



The

# Shield

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September 2017



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Follow the DPA on:



## President's Message



### **The Thin Blue Line**

*By Michael Mata*

For over the last year or more you have heard the media speak of the “thin blue line” and carried a narrative that this is some sort of a mission of secrecy or a unwritten rule of sworn allegiance to the suppression of the citizenry or minority groups. They have pushed that it is a fraternity/sorority of officers that no matter what will defend any illegal acts of any officer no matter the circumstances to prevent justice or any form of accountability.

Once again tragedy has struck this nation and this state and the “Thin Blue Line” rose to the call for help. The history of courage that was displayed on 9/11 apparently is so easily forgotten by some of this nation. Then they are reminded once again by the brave acts in numerous active shootings that have occurred and law enforcement came to their aid. The Boston Marathon bombing was an amazing display of courage during the moment of tragedy and then the unwavering steadfast resolve to bring those responsible to justice, and yet they still forget.

July 7th occurs and on live television, thousands see or witness the sacrifice of 5 heroes that are murdered in the street as they attempted to protect and preserve the rights of those who they themselves were protesting the very profession that we speak of. The profession and calling of being a civil servant is a willingness to do for others before you do for yourself. There are those who say that “anyone can be a cop” or “cops are nothing special”, I could disagree more. Cops are special and not everyone can do it. You cannot fake what it takes for be a first responder, now you can for a bit but over a period of time the pains and pressures of the job force you to put up or shut up. The everyday dealings and the scenes that you have to witness force you into those moral and ethical decisions that those who are faking it will fail.

Those who are faking it will take the easy way out, they will cut corners, they will say in their mind “who is gonna know?” My answer is to you is, you will know, the person you failed to help will know. Not everyone can be a first responder and anyone who says that has no idea what a first responder is.

Now we have seen the devastation of Hurricane Harvey, we have seen the power of rain and the effects of wind. We have witnessed what is the result of a hurricane that does not move and the results its has on

lives. During this tragic event there was one constant that never waivered, a force that was there from the start to the end, “The Thin Blue Line”.

The courage that was displayed by the officers and fireman was amazing. These first responders, many who lost their own homes came to work. Many of their own families were displaced and were in shelters or with family. These amazing men and women did their duty, they responded to the call for help and the saved lives. The officers risked their lives because its what is in them, it is who they are and some gave their lives for the “The Thin Blue Line”. That is what makes cops special.

We will soon lay to rest the body of Sgt. Steve Perez who had over 34 years of service to the Houston Police Department and the citizens of Houston. The Sgt's wife had urged him not to go into work but he knew that he was needed and it was what he has done his entire career. Sgt. Perez died doing what he loved to do; he died going to the aid of others. He died because in his heart he knew his brothers and sisters were in need of help and the citizens of his city needed him. The characteristics that Sgt. Perez displayed and the thousands of other first responders showed cannot be faked.

In these days of the talk of tearing down statues of those of whom we once called our heroes of the past, maybe we should be talking of erecting statues of those whom have always been heroes and who will always be heroes. Maybe we need to remember that although there are a few in our profession that may have faults, there are many more who display what is good in humanity and what is great about our country. Then again we already have those statues, we already have those constant reminders of good, they are the ones who show up everyday at your door or any door that calls for help. That constant reminder is the Dallas Police Officer or the Dallas Firefighter. We show everyday that we are here for the community; we show everyday we are here for every community. No matter the time or the weather or the day, we will come to your aid. And we do it because it is who we are; it is how we are made. We do it because we see in every citizen our own family, we see our children we see our spouse we see our parents.

And that is something you cannot FAKE !

I want thank everyone who helped in the cause to gather food and clothing for the Houston First responders. I knew as soon as I put the call out our members and all citizens of Dallas would respond. Because of your hard work and generosity we were able to take two trips to Houston with several trailers, Uhauls and an loaded 18 wheeler to aid Houston and

several other coastal cities. I want to especially thank the DPA spouses and the DPA office staff who were amazing and put in countless of hours. I would also like to give a huge thank you to the JR. Explorers who worked theirs tails off unloading and packing the goods and clothing up to be shipped.

Together we made a difference in the lives of those who were tragically affected by a natural disaster that didn't care who you were or how big your house was. Thank you for showing once again what it is to be a DPA member and how we truly take care of our own.

