



THE SHIELD

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Tulsa County Sheriff's Office

www.tcsso.org

SMOKE & GUNS

SMOKE & GUNS is a one night event put on in Tulsa, Oklahoma at the BOK Center by 918 Fully Involved a 501 c3 Non-Profit Organization. This event combines the best Firefighters and Law Enforcement Officers in the USA to go one-on-one in the annual MMA & Boxing Charity Event called SMOKE & GUNS. This charity event raises money for Oklahoma Firefighters Burn Camp and Special Olympics of Oklahoma. Founded by Firefighters, SMOKE & GUNS has grown into one of the biggest MMA & Boxing Charity Event.

TCSO had a total of 6 fighters out of 13 fights and the cops beat the firefighters by 1 fight. It was tied 6 to 6 and then Chris Cherry, who was the main event, fought and won!

Letter of Appreciation

I want to personally thank all the members of TCSO who participated in the Smoke & Guns charity event this past weekend. Detention Officers Roberts and Wildcat competed, and Deputies Mychal Ball, Chris Cherry, Ricardo Vaca, and Chris Youngblood won their respective bouts.

Thank you for helping support the Special Olympics and all those who benefit from this special charitable program. You represented our agency with professionalism and honor, and I look forward to next year's event!

Undersheriff George Brown



L-R (Front Row) - Deputy Chris Cherry, Deputy Mychal Ball, Deputy Ricardo Vaca, Deputy Chris Youngblood, all winners in their respective bouts.
(Back Row) Sheriff Regalado



Smoke & Guns Fundraiser Champions and friends of TCSO

☆ ☆ ☆ ☆ ☆ Our History ☆ ☆ ☆ ☆

TCSO History

By Retired Sgt. Lyndall Cole
TCSO Historian

“Guilty Conscious”



On the left, two unknown officers make notes, on the right is Mannford Bank President C. E. Winger.



Mrs. Winger who so bravely went to the window and wrote down the tag number of the two escaping bank bandits.

Part II

Clues from the area where the stolen green Plymouth was found by TCSO deputies led officers in the direction of Sand Springs. Deputies from Tulsa County and Creek County, assisted FBI agents with a coordinated search for the two bank bandits beginning in the towns of Mannford and Keystone, and ending up in Sand Springs. Officers had a basic description of the two gunmen, both were white males, one suspect was around 18-years-old and the second suspect was believed to be about 25-years-old. Officers also knew the green Plymouth was stolen on the same day as the bank robbery, within a fifteen-minute window from noon to about 12:15 p.m., from downtown Sand Springs. Officers believed someone could possibly have seen one, or both, of the robbery suspects in the stolen vehicle, so they were literally going door-to-door searching for witnesses who might have seen any-

one driving the stolen Plymouth the day of the bank robbery. Through evidence and eye witness reports, officers soon learned the possible identities of their two bank robbers, one of the suspects was Bill Ireland and the second suspect was Earnest Joice, both men lived in Tulsa. These two suspects left officers scratching their heads though, because as it was discovered, neither man had any type of record. In fact, both men were found to have good jobs, Ireland was employed at the Douglas Aircraft Company, and Joice was employed at American Tank and Construction Company. Nevertheless, officers had good evidence that these two men had robbed the Mannford State Bank, so their arrest was imminent. The two suspects had no knowledge that the FBI and our deputies were closing in on them and before an arrest could be made the two young men turned themselves in. On Monday night, March

24, 1958, 24-year-old Bill Ireland and 20-year-old Earnest Joice surrendered themselves around 8:00 p.m. at the Tulsa County Sheriff's Office to Deputy Bill Cooper. The two men walked into the Sheriff's Office and stated that they were the two bank robbers' area law enforcement was searching for. Deputy Cooper notified Sheriff Glenn Brown, and when the sheriff arrived, both men who turned out to be brother-in laws, confessed and signed statements that were basically a mirror reflection of the other on the details of the car theft and bank robbery.

