



# The Shield

The Official Publication of the Dallas Police Association  
Volume XXXVII No. 10  
October 2017



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## President's Message



### Let's Just Take A Break

*By Michael Mata*

What's next ????

It seems this is the question I ask myself at the beginning of every week. It almost seems that we as a department and as an Association are always in a state of chaos. If it's not social media and the great evil of Facebook then it's another natural disaster or political upheaval in the nation or state. It almost makes me think an invasion of zombies might not be too bad. I'm not sure when we as a profession lost the ability to communicate with the public or more like when we were directed that there was no longer a need to talk to the citizens. It seems that the "technology age" of smart phones made us stupid people. We learned how to type 30 words a minute with our thumbs but we forgot how to exit the car and give a firm hand shake. Over the last 6 years it has only gotten worse. Well those years are over and I believe we are getting back to what we used to do as patrol officers and that is to engage with the public.

We need to go back to having a "whoop out book" but this time a book of people we can count on, people that know they can count on us. We don't need it to keep track of hooks and bad guys, we have computer programs that do that for us now. We need little books filled with names of store owners, apartment complex managers, crime watch directors, school administrators and most importantly grandmothers. The biggest problem in getting back to doing this is that we have been away from it so long that it is a lost art, not many on the department even know how to "reach out to the community". There are those who think a "Meet the Chief" or "Coffee with Cops" is the only way to get it done, and they are wrong. Those two programs are positive ways to meet some of the public, but to really meet the ones that matter, the families and children you should seek them out.

I understand that staffing shortage hampers the ability to walk complexes and meet folks, but there are many ways to engage with the public. Every time you stop at the 7-11 or the Q-T to grab a drink or a cup of coffee. While you are fixing that drink strike up a conversation with the citizen next to you. Ask them how their day is or what's going on in their neighborhood. I bet you would be surprised the reaction you might get from a large number of those people.

We must be willing to do our part to repair the damage that has been done by the media and to be honest a "very small" number of officers around the country that have failed us and tarnished the badge.

I want to ask a favor of the street officer, find a school and invest in it. What I mean by that, find an elementary school on your beat or in your sector. When you find that school park your squad car and go to that school and stand outside as the kids are being walked in or getting off the bus or out of the parent's car, shake their hand, tell them to have a good day and study hard. Find kids to create an impression on, don't let them think that cops don't care, that we are only there to take them or their family to jail. We have an opportunity to change those negative perceptions, to show these kids that we are their friends. Now I know some are reading this and saying

"Bullshit.... that ain't my job" and I completely disagree .... it is your job.

When did we get to the point that doing the right thing is only our job when it is convenient?

We all became cops to leave the world better then we found it. We agreed to risk our lives for others, because we had a higher calling to serve others and protect those who couldn't protect themselves. So how did our mission change? How is it that we stopped wanting to do at 45 what we loved doing at 25? That falls on us. Are there those out there who hate us? Yep there sure are, but I got news, there have always been those out there that no matter what we do they will always hate us and I promise you this, they come in all colors. Don't worry about those folks, they are the first ones to call 911 when their house gets broken into.

I know rumors are rampant on the future of this department and we are all a bit uneasy, change is never easy and especially when it comes to cops we don't like change. But change is necessary especially after our last 6 years. We need to find our "mission" again. We need to remember why we come to work ..... I promise if you go to that school and look at those sweet kids you will remember why you chose this profession and why you still come to work. Please do a favor for me and I promise after a day or two it will not seem like a task but you will look forward to it every morning.

Take a picture with those kiddos and put it on the members site..... show your peers why we come to work and who we are truly serving!

Take care and always be ready,

Michael Mata

President

Dallas Police Association

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## 2017 GENERAL ELECTION

The following positions will be listed on the December 2017 General Election Ballot for the Dallas Police Association Board of Directors.

Per the Dallas Police Association's Constitution, each position is for a two (2) year term, unless otherwise indicated. If any Dallas Police Association member in good standing desires to seek election to one of these elective positions (for which they qualify), **a written request must be submitted to the Secretary/Treasurer no later than 5 pm on November 1, 2017.**

The offices of Vice President are "at large" positions, and the entire membership is eligible to vote for the candidates seeking election for this position. The other elected Board of Directors positions require the member be assigned to the unit for the position they seek.