Be safe and always be ready,

Michael Mata  
President



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September 25th - Bill Carollo Back The Blue Golf Tournament

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# Members In Action





## Houston Called We Answered

By Anthony Andujar

When Hurricane Harvey hit the Texas gulf coast as a Category 4 the City of Rockport took a direct hit. Cities along the coast from Victoria to Orange felt the punch. The City of Houston and surrounding areas quickly flooded after receiving over 50 inches of rain. Houston officers were working around the clock to save citizens even while over 200 Houston officers had lost their own homes to the flooding. The Houston Police Officers Union (HPOU) soon put out a call for assistance and The DPA answered that call! The DPA quickly organized a clothing and food drive and members stepped up in a big way. By Wednesday August 30th there were enough supplies to send a small team with an 8x10 trailer to HPOU. By the time the team arrived they found that the citizens of Houston had also stepped up and donated a large amount of food and clothes to the officers. The collection effort at the DPA continued for the next 3 days as members and citizens collected, sorted and boxed supplies. So many supplies were donated that it filled a 25ft U-Haul truck, 8x10 trailer and a 53-foot refrigerated truck full of meat. As the first team returned to Dallas and the second team loaded up to head south word came from HPOU that they no longer needed supplies but the supplies were needed

in Beaumont, Port Arthur where the flooding was even more severe. The second team left DPA on Friday Sept 1st at noon. While on the road Fredrick Frazier made several phone calls trying to find a suitable drop off point. Once in Houston the team was given word that Port Neches Police Department would take the supplies and redistribute them to the surrounding agencies. The team headed to Port Neches, a drive that on a good day takes about 1.5 hours. The flooding in the Beaumont had not receded as quickly and I-10 was shut down. The drive took the team almost 4 hours and the team arrived in Port Neches around 9:30 pm. The supplies were unloaded and the team hit the road back to Houston at 11:30 pm. The team finally made it back to HPOU at 3:30 am. The next night the team took the night shift, 12p to 6a cooking and serving food for the officers at HPOU. This operation could not have been successful without the efforts of many people. First and foremost all the members of the DPA, who donated so many supplies on short notice. The spouses group, who sorted and packed the supplies. The guys who drove all night to deliver the supplies and represent the Dallas Police Department when the city would not send anyone to help. Finally, the leadership of the DPA, who organized and made it all happen with many logistical hurdles and on a short timeframe. The DPA has always been about one thing. Blue taking care of Blue and that is something we can all be proud of.



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## Birth Announcements

Henry Paul was born to parents **Police Officer Paul Kessenich** (Central) and wife, Jeslie, on June 21, 2017 weighing 8 lbs. 10 oz. and 20.5 inches. Henry's Uncle is **Police Officer Daniel Kessenich** (Southwest).



Texas State Fair  
September 29th -  
October 22nd

## Thank You

Thank you for your thoughtful show of support during a difficult time. The Ivy plant you sent to my brother's Memorial Service was much appreciated by my family.

Sincerely,  
Randy Lancaster & Family

Thank you for the wonderful plant you sent for my brother's funeral. Your symbol of support will stay with me forever. DPA's gesture was thoughtful and caring during our family's time of grief.

"Monty" Moncibais #3162

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

## People

### Our Deepest Sympathy

The family of Mr. Billy Eugene March, Uncle of **Police Officer Justin Marsh** (North Central).

The family of Mr. Ricky Moncibais, Brother of **Senior Corporal Fernando Moncibais** (Northeast).

The family of Ms. Norma James, Mother of **Senior Corporal Charles James** (Property Recovery).

The family of Mr. Alfonso Baquera, Grandfather of **Police Officer Crystal Almeida** (Northeast).

The family of **Retired Police Chief W. Frank Dyson, Jr., #770**. Police Chief W. Frank Dyson retired January 17, 1974 after 23 years of service.

The family of Mr. Gerardo Argumedo Espinoza, Grandfather of **Senior Corporal Margarita Escarcega Argumedo** (Narcotics).

The family of Mrs. Emma Tejada Diaz, Mother-in-Law of **Senior Corporal Rogelio Moreno** (Southwest).

The family of Mr. Adolph Rodriguez, Father of **Police Officer Arnold Rodriguez** (Love Field).

The family of Mrs. Gladys Waters Square, Great-Aunt of **Senior Corporal Samuel Butler** (Violent Crimes).



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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.

## SHOTS FIRED!

By Kevin Janse

Kevin James Endowment Chairman

Shots were indeed fired and boy was it fun! The Kevin James Endowment hosted the inaugural Sporting Clay Shoot fundraiser to benefit Assist the Officer Foundation on August 24th. The weather held off to allow the 120+ shooters to test their skills on the 12 station course at the beautiful Dallas Gun Club.

Participants arrived to find breakfast and coffee waiting for them while they studied the multiple raffle items and guns that would be raffled off at the end of the shoot.

