



~ AFTER THE BADGE ~

# ~After the Badge~



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## A Message Board



For those members of Picnic Saturday August food was great – Some members were kind

to share with the rest of us. The cars were great. Dean Christopherson from the Police Museum brought a restored 1968 Ford Police Cruiser. A special thanks to him for that bit of nostalgia.

President of the board, John Schnittgrund announced there will be excursions to Blackhawk which are being arranged by the board. He also talked about the "Cruise" Deb Dille has made available to the membership. And he is especially hoping ALL the DPRA MEMBERS will begin to participate more in DPRA sponsored functions as the activities become more varied. Let's give a round of applause for all the effort put forth by the board to keep our organization alive and fun for all.

## From The Members

DPRA who didn't attend the 23 you missed a good time. The especially the bread pudding. enough to bring their "hot rods"

## LETTER FROM THE EDITOR

I was at the picnic Saturday and visited with quite a few people. It was great to see so many familiar faces and spend time with them sharing what we are doing in our retired lives. With this in mind let me remind all the members and spouses the more we celebrate together the more we have to celebrate. I have been pushing for more camaraderie since I became the editor of the newsletter. (Perhaps a little idealistic?)

Being a board member is a little time consuming but and sometimes a very ungrateful job but when things come together like Saturday's picnic it is worthwhile. Everybody scrutinized the Police car from the Police Museum and recalled the day. That is the camaraderie of which I speak.

Speaking of camaraderie Daryl Cinquanta has written many an article about our fellow officers and their lives. He spends a great deal of time interviewing them and then writing their memoirs. I have the task of putting together a "Newsletter" and keeping the articles concise and hopefully interesting. The cost of printing is high so I try to keep that down. This means cutting to the meat of each article. Believe me Daryl sends his article with all the meat, potatoes and more. Apparently he has been reprimanded for leaving out parts of the original interview. – Not his fault –. I take the blame for this for this and apologize for having to shorten his articles to accommodate finances. To those who have had articles written about them we hope you feel some pride in the fact that you are well thought of and enjoy what little space we have to tell your story.



Congratulations to the following members of the Denver Police Department who after serving with exemplary dedication and pride, have been promoted to the rank of retirement!! We know you are looking forward to a well deserved and fulfilling retirement. We hope DPRA is included in your plans and you will join us in the DPRA dinners, the Laughlin Reunion and all the other new fun things being planned for the membership by the Board. Welcome to the following retirees:

**Lieutenant James Haney,** 79014, retiring from Headquarters.

**Detective Ray Marquez,** 80044 served from 1980 to 2014 retiring from Vice and Narcotics.

**Detective Joel Humphrey** 73017 served from 1973 to 2014 retired from the Homicide Unit.

**Civilian Sharon Sekerak** after 50 years of service retired from the Chief's Office.

**Lieutenant Bill Baker,** 81003 served from 1980 to 2014 retired from District Two.

**Sergeant Rosa Vasquez,** 84066 served from 1984 to 2014 ( cont. on pg. 3)

## Retirement Tidbits

By

Lynne Mullen

### Happiness in Retirement

"What a wonderful life I've had-I only wish I'd realized it sooner". These words were spoken by an accomplished 20<sup>th</sup> century French author, Sidonie-Gabrielle Colette, popularly known as "Colette". She wrote the book called Gigi which was the basis for the stage production as well as a movie which featured the emerging actress, Audrey Hepburn. Colette often used the theme of happiness as well as reflections on her life in her writings. She was a frequently-married woman who gained admiration during World War II by hiding numerous Jewish authors, friends and acquaintances in her attic to prevent their capture by the Nazis.

