 32 years with the Arizona Department of Public

Sergeant at Arms and **Florence Simon**, Session 211 (Bellingham PD) was elected Member at Large. "Tooke" retirement coins were presented to **Roy Brown**, Session 173 and **Win Taylor**, Session 199.

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## A MESSAGE FROM OUR **CHAPLAIN**

by *Billy Gibson*

Isn't it simply amazing how time seems to fly at a faster pace when you are doing something you really enjoy? It is hard to believe it has been over 50 years since I made the decision to "pin on a badge, strap on a gun, and become a lawman." I have enjoyed a wonderful and blessed career filled with more opportunities than I had ever imagined. Yet, not everything was perfect along the way. I certainly had my share of failures and losses. I did not solve all the crimes I investigated, did not win all my court cases, and did not make all the right decisions at the right time. However, there is one thing I know for certain and that is I gave 150 percent to everything I ever did.

As I grow older it is so easy for me to look back at life and see a consistent pattern in everything I undertook to do. When I failed, it was because I was doing what I thought God wanted me to do but in reality was what I thought I should do. When I was successful, it was always when I was following the will of God and his direction through faith and trust. Someone once said, "To get something you never had, you have to do something you never did." When God takes something from you or does not allow you to succeed, He is not punishing you, but simply closing one door to open another door of opportunity according to His will in your life. The Will of God will never take you where the Grace of God will not protect you. In addition to our belief, faith, trust and total commitment to God and his plan in our life, I think there are a couple of things we have to consider that can make a difference and have a most important impact in our success or failure and those are perception and attitude.

When it comes to perception, is your glass half full or half empty? It does make a difference you know. I have found that people who perceive their glass as being half full are positive thinkers, great leaders, more successful, good hearted, and willing to step out to undertake challenges that occur in life. I have also found that those who perceive their glass as being half empty are just the opposite. Such an example is found in the history of Pearl Harbor in an event that occurred on December 7, 1941, when the empire of Japan attacked and paralyzed our fleet stationed there at that time. President Franklin D. Roosevelt appointed Admiral Chester Nimitz, who was attending a concert in in Washington at that time, to be commander of the Pacific Fleet. Admiral Nimitz flew to Hawaii to assume his command, arriving on Christmas Eve of 1941. He immediately encountered a spirit of despair, dejection, and defeat. You would have thought the Japanese had already won the war. You see, because of their recent experience, they perceived their glass to be half empty. The Admiral immediately took a tour of the harbor and made an assessment of the damage. When asked what he thought after viewing the destruction, this is what he had to say. "The Japanese made three of the biggest mistakes an attack force could ever make, or God was taking care of America." He went on to explain as follows:

1. The attack was on Sunday morning when nine out of every ten crewmen were ashore on leave. If those ships had been at sea when attacked, we would have lost 38,000 not 3,800.
2. When the Japanese saw the battleships lined in a row, they got

so carried away sinking those ships they never once bombed our dry docks opposite those ships. If they had, we could not have raised and repaired them without taking them all the way back to the mainland.

3. Every drop of fuel in the Pacific theater was on top of the ground in storage tanks only five miles away. One Japanese attack plane could have destroyed our fuel supply, but it didn't. The Admiral perceived his glass to be half full and he knew God was taking care of America.

Then we come to this matter of attitude which has a tremendous impact on our life. I recently read an article by **Charles Swindoll** in which he defined attitude as one of the more important character traits of life. He indicated that "attitude is more important than the past, than education, than money, than circumstances, than failures, than successes, than what other people think, say or do. It is more important than appearance, giftedness or skill. It can make or break a company...a church...a home." Dr. Swindoll went on to say we have a choice everyday regarding our attitude. We cannot change the past or the way individuals act. The only thing we can change is our attitude. You see, life is about 10 percent of what happens to us and about 90 percent of how we react to it. We are in charge of our attitudes, so let's make an effort to cultivate the right perception of how we see things and have the right attitude about how we address those perceptions.