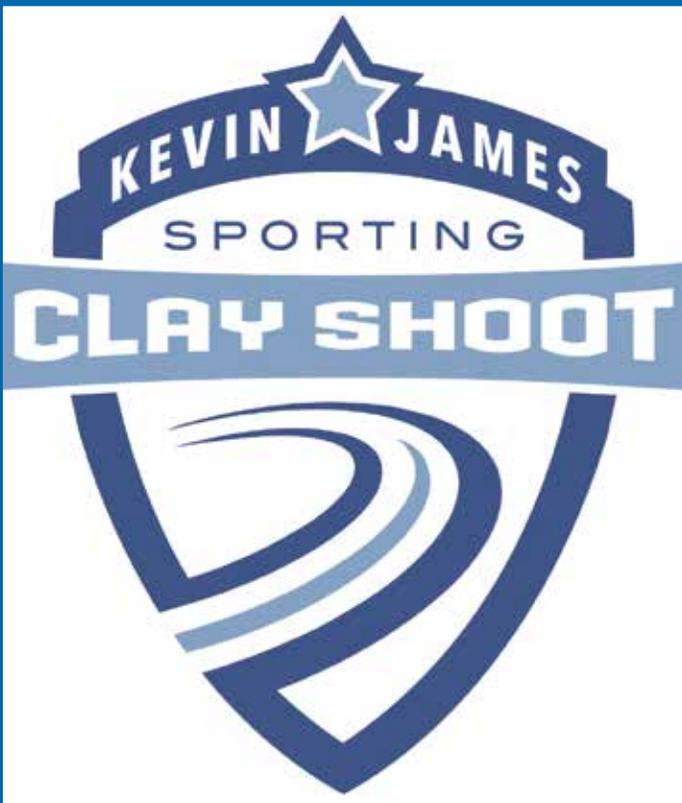
After a quick welcome by Committee Chairman Lt. Kevin Campbell, and a safety briefing the DGC staff, it was off to the stations where each shooter tried to impress their fellow teammates. When all the scores were recorded it was determined Sean McLelland had the highest score by a huge margin. He would later be disqualified (a voluntary disqualification) because he was too good! Little did the other shooters realize but Sean was on the USA Olympic Shooting Team in Beijing, China and was brought in as a special guest shooter.

Once all the guns were put away, the adult beverages came out and the shooters were treated to live music and a hearty lunch. After the raffle, awards were presented to the top males, females, and law enforcement shooters with the top team (Sean's team was once again disqualified) taking home the top prize.

Rumor has it that everyone had a blast and most said they would be back next year, which will be held earlier in the year to beat the heat. The event is guaranteed to sell out next year so be watching The Shield for the date announcement.

The entire event would not have been possible without all the committee members and volunteers who gave so much of their time to raise money for a good cause and the numerous sponsors who so graciously subsidized the event. See everyone next year!





August 24, 2017  
The Dallas Gun Club



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## Third Vice President



### *Take Time For Yourself* By Jaime Castro

We all know that pay and pension has dominated cop talk here in DPD these last couple of months. One of the questions I regularly ask officers that were eligible to retire was "so what are you planning on doing? Are you staying or leaving?" Most people answered by starting to explain the financial impact it would have for either option. But some gave me an answer that left me thinking. "If I retire what am I going to do?" I asked, "are you talking financially or work-wise?". The answer was "what am I going to do just staying at home?" I'll be the first to admit I love police work. I love and miss what it used to be. I'll also admit, I was addicted to work! I didn't want to miss out on anything if I took a day off. Before I knew it, I had 10 years in the department. Then one day while out in Patrol we were told we had to stop by and check on the community health fair that was going on in our area. So, we did. As my partner and I walked the fair we came across a scale. We started joking about each other's weight and challenged ourselves to who could guess their weight. I obviously thought back to the academy when I was 165 lbs. soaking wet. I knew I had gained a few pounds but took a guess of 170 lb. I'll never forget the shock when I saw the scale read 198! At that moment, I began to realize how much I had neglected my own health. I thought of how much time I was away from loved ones. I also realized I no longer devoted time to my hobbies that took me away from the stresses of police work...my SAFE place. If someone asked what talents and hobbies we have outside of police work what would you say? We need to make the time to develop our talents outside of work! We need to find Hobbies that give us a reason to get out of bed! Find something that will make you say, "I can't wait to retire so that I can devote all my time to this!!" We can't wait till the end of the road to decide "what now?". I recently saw Detective Lance White taking the time to develop both his talent and hobbies. What they created for him and his family was an opportunity! He is now selling wooden plaques that look awesome! I challenge all of you to create your own personal opportunities outside of work. Take the time to make sure you're happy with who you are behind the badge. Make time for your loved ones. Develop your life outside the department! Have something to look forward to once you leave

the department. Remember guys no matter how many hours we put in when we come back there's always going to be more work to do. FIND THAT BALANCE! STAY SAFE AND TAKE CARE OF EACH OTHER! ps.. GO COWBOYS!!