Attempts at understanding and defining happiness have been in existence since ancient Greece philosophers pondered the causes of this emotion. The Greeks identified a relationship between the physical body and emotions. They believed that the four humors, yellow bile, black bile, blood and phlegm, were present in each person. An imbalance of the humors created personality traits for each individual, and the result of this imbalance was identified as a physical malady. Of course, this theory has been dismissed by modern science. Neuroscientists are currently examining the same link between the physical body and emotional states, including happiness that was identified by the ancient Greeks. Some scientists believe that emotional experiences, which include happiness, are the result of the behavior of nerve cells and neurons in the brain interacting. Researchers believe that specific areas of human brains, when stimulated, release a pleasure-inducing chemical, causing a feeling of happiness. Interaction between sections of the brain cause a release of dopamine, a hormone associated with pleasure. Specific areas of the brain have created a reward system for our feelings and behavior. Included in this reward system is the release of not only dopamine, but other hormones, as well. This is identified when we experience pleasure or happiness and our brain directs us to perform the same who wish to explain happiness in clinical terms, happiness is created when the release of dopamine, progesterone, oxytocin and testosterone combine to produce a feeling of well-being and its companion, happiness. Most of us are not neuroscientists and are probably not motivated to explain our emotions by examining our brain activity. It is impossible to identify the secret to happiness. There are, however, many factors which contribute to a general presence of happiness in people. In the post-WWII era, it was widely reported that money was the root of happiness. That theory has been altered, and while money does increase happiness in some circumstances, the (cont. on pg.4)



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# Farewell for Now



(Walking the Retirement Beat cont.  
From pg. 2)

retired from Commander  
Saunier's office.

**Sergeant Jimmy Gose**  
**#78040**, served from 1978  
to 2014 retired from District  
Four.

**Detective Rick Schneider**  
**#85024** served from 1985 to  
2014 retired from the  
Detective Bureau.

~

## My Watch

By  
**Daril Cinquanta**

Will return in the next  
newsletter. Daril was out of  
town.

~

## The Widow's Voice

This column needs to be taken  
over by one of the members  
of the Widow's Organization.  
Are there any Volunteers?

Please Contact Cleo  
Wickersham 303-233-0161.

~

**THE ANNUAL REUNION to**  
**be HELD IN LAUGHLIN, NV,**  
**AT THE EDGEWATER HOTEL -**  
**CASINO**

**MARK YOUR CALENDARS**  
**FOR OCTOBER 26, 27, AND**  
**28, 2014. ROOMS MUST BE**  
**RESERVED BY OCTOBER 01,**  
**2014 PHONE NUMBER: 1-**  
**800-677-4837.**

We would like to extend our deepest sympathy to the families of our retirees  
for their great losses:

Since we last published the DPRA newsletter the following Officers and family  
members have left us.

Retired CSA Employee John Roybal lost his father John Roybal (1921 - 2014).

Dixie Jean Ponzi, wife of Retired Lieutenant Jim Ponzi passed away on Monday,  
July 14.

Wife of Retired Officer R.J Cochran 67028, Karen Cochran passed away on  
Thursday July 17

Retired Officer Harold R. Sanderson 60042 passed away this morning July 18,  
2014

Laurence R. 'Larry' Jantz, 6910167 of Arvada passed away July 24, 2014

Emiliano (Emil) Gimeno, father of Tim and Fred, and father-in-law of Julia and  
Donna Star-Gimeno, passed away on August 4, 2014.

Lora Walker Green daughter of retired officer Sid Walker passed away.

Michael Scheer, the son of Tech. James Scheer, (deceased) the brother of Sheryl  
Ventura, and the Sgt Phil Newton 87015 passed away. He retired from the  
Property Bureau.

Rosemarie "Marie" Radovich, the widow of retired Officer Walter "Walt"  
Radovich 48019 passed away.

Mary Oman (widow of Carroll Oman) past away. She was the clerk at District One  
many years ago.

Thomas P. Haney passed away. He is the father of retired Division Chief Tom  
Haney, 68073.

Frances Rivera passed away. She is the wife of Salvador (Sal) Rivera 56-013.

Rertired Officer Larry Neverdahl 68-55 passed away. He served from 1968 to  
1995.

Wanda Tyus mother of Retired Detective JC Tyus passed away.

Olivia DeCroke passed away. She was beloved wife of B.B. Thompson (70-97).

Retired Officer Carl Vance P77033 passed away. He served from 1977 to 2008.

Retired Detective Ed Roy's wife, Diane, passed away on 26 June.

Shirley J. Durkop, the wife of Retired Officer Clinton Durkop 57032, passed away  
on June 29<sup>th</sup>, 2014

Retired Officer Patrick Montoya 78002 served from 1978 to 2013 passed away in  
June.

Dixie Jean Ponzi, wife of Retired Lieutenant Jim Ponzi passed away on  
Monday, July 14.