It has been my high honor and privilege to serve you and our association for the past nineteen years, six years as Secretary/Treasurer of Section III and the past thirteen years as your Chaplain. I retired from law enforcement in 2000 and spent much time in prayer as to what God would lead me to do in the next chapter of my life. It was that same year our National Board requested I develop and implement the office of Chaplain in the FBINAA and assume those responsibilities. The rest is history. Over this period of time I have had the opportunity to meet, work, and become personal friends with so many of you, yet the great majority of our membership I have never known except through this "Chaplains Message." There are so many scripture references I would like to use in describing this ministry; however, space simply will not allow me to do so. Therefore, I will conclude with just a couple that relay the final message I would like to leave with you. John 3:16 "For God so loved the world that he gave his one and only Son, that whoever believes in him shall never die but have eternal life." Ephesians 2:8 "For it is by grace you have been saved, through faith – and this not from yourselves, it is the gift of God – not by works, so that no one can boast. For we are God's workmanship, created in Christ Jesus to do good works, which God prepared in advance for us to do." And finally, in the words of the apostle Paul in his letter to the church at Philippi, Philippians 4:8 "Finally, brothers, whatever you have learned or received or heard from me, or seen in me – put into practice. And the God of peace will be with you."

May God continue to bless you in every way as you continue your work in our demanding, challenging, but rewarding profession. I will continue to pray for you and your families and request that you pray for me in whatever capacity God has in store for me in the next chapter of my life. My personal e-mail is [wcgibson@sc.rr.com](mailto:wcgibson@sc.rr.com). I hope to remain in contact with many of you in the future.



## THE HISTORIAN'S SPOTLIGHT

by Terry Lucas

### Mental Health Training in Ohio by an NA Grad

There is an old saying which goes “from the hottest fires comes the finest steel”. This saying would certainly be applicable to Chief **Jim Cook** of the Highland Heights, Ohio, Police Department. Chief Cook is an FBINAA graduate of the 169th session.

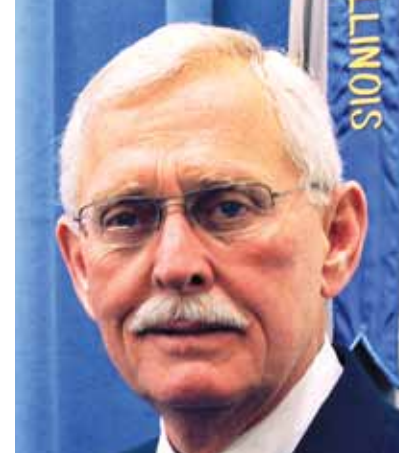
Jim is a 40 year veteran of the City of Highland Heights, Ohio police department. He began his career there in 1970 and rose quickly through the ranks. He made Sergeant in 1975, Lieutenant-Executive Officer in 1978 and Chief of Police in 1990.

Chief Cook has held positions of Jail Administrator, Supervisor of the Detective Bureau, Commander of the Suburban Anti-Crime Network and a multi-jurisdictional Tactical Unit. During his tenure as Chief of Police, he has introduced and implemented various Community Oriented Policing concepts including D.A.R.E., Care Call, Residents with Special Needs and a Juvenile Diversion program. Chief Cook has pursued and received large government grants for equipment and personnel.

In 2002 Jim's son, **Jimmy**, was hospitalized and diagnosed as being Bipolar I, which is the most severe form of the illness. Jimmy had been an exceptional athlete in high school and was awarded an academic and wrestling scholarship to John Carroll University. Unfortunately his mental illness began impacting him during his junior year of college. Chief Cook remembers he and teammates told Jimmy at that time to “just man up and tough it out!” In retrospect Chief Cook says it now makes him sick whenever he thinks of the bad advice he gave his son and how little knowledge he had of the severe mental illness that Jimmy struggled with.

Jimmy graduated from John Carroll with a degree in accounting having had a very successful collegiate wrestling career. Unfortunately his mental illness began taking a toll and severely impacting his behavior. Although Jimmy had to be hospitalized twice and began taking medication to deal with the mental illness, it was to no avail. After a difficult struggle with the illness for almost two years, the Chief learned why suicide is the second leading cause of death for 15 to 23 year olds when on May 18, 2004, Jimmy took his own life by committing suicide with a handgun. Chief Cook says the phone call he received from his wife was the worst call of his life. Ironically he was attending a city council meeting talking about a new handgun law with his local prosecutor!

This personal introduction to the world of mental illness was Chief Cook's “hot fire”. Following the tragedy of the loss of his son,



Chief Jim Cook

Chief Cook began working with the mental health professionals in his area and the state. Chief Cook read as much as he could about mental illness, its causes, and treatment. At that time the “fine steel” within Chief Cook came to the forefront. As the Chief states, “I had little experience or knowledge of mental illnesses, but became a quick learner by necessity”.

Chief Cook subsequently developed several training programs for law enforcement in conjunction with the Cuyahoga County ADAMHS Board (Alcohol, Drug Addiction and Mental Health Services) and Frontline Service in Cleveland. These training programs were designed to better prepare police officers to safely recognize and properly deal with suspects having some type of mental illness.