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# Your Health



## Heart Health

By Amber Myers, PharmD  
Communityfarmacist@gmail.com

You now know a little about stress management from last month's article. But I wanted to write about something else I feel may affect more of you than you think or know.

### Heart Health.

Stress is just one of the factors that can cause poor heart health. Because of your daily stress from your job, you're already 50% more likely to have angina (chest pains) and/or a heart attack. Add that to the possible PTSD from the last few years' attacks, the increased risk of depression, feeling agitated, and the cherry on top- social isolation for being a police officer.

You also have crazy schedules that may not allow you to have lunch at the same time each day, let alone be near a kitchen to heat up leftovers. So, you choose to eat at a restaurant where you probably don't choose the healthiest of meals or drink the nutritious sodas. Then, if you even have enough energy after work, you may or may not try to exercise. I mean, c'mon, have you lifted your gun belts lately?

But don't fret! It's not all doom and gloom. Let's try to tackle some of the issues.

1. If you haven't already, **take a look at last month's article** to read on some stress management tips.

2. When dining out is your option, **try to pick a place that offers heart healthy dishes.** This would include lower salt content and leaner meats. Eating healthy fats like avocados, walnuts, or sugar free peanut butter help with heart function, energy, and nutrient absorption. I don't advocate for fat-free diets because your ingredients are typically altered to add more salt or sugars to make the food taste similar to the original. Salad dressing is a great example. Instead, opt for the oil & vinegar route and add some spices to the mix. You still want the 'fat' from the oil to absorb the fat soluble vitamins A, D, E, & K from your green leafy vegetables. You won't get that oil in fat-free dressings because they're likely replaced with corn syrup= SUGAR.

3. **Decrease your sugar intake.** I also don't advocate for sugar alternatives because your body doesn't care if its aspartame or cane sugar- it's still a sweet and is stored the same. Sugar is also known to damage your

blood vessels. You may notice slight tingling in your toes or fingers when your blood sugar is chronically high. That's the sugar nicking away at the blood vessel walls and causing nerve damage. This also increases your risk of not only diabetes but also heart attacks and strokes. If sodas are your weakness, try cutting back to one less can/bottle/cup each day. After you've adjusted, decrease slowly again.

4. Exercise. The American Heart Association is currently recommending

•30 minutes/day of moderate activity 5 times/week  
OR

•25 minutes of vigorous activity 3 times/week.

If lowering blood pressure or cholesterol is your goal, 40 minutes of moderate to vigorous

activity 3-4 times per week is your goal. You also need to **ADD 2** days of muscle-

strengthening activities each week. While this is easier said than done, it's a habit you have to be ready to get into.

5. Give yourself realistic goals. New Year's Eve weight loss resolutions don't typically work because you're changing your entire life overnight. Instead, give yourself LOTS of time to think about your goals and how you'll achieve them. Then start with a few small changes, week by week, until you reach your goal. I know we're all impatient, but it's the best way to achieve overall success.

Another way to improve heart health is smoking cessation, including electronic cigarettes. This service may be covered under your health insurance plan but needs to be verified first.

Don't get discouraged if you fail to reach your goal. Keep going & take care of your ticker.

Stay safe out there.

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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 August 8, 2017 at 11:01am. The meeting was called to order by the President, Michael Mata. The following proxies were received: Courson to Gonzales.

Minutes of the meeting.

- Griffis gave the invocation.
- The minutes of the July 18, 2017 Board of Directors meeting was presented to the Board.
- \*\*\*MOTION\*\*\* by Hernandez seconded by Janse to accept the minutes. Motion passes, no opposition.
- Sundquist presented the August 2017 Cops' Cop Award to Michael Gonzalez.
- Mata discussed the special session of the Texas legislature. The dues deduction bill is not going to pass as well as the tax cap bill. The DPA will not take any position on the bathroom bill.
- Mata discussed the 2018 budget proposal presented to the Public Safety Committee by DPD. Some points are the City of Dallas looking to replace the Dodge chargers with Chevy tahoes; civilianization of some parts of the DPD with retired DPD officers.

The Board Meeting was adjourned at 12:02 p.m., August 8, 2017.

The minutes of the Dallas Police Association were duly recorded on August 8, 2017.

Original Signed

E. J. Brown

Recording Secretary



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## 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 DPA MEETINGS

### Board Meetings

*September 19, 2017 - 11:00 a.m.*

*October 10, 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!

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# Dallas Police Association

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