Retired Officer Harold R. Sanderson 60042 passed away this morning July 18,  
2014

Retired Denver Police Officer Laurence R. 'Larry' Jantz 69101 passed away July  
24, 2014.

Retired Officer Richard Scofield 64027 passed away September 5, 2014.

Dorothy Ballinger widow of Ken Ballinger 50-15 passed away September, 2014.

Retired Michael Allegretto 48-22 passed away September.

Retired Lt. E. Cecil Murphy 50025 passed away September, 2014.

Kathleen L. Metzler wife of Retired Detective Wilbert (Willie) passed away in  
September, 2014.

Irene Frankos mother of Retired Officer Debbie Clair's and mother in law of Retired  
Detective Bob Clair passed away on May 30, 2014.

Retirement Tidbits cont. from pg. 2)

the presence of adequate shelter, health care and the acquisition of necessities, such as food, play a more important role in achieving overall happiness. It has been discovered that relationships, a sense of belonging and activities which involve us with others, are significant sources of happiness.

Researchers are now proposing that happiness is more than one's status in life. Genetics play an important role in determining an individual's sense of happiness. Some studies suggest that genetic predisposition to happiness accounts for fifty per cent of why we experience happiness. The other half of why we are happy is determined by the choices we make throughout our lives, the presence of close relationships in our lives and circumstances which we all are powerless to avoid.

It is critical in our pursuit of happiness to focus on the things over which we have control. We are all faced with sadness, loss, tragedy, and crises. All of us deal with life's unfortunate circumstances in our own way. We can, however, make some changes in our lives which will increase our potential to be happy. There is substantial research available which shows us that surrounding ourselves with happy and positive people can increase happiness. One study finds that each happy person in an individual's life can increase that person's potential to be happy by 5%.

How do we assess our happiness level and make changes to increase how happy we are if we find our lives are dominated by emotions other than happiness? Many of us retired with adequate financial resources, others did not. Many of us retired from a fulltime career which provided us with a sense of direction and worth. We generally had a structured schedule to follow, and the expectations of our job were relatively clear. When we leave our career positions, we sometimes experience a feeling of being unproductive. Our expectation of enjoying hours of freedom to pursue whatever we wish often is unfulfilling and we may feel non-productive. We must begin to look at life through a different lens. Examining our activities and making changes in what has been stable in our lives for decades is a place to start. Maybe yard work was a source of pride and happiness prior to today, but now spending hours maintaining a yard and garden is no longer providing happiness and has become a stress. Daily expenditures may need more examination than before. Explore discounts in restaurants, movie theaters and travel opportunities. Membership in a number of organizations, such as AARP and AAA provide substantial discounts for a number of activities. Part-time employment in a field which previously was a favorite hobby or interest is a way to maintain positive relationships with others who share a similar interest. Consider teaching other adults a skill you may have. Many technical colleges hire people with real-life experience, and sharing information with others can

be a powerful source of satisfaction and happiness. Community and free universities offer classes in a wide range of topics and interest areas. Maybe you have been a quilter for several years and would like to teach others that skill. Perhaps you design and produce jewelry. Helping others acquire that skill is rewarding and worthwhile. Providing gun safety training is a good way to share the skill acquired over many years of active police employment, and is in demand at the current time. If your pre-retirement free-time activities continue to be important in your life, but your energy level or physical ability has diminished, it is possible to cultivate new interests. Many programs exist to help seniors find new interests in life. One such program, Osher Lifelong Learning Institute (OLLI), proposes that lifelong learning never retires and everyone can benefit from learning for the fun of it, about a wide variety of topics. Academic topics include history, economics, writing, literature, art, political science, astronomy, and many more. Potential students pay a fee for each term, and can take unlimited courses for that flat fee.