One of the programs he calls “*Mental Health Training 101 for Law Enforcement*”.

This is an intensive two day course which teaches officers how to safely interact with persons who have mental illness. At least 10% of an officer's calls for service involve someone with a mental illness. Law enforcement officers are increasingly called upon to intervene with persons who are experiencing a serious mental health crisis situation.

The recent incidents in Washington, D.C. involving the lady who was killed after running over a Secret Service officer and attempting to breach security at the White House and the mentally disturbed person who shot numerous employees at the Washington Naval Yard certainly highlight the problems caused by people with mental illness.

The curriculum for the Mental Health 101 Training is as follows:

#### DAY ONE

- Overview of Mental Illness
- Psychotropic Medication
- Alcohol and Substance Abuse Disorder
- Dual Diagnosis – Mental Illness and Substance Abuse
- Suicide Prevention

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**The Historian's Spotlight** *continued from page 22*

- Mental Illness and Mental Retardation

**DAY TWO**

- Crisis Emergency Service
- Communication and De-escalation Techniques
- Consumer Panel
- Civil Commitment-Mental Health Agencies and Services
- Law Enforcement Policies and Procedures

The benefits of this mental health training are

- Improved community partnerships
- Reduction in injuries to officers and citizens
- Reduction in number of mentally ill involved with the criminal justice system.

Chief Cook always stresses safety to officers he trains but wants them to be aware that mental illness is a biologically based disease that attacks the brain.

The diseases are not chosen by the individual, they just happen. The Chief calls them cruel illnesses that leave individuals often incapable of making rational decisions and causes inappropriate behavior. Appropriate help for those with a mental illness is something that police officers, as first responders, can help arrange.




(L-R) Chief Jim Cook, son Jimmy Cook.

Mental illness is something which can and does have an impact on families, on friends and also co-workers. To date the training program begun by Chief Cook has been completed by over 300 law enforcement personnel in northeast Ohio.

Chief Cook's efforts to improve mental health training and awareness are commendable. His actions are a tribute to the quality of the men and women of law enforcement who have attended the FBI National Academy. Chief Cook can be contacted at 440-442-8825 or by email at [jcook@highlandhts.com](mailto:jcook@highlandhts.com) if anyone is interested in more specifics on his training program.

Please contact Terry Lucas at [tlucas@fbinaa.org](mailto:tlucas@fbinaa.org) or call at 540-810-2721 if you know of an exceptional NA Grad in your area.

Stay safe out there! 

# CHAPTERCHAT

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**Retirements, Promotions, Transitions**


■ **Cliff Cook**, Session 177, was appointed Chief of Police of the Bellingham, WA Police Department in February 2013. He previously served as Chief of Police of the Vancouver, WA Police Department.

■ **Steve Dean**, ASAC FBI Seattle Division, retired in August 2013 serving 25 years with the Bureau. A retirement celebration was held on August 29, 2013 at the Seattle Police Athletic Association Pavilion in Tukwila, WA. Steve is now working in corporate security for the Costco Corporation.

■ **Matthew Hamner**, Session 245, was appointed Chief of Police of the Bainbridge Island, WA Police Department in June 2013. Matthew previously served with the Indianapolis Police Department since 1990.

■ **Dennis Peterson**, Session 184, retired from the City of Lake Forest Park, WA Police Department in January 2013 after 12 years of service.

■ **Kevin Prentiss**, Session 192, retired from the Snohomish County Sheriffs Office on September 3, 2013 after nearly 30 years of service with the department. Kevin served primarily in investigations and management and was promoted through the ranks to sergeant, lieutenant, captain, and appointed to Bureau Chief in 2002. Kevin plans to relocate to Nevada following his retirement.

■ **Rick Sanders**, Session 144, a long time active member of the Washington Chapter retired on September 30, 2013 following 41 years of service in Military Law Enforcement with the U.S. Army. Rick began his law enforcement career in 1970 after graduating from California State University Sacramento with a BA in Police Science. 