Bill Ireland explained how the men had pre-positioned his father's pickup to use as a getaway vehicle after abandoning the stolen Plymouth, and also how they still had most of the bank's stolen money. The two suspects had used \$165 to catch up on some bills, so Ireland and his father made up the difference so

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"Guilty Conscious" Continued from page 2

that the bank would get all of the stolen money back. Before they surrendered, Ireland hid the remaining stolen money in a fruit jar under his house, then he and Joice drove to the courthouse and surrendered.

After their interviews and signed confessions, Sheriff Brown accompanied the two men to Bill Ireland's house where the stolen money was recovered from underneath the Ireland home and

turned over to the Sheriff. Ireland told the Sheriff how they were afraid if they took the stolen money with them, and got caught with it, that officers wouldn't believe they were on their way to surrender. When asked what led them to surrender, the two men told authorities that they had been unable to sleep and finally confessed everything to their wives before driving to the Sheriff's Office to surrender. The two men

stated that they had simply developed a "guilty conscious."

According to local residents and bank president C. E. Winger, the Mannford State Bank robbery was only the second one for this small-town bank. Mr. Winger stated that he had been with the bank since 1948 and this was the first robbery he was aware of except for one back in 1926, but that's a whole other story.

Lemon Pepper Chicken

Ingredients:

Yields: 4

1/2 c. all-purpose flour
1 tbsp. lemon pepper seasoning
1 tsp. kosher salt
2 lemons, divided
1 lb. Boneless Skinless Chicken Breast
2 tbsp. extra-virgin olive oil
1/2 c. low-sodium chicken broth
2 tbsp. butter
2 cloves garlic
Chopped parsley, for garnish

Directions:

Prep Time: 0:15

Total Time: 0:30

Preheat oven to 400°.

In a medium bowl, combine flour, lemon pepper, salt, and zest of one lemon. Toss halved chicken breasts in the flour mixture until fully coated. Slice 1 lemon into thin rounds.

In a large skillet over medium high heat, heat olive oil. Add the chicken in a single layer and cook until golden on the bottom, about 5 minutes. Flip chicken breasts.

To the same skillet, add the chicken broth, butter, garlic and lemon slices and transfer skillet to the oven. Bake until the chicken reaches an internal temperature of 170° F and the sauce has reduced slightly, 10 to 15 minutes.

Spoon sauce on top of chicken. Garnish with parsley.



FOP NEWS

By Travis Jones
President F.O.P. #188

I hope everyone who had the opportunity to attend the Guns and Hoses charity fight night had a great time. Many people made many positive comments regarding the number of employees we had participating. This shows everyone that we, as an office, are very charity minded and do things for the benefit of others. This is the whole premise behind our chosen careers. Thank you to everyone, as this represents our organization in a very positive light. Congratulations to all who participated. Because of our participation, we were able to hold on to the title for a fourth time and for the third year in a row! Great job!

We are still in full swing of election and campaign season. All members are encouraged to attend the meetings as we still have many candidates wishing to have support of our lodge. TPD Lodge 93 has reached out to me and asked that we participate and attend their debate between all the candidates for the D.A. race. This will take place at their lodge on May 1st at 1730 hrs and will last approx 2 hours. If you have any pressing questions feel free to email them to me at tjonesfop188@cox.net. They will be forwarded on to Lodge 93 President to be possibly asked during this debate. This is an important race for all law enforcement

in Tulsa County. Members are highly encouraged to attend this important debate.

Our annual fallen officers memorial will be held during the middle of May. More information will be sent out as it is finalized. If there are any issues that myself or any of the executive board can assist you with, please feel free to contact any of us. This is your lodge and we are here to serve you.