<b>Positions</b>	<b>Incumbent</b>	<b>Term</b>
President	Mike Mata	2 years
2 <sup>nd</sup> Vice President	Beth Sundquist	2 years
4 <sup>th</sup> Vice President	Steve Myers	2 years
Central	Brandon Helms	2 years
South Central	George Gonzalez	2 years
Northeast	Phillip Gordon	2 years
Southeast	Haydee Duran Bowen	2 years
Special Operations	Vacant	1 year
Special Operations	Silver Valencia	2 years
Headquarters	Patty Carter	2 years
Headquarters	Omar Figueroa	2 years
Headquarters	Richard Forness	1 year
Northcentral	Todd Woolum	2 years
Northwest	Vince Garst	2 years
Southwest	Garcie Hernandez	2 years
Special Investigations	Mark Rickerman	2 years

Jaime Castro  
Election Chairman  
Third Vice President



**September 25, 2017  
Sherill Park Golf Course**



# First Vice President

## Merger Talk

By Frederick Frazier



Where are we with FOP and DPA merger talks? Depends on who you ask. If you ask the State and National FOP presidents, the answer is good. If you ask members of the DPA how's their talks are going, you're going to get different answers and none of them will be hopeful. While we're watching paint dry the State FOP has managed to get split groups like Irving, McKinney, etc. to form one group and join forces. Genius right? Then why are National and State doing so well and we have made no progress with Dallas lodge 588? It is a direct result of the 588 leadership not wanting to combine.

I just don't understand this situation. It is a ready and willing partnership that will make us all better. Why would you not want to make something better, especially your profession?

Recently, some of the eboard dual members traveled to the FOP national conference in Nashville, TN. We met with members and lodges across the county engaging in law enforcement issues and solutions including members who were running for election and re-election. One question consistently came up. What is the deal in Dallas? Our response was always the same - the members want it, but we don't think the president does.

For those of you on here and especially those who are dual members, let's get this fixed! Our members and our officers in this profession deserve the very best.

**Steve Stribley FOP**    **Chuck Canterbuty FOP**  
 State President        National President



## UPCOMING DPA MEETINGS

### Board Meetings

October 10, 2017 - 11:00 a.m.

December 12, 2017 - 11:00 a.m.

### General Meeting

November 14, 2017 - 11:00 a.m.

All members are encouraged to attend any of the scheduled meetings.

Lunch is always served!

## Extra Dues Schedule

May 2017 - Full Month

Lorne Ahrens #8193

June 2017 - Half Month

Hans Campbell #10452

July 2017 - Half Month

Tim Casey #7299

August 2017 - Half Month

Mitchell Hamm #8779

October 2017 - Full Month

Patricio Zamarripa #10112

## UPCOMING EVENTS

October 20th - DPA Spouses Trunk or Treat

December 2nd - DPA Christmas Party

January 20th - Cops' Cop Banquet

Have something you'd like to see in The Shield? Contact DPA at 214.747.6839 or info@dallaspa.org for more information on being a guest contributor.

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# Trunk or Treat

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## People

### Thank You

Thank you so much for the lovely plant. Our family greatly appreciates the kindness and support during this difficult time.

Sincerely,  
The Burke Family



### Birth Announcements



Big sister, Lily, is proud to welcome Olivia Thomas Tillery born to parents **Bradley Thomas Tillery** (Southwest) and wife, Renee, on June 4, 2017 weighing 7lbs. 8 oz. and 20 inches. Lily's

police family includes Kevin Tillery, Dallas Sheriff, Kristi Tillery, Captain, Dallas County Hospital District Police Department, and **Retired Dallas Police Department Sergeant, Rex Tillery #1879.**



### Our Deepest Sympathy

The family of Mr. Carroll Lee Burke, Father of **Senior Corporal John Burke** (North Central).

The family of **Retired Corporal Tommy Birdsong, #1715.** Corporal Tommy Birdsong retired August 9, 1987 after 26 years of service.

The family of Mrs. Esther Lanning, Grandmother of **Senior Corporal Jeremy Smith** (Southeast).