Matthew Hamner



Dennis Peterson



Rick Sanders

**Plan AHEAD for the FBINAA Seattle 2015 Post-Conference 7-Day Cruise to Alaska July 17-24, 2015 on the Rhapsody of the Seas [www.regonline.com/fbinaa2015cruise](http://www.regonline.com/fbinaa2015cruise)**

*To have your chapter news/photos appear in a future issue of The Associate, please submit to:*

**Ashley Sutton, Communications Manager**  
[asutton@fbinaa.org](mailto:asutton@fbinaa.org)

*Please make sure that your images are as high a resolution as possible (300dpi min.)*

STAYING ON THE **YELLOW BRICK ROAD**



John G. Van Vorst

# BREAKFAST BUILD-UP

*“The secret of success is to do the common things uncommonly well.”* — John D. Rockefeller

Skipping breakfast, frequently acknowledged by our National Academy attendees as standard operating procedure, is consistently linked in the scientific literature with excess weight gain and insulin resistance. A 2013 study published in the American Heart Association journal *Circulation*, researchers found that men who skipped breakfast were 27% more likely to die from coronary heart disease than those eating a morning meal. But it can't be as simple as tearing open a box of Pop-tarts to start your day, can it? Don't be ridiculous. If your breakfast mainly consists of refined grains and added sugar, then you're probably better off not "breaking the fast". It's simple, but not easy. For better appetite control, metabolic health and even cognitive function, build a breakfast around proven fueling tactics outlined here.

At some point you've must have heard that "breakfast is the most important meal of the day". If you've heard it recently, it was probably woven into a commercial for some breakfast cereal being touted as a health food. Fortifying refined grains and added sugar with vitamins and minerals isn't the solution. Breakfast, whatever time of day it occurs for those doing shift-work, is critically important because it represents your first chance after waking to accumulate the key nutrients your body really needs: healthy fats, phytonutrients, fiber and protein. As we've outlined in previous articles, certain dietary fats and plant-based nutrients from deeply-colored produce support immune function, protein maintains tissue growth and repair, and dietary fiber supports gut health and normal blood sugar levels. Cut refined grains and sugar in favor of these and health improves.

When the nutrition portion of our course kicks in full gear, one of the first questions I'm asked is "What do you eat for breakfast"? Well, it depends. If I'm visiting family and friends in my home state of Ohio, it might be a gigantic apple fritter from DK Diner (yeah, DK is short for Donut Kitchen). If I'm on the road or just stopping off for a bite to eat where I know my kids will actually eat, it might be Bob Evans' sausage gravy and biscuits. Since breakfasts like these will not support my greater goal of minimizing my heart disease risk, my typical breakfast for the last four years has been a combination of plain, non-fat Greek yogurt, walnuts and a combination of blackberries, blueberries and raspberries. Table 1 provides the servings sizes and calorie per serving information (courtesy of [www.myfitnesspal.com](http://www.myfitnesspal.com)) for these foods. I also listed the nutritional "What's in it for me?" (WIIFM), identifying why I chose these foods in particular.

Table 1 - JVV's Breakfast Breakdown

FOOD	SERVING SIZE	CALORIES	KEY NUTRIENTS
Plain Greek yogurt	1 cup	140	High quality protein; probiotics for gut health
Walnuts	¼ cup	190	Healthy fats; dietary fiber
Mixed berries, frozen	1 cup	70	Phytonutrients, vitamin/mineral content, dietary fiber

This meal works out to 400 total calories with a caloric distribution of 40% fat, 30% protein and 30% carbohydrates. If the carbohydrate percentage seems low, it's by design. When I first started eating yogurt many years ago, it was the sweetened variety containing over 7 teaspoons of sugar per 6 ounce serving, which is roughly half the content of a can of soda. Gradually I've transitioned to the plain Greek yogurt to cut the sugar and boost the protein content, but it's taken some time. Similarly, I'd probably rather have honey-roasted or candied walnuts and fruit with added sugar if it were simply about taste and the act of eating breakfast.



Remember, there are no essential foods, only essential nutrients that your body needs to function optimally. It's true that eating healthier foods and meals is more costly, and I'm as thrifty as they come, so I buy each of these items in bulk at the local wholesale club. This keeps the average cost per meal to less than \$2.50 per day, where individual servings of these items would drive the cost much higher. It's your turn now. What foods will you choose to break the fast and honor your body? 🍌

**References**  
 Cahill et al. Prospective Study of Breakfast Eating and Incident Coronary Heart Disease in a Cohort of Male US Health Professionals. *Circulation*. 2013; 128:337-343.  
 McCrory, MA & Campbell, WW. Effects of Eating Frequency, Snacking, and Breakfast Skipping on Energy Regulation: Symposium Overview. *The Journal of Nutrition*. 2011; 141:144-147.  
[www.myfitnesspal.com](http://www.myfitnesspal.com)

**About the Author:** John G. Van Vorst is a health and fitness instructor within the Physical Training Unit at the FBI Academy. He also serves as a defensive tactics instructor for the FBI New Agents Training program. You can e-mail him at [John.vanvorst@ic.fbi.gov](mailto:John.vanvorst@ic.fbi.gov).



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