FOP AUXILIARY NEWS

By Kim Tryon
President FOPA

The Auxiliary would like to say a big "thank you" to everyone who came out for the 1st Annual Triple "C" Event. It was a big success. We raised over \$1300.00 for Marshall and Crystal Eldridge and everyone had a great time. The Champions of the Corn Hole Tournament are Deputy Butch Duncan and Sgt. Tracy McCall. The "Smoky and the Bandit" team won gift baskets, trophies, and bragging rights. Runners-up were the Corn Hole Ninjas - Undersheriff George Brown and Cpl. LaMont Hill. Sgt. Travis Jones won the Chili Cook off and won a Gift Card to Chili's. We raffled a set of corn hole boards and the winner of is Cpl. Marcus Berry. There are already plans for a re-match on July 21st. We will keep everyone posted on the details as they develop.

The Auxiliary is here to assist anyone who needs assistance, just let us know. Many times, the Auxiliary is unaware of a Deputy in need of assistance, so please help ensure that we are kept informed.

The motto of the Auxiliary is "Never Let Them Walk Alone".



Crystal Eldridge with her daughters Autumn (left), Winter (right)

YEARS OF SERVICE RECOGNITION

5 YEARS

- Deputy Richard Baker
- Deputy Joshua Brooks
- Deputy Cass Filhiol
- Detention Officer Dalton Wildcat
- Deputy Christopher Winkler

10 YEARS

- Laura Norris



Thank You to All TCSO Personnel for always giving to the Oklahoma Blood Institute

COMMUNITY INVOLVEMENT



Sgt. Maybee and Easter Bunny Visit St. Francis Children's Hospital

CONGRATULATIONS



Blessing Wilson & Miracle Wiggins graduate from TCSO Drivers Ed Study Group at Phoenix Rising Alternative Program

ACTS OF KINDNESS



Deputies Mavers & Filhiol Caught doing an Act of Kindness at Tulsa Technology Center



TCSO partnering with Tulsa Tech to host "Living the Dream Career Strategies" for hundreds of Union High School Students. Sheriff Regalado encouraged them to pursue an education after high school. Students also got a hands on look at several career paths, including law enforcement.



Unknown Deputy doing an Act of Kindness

Do you know this person? TCSO would like to say thank you!

"Keep It Moving"

By Deputy Cass Filhiol

How to Get Your Cardio Solid



Cardio exercise is any exercise that raises your heart rate. Let's face it, our bodies were made to move and we all know that to keep our muscles in shape we need move them. This movement makes them stronger, and stronger muscles make for a more efficient and healthy body. Your heart is a muscle. Therefore working it makes it stronger. A stronger cardio-vascular system means more capillaries delivering more oxygen to cells in your muscles. This enables your cells to burn more fat during both exercise and inactivity.

Cardio exercise uses large muscle movement over a sustained period of time keeping your heart rate to at least 50% of its maximum level.

Walking – This is the easiest and safest way to start getting in your cardio.

Elliptical – Minimal impact on the knees and hips but calorie burning is still high. When you increase the incline you will activate more muscles.

Running – This one is easy to understand. Just remember if you train like a distance runner you will look like a distance runner. If you train like a sprinter you will develop a sprinters body. Steady running burns calories but sprints take it to the next level.

High Intensity Interval Training – Short intervals at maximum intensity followed by short periods of rest. Best all around workout that burns fat and calories.

Bike Riding or Cycling – Cycling uses large muscle groups in the legs and helps elevate your heart rate. This one

is great and you can do it inside or outside, with your kids, or even over the internet in your own home.

Stair Climber – Uses more muscles than walking.

Jumping Rope – Cheap, easy and burns tons of calories. If you remember doing this for hours as a kid you will be surprised at how exhausted you will get now.

Swimming – This is a total body workout as long as you are not just floating – even treading water burns calories. Swimming laps would be best and change up the strokes you use so that you work all different kinds of muscles and the continuous pace works your heart and lungs.

Rowing – Works both the upper and lower body and is low stress on joints and ligaments.

Circuit Training – When you work out at a high intensity the blood starts to pump a lot harder and that challenges the elasticity of the arterial wall.

If you want to not only work your heart but want to build muscle, continue with your exercise routine and add in some weights.