The family of Mr. Jose Michael Scott, Sr., is the Father of **Sergeant Jose Scott** (Communications).

The family of Mrs. Laura Qualls, Wife of **Police Officer C. Kelly Qualls** (Central).

The family of **Retired Corporal James Farley Martin #3236.** Corporal James Farley Martin retired January 11, 1995 after 22 years of service.

The family of Mr. James H. Webb, Jr., Grandfather of **Police Officer Joseph Webb** (Southeast) and the Father of **Retired Lieutenant Eric Webb.**

The family of Ms. Dorothy Byrd, Grandmother of **Senior Corporal Brandon Byrd** (CBD).

The family of Mr. Raul Rodriguez, Grandfather of **Police Officer Dina Rodriguez** (CBD).

The family of Mr. William R. Astle, Father of **Police Officer Drew Astle** (Northeast).

The family of Ms. Kay Duro, Grandmother of **Police Officer William Eichholtz** (Southeast).

The family of **Retired Captain Bobby W. Pope #1032.** Captain Bobby W. Pope retired October 2, 1979 after 25 years of service.

The family of Mr. Richard Stewart Janse, Father of **Senior Corporal Kevin Janse** (Northwest Investigative).



Have a birth announcement in The Shield? Call 214.747.6839 or email [info@dallaspa.org](mailto:info@dallaspa.org) for a submission form. All announcements must be received by the 15th to be included in the following month's magazine.

# Cops' Cop



## July Jamie McDonald

I have worked with Sgt. McDonald at North Central and currently at Central.

There are several things that stand out regarding Sgt. McDonald. She is willing to help the troops out with anything. Here recently, she went to a simple CIT Call where officers needed

her approval to APOWW a female. This call did not turn out to be simple. The female was calm until the cuffs went on. The female was small in Build but it took Sgt. McDonald and 2 or 3 troops to subdue this woman. While handcuffed, she spat, scratched, clawed, and kicked the officers. Sgt. McDonald received some of this harsh treatment to include being spat on.

On other occasions, Central 1st Watch is often shorthanded on female officers. When officers request a female to search an arrested, Sgt. McDonald has stepped up to help these officers out so they don't have to wait for a female from a different channel. Sgt. McDonald is willing to help officers out anytime no matter what the situation calls for, fighting or searching, she is there.

Respectfully Submitted,  
Jason Scoggins, #7814  
Sergeant of Police

## August Michael Gonzalez

Detective Michael Gonzalez has been with the Dallas Police Department for 19 Years. Detective Gonzalez is currently assigned to the Crime Scene Response Unit, before joining the Crime Scene Response Unit he was assigned to Southeast Patrol. Detective Gonzalez is often referred to as the "go to" detective for Crime Scenes. He works officer involved shootings, high profile offenses and trains new evidence technicians for the unit.



Detective Gonzalez and his wife, Hope have three children Anthony, Jonathon, and Matthew.



## September Antonio Aleman, Jr.

Detective Antonio Aleman, Jr. has been an officer for 18 years. He is currently assigned to the FBI Gang Task Force. He has established himself as a gang expert on both the federal and state side. Detective Aleman is often utilized by the Dallas County District Attorney's to testify as a gang expert. He has the unique ability to gather information on gang members and to develop confidential informants.

The information Detective Aleman often develops leads to the development of federal gang and Cartel level investigations. His Spanish speaking abilities are often utilized to cultivate valuable sources of information.

Detective Aleman is an enthusiastic officer who demonstrates an uncommon ability to work with the community, peers and supervisors. He has 6 Certificates of Merit, 1 Lifesaving Bar and 43 commendations.

Detective Aleman and his wife, Veronica have three children Katie, Anthony and Cody.





