



## LOS ANGELES SHERIFF'S DEPARTMENT BAND

By Dawn Anderson

Los Angeles Sheriff's Department Band

### A TRADITION OF SERVICE THROUGH MUSIC

**T**he LASD Band is an amazing organization encouraged by the Los Angeles Sheriff's Department because of the good public relations that we can provide for the Department. Music can cross all barriers, touch all hearts and reach across the divide to unite deputies who protect the public and the citizens they serve. We ourselves are a group from every station, ethnicity, age and economic background. We are all at different stages of our lives: Some of us are professional musicians, some avid amateurs, others college students still studying music. Some of us still work, while others are retired. And we speak numerous languages, but we all understand the unifying language of music.

Please remember to invite us to your school programs, celebrations and Sheriff's Department events where we may be of service to our communities. We all volunteer so that we can give back to our society and positively affect the image of the Los Angeles Sheriff's Department through music. These are the times when we can be most helpful. We have a concert band, a swing band, a Dixieland band and an upcoming rock band. We have trumpet players for "Taps," for end of watch ceremonies and patriotic events. We are your band; we are here for you and we want to meet your musical needs and serve those who serve others. We couldn't be prouder of our deputies, and we are so proud to be a small part of the LASD.

Please let me introduce you to another of our incredible members, Sheldon Gordon, a native-born Angeleno. Born in 1954, he attended Los Angeles public schools from kindergarten through high school. He came from a musical family, and his father enrolled him in the music class offered by his elementary school. Sheldon began trumpet lessons in the fifth grade. From a young age, Sheldon has served the police community through music — while in junior high school, he played in the Los Angeles Police Junior Band. As he entered Alain Locke High School, he joined the high school band, and during his tenure there he marched in two Rose Parades and the Aloha Parade in Hawaii.

Accepted to California State University Dominguez Hills on a scholarship, he graduated with a degree in biology. Continuing to graduate school in biological science, he did

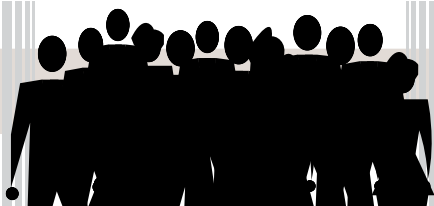


two years of biomedical research for the World Health Organization. His resume from there is quite impressive. He was recruited out of graduate school by a computer company, which began a career path away from biology and medical science. He eventually ended up working for a division of Sony Electronics, where he worked on engineering projects involving converting broadcast infrastructure from analog to digital and then from standard definition to high-definition. He worked for *The Tonight Show* with Jay Leno and with KTLA on the Rose Parade broadcast, just to name a couple of his interesting projects. Sheldon ultimately began conducting training seminars for the Society of Motion Picture and Television Engineers, and he was selected as a presenter for the Academy of Television Arts and Sciences, from which Sony received an Emmy.

Though Sheldon retired in 2010, he continued to keep up with his musical instruments, which now included the Eb soprano cornet and Eb soprano saxhorn in addition to the trumpet.

Sheldon attended a concert by a brass ensemble from Germany in 1990. When chatting with the musicians, he made an offhand remark that he enjoyed mid-19th-century German brass music, to which they responded that they enjoyed mid-19th-century American brass music. He was surprised because he had no idea that music existed. So, he began to research and contacted the Library of Congress, the Smithsonian and the Manchester Historical Society for information. He called upon some musician friends to do a performance of mid-19th-century American brass music at Long Beach City College in 1993. That group of musical friends is still together and formed the ensemble called The Band of the California Battalion. They are the nationally recognized experts in the music of the American Civil War era. One of Sheldon's greatest highlights of playing with this band was when Frederick Fennell was in the audience, leaped to

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# PEER SUPPORT PROGRAM

By Medina Baumgart, Psy.D.

## BRAIN TRAINING TO BOOST RESILIENCE

**R**ecent events have challenged our notions of safety, predictability and control. In times of heightened stress, it is common for your brain to shift its focus to the problem as a means to identify and neutralize perceived and/or actual threats. This is a helpful mechanism when there are physical safety issues, as we can often use this information to drive actions in service of our safety. This brain mechanism is less helpful when we perceive threats to our internal/emotional safety and subsequently feel helpless, powerless and/or out of control.

The good news is that focus is a tool we *can* control. As with any other habit, repetition and consistency are key to effective brain training. Challenge yourself to choose one of the following “brain tools” to train daily over the next couple of weeks:

- **Emotion labeling** creates distance, which acts as a buffer to discomfort. Take an observer stance to your emotions and describe what you are experiencing. Doing so acknowledges the emotion and allows you to experience it without being absorbed in it.
- Ask yourself, “**Can I or will I change it?**”
  - If “yes,” change it.
  - If “no,” let it go.
- Shift focus from problems to **gratitude**. This can be done during your daily tasks. For example, while washing your hands, think of two things you are grateful for (e.g., your health, being employed while others are being laid off, etc.).
- **Reframe your perspective**. There are different ways to think about a situation. For example, instead of “Why does stuff like this always happen to me?” try “Although

this is a difficult situation, there are positive things that happen to me.”

- Stay grounded with the **five senses**. Stress can make us feel like we are on a hamster wheel, running and running but never catching up. This can create a “chaos loop,” where our thoughts and emotions feed each other. One way to disrupt the loop is by doing a grounding activity. Try this: Take a deep breath. Use your five senses to identify something you see, hear, smell, taste and touch to help slow things down. Take a deep breath. You should notice feeling a bit more relaxed. Practice this a few times a day to build proficiency.

The Department provides its employees and their significant others with free and confidential support from chaplains, peer supporters and psychologists. Contact Psychological Services Bureau at (213) 738-3500 for a confidential consultation. ☆

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his feet and went to the stage in the middle of the performance to congratulate them on their authenticity and expert musicianship. Frederick Fennell was one of the world's most active and innovative maestros, internationally recognized. He is legendary for raising band performances to an art form.

Sheldon feels lucky to have had a father who was a musician and encouraged him on his musical journey. Sheldon's father, a trumpeter in the 1920s, played pickup gigs with W.C. Handy and community bands in the greater Chicago area. During the Great Depression, he joined the Conservation Corps, playing the bugle. Sheldon explains, “Playing music has taught me that acquiring skill is not an instant proposition but requires incremental steps and logical application of knowledge and technique.”

While playing “Taps” for a Memorial Day event, Sheldon met a current member of our band, Julie Levine, who invited him to play with the LASD Band. Sheldon has been with us ever since. He says, “I am enjoying my time with this talented group of musicians.”

Well, Sheldon, we are grateful for that chance encounter with Julie, and we are thankful that



you put your skills to use with the Los Angeles Sheriff's Department Band.

Please call us for your Sheriff's Department musical needs and events, such as retirements, celebrations or holiday/patriotic festivities. We are here for you!

*If you play an instrument or previously played*

*an instrument, it may be time to dust it off and join the LASD Band. If you would like to have one of our bands perform for an event, either the dance band or concert band (subject to Department guidelines), please contact me at Dawn. LASDBand@gmail.com. Please visit our website, LASDBand.org. ☆*