If you can't finish a sentence while doing your workout you are going at it too hard. If you are having no trouble talking, step it up. You need a minimum of 20 minutes of continued elevated pulse to get the best results at least 3 times a week.

If you find you are super tired or unusually sore back off the intensity or

take an extra recovery day. The goal is to feel better not overdue.

Benefits of Cardio Exercise:

Weight Loss – All exercise burns calories. A deficit caloric intake and your body will burn fat and you will lose weight.

Stronger Heart – Teaches the heart to work more efficiently.

Lowers Blood Pressure and Cholesterol – As your heart beats faster it increases blood flow. Blood vessels become more elastic when they are worked and small blood vessels widen to deliver more oxygen to your muscles.

Increased Bone Density – Weight bearing aerobic exercise like walking helps to decrease the risk of osteoporosis.

Reduces Stress & Depression – When you exercise your body releases endorphins which are natural pain killers.

Better Sleep – We tend to sleep better when our body is tired.

Maintain muscle strength into old age. – Strong muscles as we age will keep us independent longer.

More Energy – You will increase your stamina and reduce your fatigue. OK, you may feel more exhausted when you first start an exercise program, but stick with it and your energy levels will increase. You will be on your way to a more active lifestyle.

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Reduces the Risk of Heart Disease – Being physically active is important in preventing Heart Disease (#1 Killer) and Stroke (#5 Killer).

Strengthens Lungs – When we move our large muscles we breathe faster and more deeply; this improves lung function.

Live Longer – Studies show that those who regularly exercise live longer than those who don't.

Less Likely to Get Sick – Exercise activates your immune system. Want to avoid a cold? Don't pass up on your exercise.

How should you start?

Before starting any new exercise program, it is important to know if you are healthy enough to increase your activity level. Please check with a health care professional on any limitations or restrictions you may have, particularly if you have a chronic health condition. It is also important to start small and increase the time you are active and the intensity of your workout. Walking is the safest and easiest way to get started. Increase the amount of time you walk and the speed you are walking and before you know it you will reap all the rewards of cardiovascular exercise.

If you have arthritis, look into swimming exercise classes. These can be much easier on the joints.

As Exercise Intensity Increases = More Calories Burned



Letter of Appreciation to Honor Guard

I want to thank your Honor Guard Team for attending and participating in the funeral service of Corporal Bill Briggs on Tuesday, January 23, 2018. Words cannot express our appreciation for their presence during this difficult time.

On behalf of the Creek County Sheriff's Office and Corporal Bill Briggs' family, please accept our heartfelt gratitude.

Sincerely,
Bret Bowling — Sheriff

The New Aurora Discovered in Canada

Most of you have heard about the Northern Lights or Aurora Borealis' that can be seen in the Northern and Southern hemisphere. The lights can be seen in the north where the nights are longer and clearer. The best time to see them is midnight. The best place to see the Northern Lights is in the northern parts of Canada, particularly the Yukon, Nunavut, Northwestern Territories and Alaska.





Legends of the lights have different meanings to different people. The Inuit of Alaska believed that the lights were the spirits of the animals they hunted. The Indians of Wisconsin believed that the lights were manabal'wok (giants) and were the spirits of the great hunters and fisherman. Other aboriginal people believed it is spirits of their people. The Aurora appear in many colors but pale green and pink are common but also has shades of red, yellow, green, blue, and violet. There are many forms of the aurora it can be seen as scattered clouds, patches, streamers, arcs, rippling curtains or shooting rays?

I've told you something about the Aurora that most people have heard about some have seen, well now thanks to some amateur scientists there is a new Aurora that was found in the Southern sky of Canada. These amateur has named it STEVE as a joke after a 2006 animated film, but the name has stuck. These citizens used only the camera on their phone to take the pictures that were sent to a scientist in NASA by the name of Elizabeth MacDonald.