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## Your Health



### Drug-Induced Nutrient Depletion

by Amber Myers, PharmD

Community Pharmacist

communitypharmacist@gmail.com

October is special for pharmacists as it's American Pharmacists

Month. I'm always taking the opportunity to highlight what pharmacists can do to impact your health in ways you never knew. If you're not already aware, pharmacists can give vaccines, including the flu shot. We can also counsel on medication questions and make recommendations for over-the-counter products. One thing I think a lot of folks don't realize is that we try to optimize your health by making sure you don't deplete your body of essential nutrients. You may have noticed I don't like to run for the medicine cabinet. I'd rather you pick a food or supplement before getting a prescription. So, what is Drug-Induced Nutrient Depletion and why should you care? This depletion occurs when the medications you're taking block the absorption, metabolism, or storage of vitamins and nutrients. This can further cause additional health issues indirectly. I've put together some common medications you may take, how they could alter the nutrients in your body, and suggestions for supplementation.

**Metformin-** This medication is used to lower blood sugar in the body for those who have Type 2 Diabetes. Studies are showing that the longer metformin is taken, the lower Vitamin B12 levels are. Now, don't panic. This decrease isn't to scare you, but to let you know that at your next checkup, your physician may recommend you take a Vitamin B supplement to bring those levels back up. Vitamin B12 is used to support a healthy nervous system, fight fatigue and support red blood cell formation. A common form of Vitamin B12 is cyanocobalamin, but I would suggest getting one that is listed as methylcobalamin since it's one less step for your body to convert. Antacids (TUMS, Nexium, Omeprazole, etc.) reduce the stomach acid but this is needed for CYANOCobalamin to be absorbed. Try separating antacids from your B vitamin supplement by a couple of hours. I would also suggest getting a B complex supplement to get the full range of B vitamins our body uses. The current recommendations for B12 is 2.4mcg (MICROGRAMS) daily but supplements are usually much higher than this because B vitamins are water soluble, meaning when you've reached your max need, your body will urinate out the rest. FYI- your urine will be a BRIGHT YELLOW when taking

B vitamins. Remember, anyone can benefit from this vitamin, not just diabetics. Some food you can choose to eat instead of a supplement include seafood, liver, beans, nuts, and eggs.

**Statins-** Medications that end in the word –"statin" is used for heart diseases like lowering bad cholesterol in the body. Sometimes diet can help bring the bad cholesterol down, but some folks have a genetic predisposition to have high cholesterol and need these medications. The drug works by stopping cholesterol from being synthesized in your body. This is great for bad cholesterol, but every single cell in your body needs cholesterol in order to form its wall or in other words, its outside skin layer. Also, since this wall synthesis is one of the starting processes to building your cells, statins also indirectly inhibit some other functions at this level. This inhibition is hypothesized to cause the common side effect of muscle weakness and fatigue and includes a depletion of Coenzyme Q10. Heard of it? Unless you've taken biochemistry, I don't imagine this word is in your vocabulary. Without getting too nerdy on y'all, this enzyme is used to drive energy to each cell. That's pretty important. Without CoQ10, your muscles aren't getting fired up like they should be because the statin is blocking that function. This includes the heart- the very organ the statin is should be helping. But that's another soapbox day. CoQ10 should not be taken by women who are pregnant or nursing, and may cause warfarin to be less effective. CoQ10 has a wide range of dosing recommendations and should be consulted with your doctor. CoQ10 is found in tiny amounts of meat & not enough to truly supplement the body.

**ANTIBIOTICS-** We're moving into flu and cold season which means the prescribing of antibiotics. Next month, I'll write about steps for taking care of yourself at home and when to see a doctor. But until then, some items to consider when taking antibiotics include timing and depletion. Talk with your pharmacist about how to best take antibiotics and when. They can be sensitive to foods you eat and you always want to take the full prescription to ensure the bacteria don't come back.

Antibiotics decrease absorption of a lot of vitamins so it is best to take a quality multivitamin or supplements. The greatest decrease occurs with the B vitamins and your gut flora. These are the good bacteria that live from your mouth down to your bottom and are necessary for processes in your body besides food breakdown. There are so many strains of bacteria that we have no idea what most of them do. Science is showing that some gut bacteria are responsible or help with serotonin production (happy chemical), vitamin

K (necessary for blood clotting), and B vitamins. There are those B vitamins again.