It is easy to be distracted by the way we wish we were or think we ought to be or by what other people think we ought to be. Changing our mindset to exist more in the present is a way to reduce the unhappiness which comes from those individuals who cast a negative light over our lives. Truly negative people choose to support their negative outlook rather than focus on changes that will create more happiness in their lives. These individuals often look at perceived flaws in others and spend energy focusing on highlighting the negative in others in an effort to make themselves appear to have superior life skills. One of the most important choices one can make to enhance happiness is avoiding such negative influences and people. You can't change what other people are doing or how they try to impact you with their behavior. You can only react to what other people are doing and working on remaining positive becomes addictive. One of the best ways to make yourself happy is to make someone else happy. Who hasn't been cheered by an unexpected greeting card or phone call or a compliment from a stranger? A key behavior toward combating negative influences is to act the way you feel or want to feel. Attitude is a significant factor in evaluating what makes people happy. If you are feeling down, start to smile. This physical activity will be registered in your brain and will start to change your mood. It is easier to be negative than positive and to find fault with others to mask your own feeling of unhappiness. It is easier to complain than to laugh at everyday flaws. It is easier to yell than to joke around. It is easier to be demanding than to be satisfied in an interaction and find solutions. Although it is difficult initially, an important (cont. on pg. 5)

(Tidbits cont from pg 4)

change in your search to control the negative influences in your life is to focus on the positive, even in your interactions with others. The pursuit of happiness is a popular topic for bloggers and contemporary authors. Everyone has attempted to propose the means to increased happiness for others. A popular book, The Happiness Project, written by Gretchen Rubin, follows her year-long journey formulating a lifestyle which will help her improve her level of happiness. She works on one issue a month for a year and develops a program which includes being yourself, letting go of damaging anger, be polite and fair, experience relationships more thoroughly, lighten up in relationships with others and enjoy the process of living. Other people have spent time assessing the issue of how to achieve happiness, but the most common of all conclusions is that relationships and friendships, a positive attitude and putting energy toward looking at the world differently, are critical for increasing happiness in everyone's life.

We can't control all of life's events. Each one of us will experience profound sadness and grief in our lives at some point. Using all of our resources, we will eventually heal from the pain of our sad experiences. We can all expect to increase our happiness level by fostering relationships and expressing and experiencing a positive attitude for life.

Even though scientists are telling us that 50 % of our happiness is determined by our genetic makeup, we are still capable of making choices which will enhance the positive quality of our life and our ability to be happy. If we are not experiencing any significant level of happiness, have a seriously decreased level of energy and feel down or "blue" for an extended period of time following a stressful time, it is recommended that we reach out for help. The Peer Support team, made up of retired DPD employees who are trained to provide emotional support, is an excellent resource and can help with life's lemons which have been thrown at us.

It is possible to be happier in our lives. Looking at retirement in a different way and embracing the notion that we are a worthwhile and valued is an important first step in this process. Staying positive, even when thinking and behaving in a negative manner uses less effort, is critical. Nurturing relationships and putting positive energy toward interactions with others is another important step to achieving lasting happiness. The author, Colette, observed during her lifetime that "being happy is one way of being wise".

Be happy.

## Annual SCAT Reunion

By

Mike Mullen

On September 13, 2014, we (Steve Jeffries, Bob Palfrey, and I) put together the Reunion of a Lifetime!!!! **The Special Crime Attack Team** (S.C.A.T.)

The Members who worked in SCAT from November, 1972 through October, 1977. These years were the years that Lieutenant Chester Don Brannan headed the group.

The Reunion was held at the Holiday Inn on South Wadsworth and W. Hampden; The food was delicious; and the camaraderie was THE BEST!!!

Led by Lt. Don Brannan, during those years everyone was back to back with each other, covering each and every call and putting people in jail that really needed to go. Lt. Brannan and Sergeants Richard Scherwitz, and Lester Beaulieu were the supervisors and there could have none better!! If there was something big going on with SCAT the guys on street could be depended upon. One or more of them would respond and and cover us. It was a unit that worked VERY close together then and there hasn't been a get together like this since the old work days.

While setting up the reunion, we discovered that we had about 17 members that had passed away, which was sad!!! However, we didn't let this deter us from getting those of us who are still here together and toasting those who have gone before us.

We had about 70 attendees, including wives and/or associates, and had a three hour time frame set up before dinner in which the retirees could talk about the old times and the happenings during those years. We updated each other on current times. If we had scheduled five hours, I am not sure that would have been enough. The talk during the dinner and after was just as loud and filled with laughter.

As far as we were concerned, the old SCAT Unit was the best part of all of our careers. If any other member of the DPRA belonged to another unit while serving in the Denver Police Department you might consider doing a reunion with them.

Being part of the Retiree's Association affords each of us the opportunity to relive old times with each other at least once a month. TRY IT!!