After seeing the photos of this aurora, the scientists wanted to know why this aurora was the color purple and what made it special. After using their Swarm data MacDonald and her colleagues found that STEVE appears when the solar particles move rapidly from east to west by interactions of both the electrical and magnetic fields. This is what caused this aurora to be the color purple but can be silver with green in it and is seen as a narrow ribbon in the sky. You can see it in the sky of Canada, Montana and Michigan. The scientists have left the name STEVE as an acronym: which stands for Strong Thermal Emission Velocity Enhancement.

Sergeant Billie Byrd

May

	1	2	3	4	5
	Handgun skills & Qualification Dispatch training Wood Room 0800 – 1600 hrs	Hot Range Dispatch training Wood Room 0800 – 1600 hrs Homeland Security Advisory Mtg Wood Room 1000 – 1200 hrs.	ERASE-Righting from Vehicle/Armed encounters Dispatch Training Wood Room 0800 – 1600 hrs.		
6	7	8	9	10	11
		Dispatch Training Wood Room 0800 – 1600 hrs. Carotid Restraint 0800 – 1600 hrs.	SWAT Training Day Dispatch Training White Room 0800 – 1600 hrs. Open Enrollment-Ins. Wood Room 1400 - 1500 hrs.	Dispatch Training White Room 0800 – 1600 hrs. Open Enrollment-Ins. Wood Room 0900 – 1600 hrs. CLEET/Active Shooter 1100 – 1000 hrs.	Cultural Diversity Wood Room 0800 – 1700 hrs.
13	14	15	16	17	18
			Dispatch Training White Room 0800 – 1600 hrs. Active Shooter Bailey Hospital 1900 – 2100 hrs.		
FTO - Wood Room Annual Vehicle Inspection					
20	21	22	23	24	25
Scenarios –FOP Community Event 1330 – 1600 hrs.	SFST Wood Room		SWAT Training Day Courageous Leadership Wood Room 0900 – 1700 hrs.	Handgun Skills & Qualification	
27	28	29	30	31	
	County Holiday  MEMORIAL DAY			Handgun Skills & Qualification	

Birthdays

BROWN, JEFFREY	05/01	BARTON, SARAH	05/09	BOYD, LEIGHTON	05/20
BABARINDE, OLAKUNLE	05/01	PELIZZONI, TRACY	05/09	GLOVER, LETICIA	05/20
DUNCAN, RALPH	05/02	CASEY, CODY	05/11	KAISER, GARY	05/20
STEPHENS, NICHOLAS	05/02	BACON, WHITNEY	05/12	PHILLIPS, BRYCE	05/23
BOYD, VELELY	05/03	BAKER, RICHARD	05/12	COATNEY, DAVID	05/24
CANNON, TAMARA	05/04	KRAWCZYK, DANIEL	05/12	GRIMES, DANIEL	05/24
LEWIS, PENNY	05/04	SANCHEZ, MARIANA	05/12	HENSHAW, MATTHEW	05/25
SMITH, DANIEL	05/04	MADDEN, SEAN	05/13	CHAPLIN, BRYAN	05/26
BARLOW, BARBARA	05/05	FREEMAN, JEFFREY	05/14	MOSS, RYAN	05/26
CROW, ROGER	05/05	OAKLEY, EVAN	05/14	BUCKLEY, JOYCE	05/27
HESS, CLARKE	05/05	PATINO, BRYAN	05/15	SCHAEFER, RANDY	05/27
LATHAM, EUGENE	05/05	PIERCE, RANDY	05/15	LARK, GINA	05/28
WILLIAMS, VICTORIA	05/06	SIMMONS, MICHAEL	05/16	BRYANT, JOHN	05/29
PATINO CORTEZ, IVAN	05/08	WINKLER, CHRISTOPHER	05/16	WANLESS, MATTHEW	05/29
RUNDENZA, MEGHAN	05/08	CROW, COREY	05/19	PHIFER, WHITNEY	05/30
ALLEN, DAVID	05/09	HOLLAND, GWYN	05/19	TRYON, MATTHEW	05/31