Not only can you take a quality multivitamin or supplement, but you can also take a probiotic. I have a video on my Facebook page on how to choose a probiotic, including refrigeration, strain count, and capsule design. Check it out! Some suggest taking a probiotic while on the antibiotic and others say to start once you've finished the antibiotics since the antibiotic will just kill off your probiotic. I suggest you double up on the probiotic while on the antibiotic and continue taking it for a week after you've finished your antibiotic, it will replenish your gut. You can take a probiotic every day if you want or you can just take a probiotic when you need it. Probiotics aren't showing to be harmful but caution is warranted if you have a low functioning immune system from other conditions.

If you want to eat your probiotics rather than take a supplement, you can eat foods that are fermented (not beer). This includes yogurt, kefir, kimchi, and sauerkraut.

Some takeaways from this article: Talk with your doctor before adding on any supplemental therapies. If they don't know what you're taking, including supplements, vitamins, herbals, essential oils, etc., then they can't interpret your lab values properly. Keep them in the loop!

Stay safe out there!

This information does not take the place of your healthcare provider. This information is intended to be for informational purposes only.

# BACK THE BLUE

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Jerry Hast  
Sr. Partner,  
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Jerry Hast has been in the investment/pension fund industry for 37 years. Jerry was the Administrator of the Dallas Police and Fire Pension System from 1982 through 1992. He also served as the Accountant of the Pension System from 1977 to 1982. During his tenure, the System's assets grew from \$56 million to \$719 million and saw the funded liability grow from seventeen cents to over sixty cents for every dollar of liability owed. From 1992 to 1995, Jerry served as the Executive Director of the Kansas City, Missouri Public School Retirement System.



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Advisor



Jennifer  
Lander  
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# Business

## DPA Board Minutes



The Board of Directors, Dallas Police Association, met at the offices of the Dallas Police Association (referred to as "DPA"), 1412 Griffin Street East, Dallas, Texas 75215 on September 19, 2017 at 11:05a.m. The meeting was called to order by the President, Michael Mata.

The following proxies were received: Courson to Gonzales, Duran-Bowen to Turner, Myers to Rickerman, and Belew to Myers.

Minutes of the meeting.

- Sundquist gave the invocation.
- The minutes of the August 8, 2017 minutes were presented to the Board of Directors.

\*\*\*MOTION\*\*\* by Gordon seconded by Janse to accept the minutes as presented. Motion passes, no opposition.

- Sundquist presented the September 2017 Cops' Cop award to Antonio Aleman, Jr.

• Mata stated he invited those candidates seeking the office of trustee on the Dallas Police and Fire Pension Board, to give a presentation to the DPA membership on 9-19-2017. The following candidates for trustee gave a presentation: Steve Paz, Joe Schutz and Scott Walton. The other 2 candidates choose not to attend.

• Mata went over the trustees selected to fill the 3 positions on the Police and Fire Pension Board by the employee groups who choose to attend this selection process. The proposed candidates were T. Hernandez-Patterson, Gilbert Garcia, and Henry Blaine Dickens. The pension board membership will confirm these selections during the pension board election. Discussion and question.

• Mata discussed the meeting with the newly appointed Dallas Police Chief Hall. He stated her goals are manpower issues, administrative reappointments due to command staff reduction, and lieutenant and sergeant promotions. Questions and discussions.

• Frazier discussed the proposed merger with the FOP lodge 588. Discussion and questions.

• Mata urged the station representatives to keep the DPA informed of issues involving the membership at their respective divisions. Discussion.

• Mata made the following appointments to the elections committee for the DPA General election: Chairman- J. Castro, B. Taylor, L. White, and N. Lybrand.

• Request for legal assistance outside the legal guidelines of the DPA has been made by member P. Hinton. This request was tabled as member Hinton did not appear.

• Frazier thanked all the DPA members who helped support the Houston PD officers affected by the recent flooding in the Houston-Beaumont area. There was approximately 200 Houston PD officers who lost everything due to the flooding.

• Parnell gave a Treasurer's Report to the Board of Directors. Presentation included current account balances, major accounts disbursements, and income from dues and the Shield. Questions and discussion.

The Board Meeting was adjourned at 1:05 p.m., September 19, 2017.

The minutes of the Dallas Police Association were duly recorded on September 19, 2017.

Original Signed

E. J. Brown

Recording Secretary



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