

## National Black State Troopers Coalition NBSTC Newsletter

“Redefining the NBSTC Experience”

Spring 2010

1985-2010 25<sup>th</sup> Anniversary

### STATE OF THE NBSTC

Can I get a witness?

Greetings to all, I hope that the spring edition of the NBSTC Newsletter find you doing well. As I reflect back over the past couple of years, I see our organization moving with a new swagger. I have witnessed changes in the way we process and distribute information, i.e. membership application, Newsletter, web updates, etc. I have witnessed how vibrantly we collectively navigate thru business meetings, i.e. on-time, orderly, candid, etc. I have witnessed the radiant ambiance that follows executive board meetings, i.e. Baltimore, Dallas, Chicago and Atlanta. I have witnessed the collective spirit and renewed strength that the summer training conferences bring, i.e. Charleston and Little Rock. Yes, I have witnessed as our national organization has continued to move at a staggering pace.

So, as we become more inclusive as a national membership, I recognize the challenges of the state chapters seem to increase. Realizing that in organizations like ours, a few are doing the work to represent many, we must rely on our greatest resources to get work done and provide direction. Remembering that a little support from here and there is what makes us a coalition. As the NBSTC celebrates its 25th Anniversary, I ask that you look deep within and ask yourself, “How can I make the National Black State Troopers Coalition more attractive?” I hope to see you in Memphis and until then God bless.

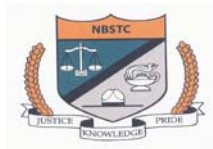
Semper Fi,  
Robert Guilbeaux (LA)  
National President

### NBSTC CHARITABLE CAUSES

During the 2010 Anniversary Celebration NBSTC will expand our charitable efforts by collecting the toiletries placed inside our hotel rooms. Members are asked to collect the soap, lotion and shampoo, etc., which are standard with all hotels, and deposit them at our designated collection point. Members can also donate travel size cans of deodorant, mouthwash, toothpaste, wash cloths and money for supplies. A core group of conference attendees will meet on Thursday and Friday morning to assemble the items into care packages. Please consider making your contribution.

### SPRING 2010 EXECUTIVE BOARD MEETING

The 2010 Spring Executive Board Meeting was held Saturday, April 24, 2010, at the Crowne Plaza-Atlanta Airport, 1235 Virginia Ave., Atlanta, Ga. The meeting customarily sets the tone for the Summer



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Training Conference and it did just that. The attendees met Friday evening at the Hotels’ patio, where we enjoyed pizza and drinks, while being entertained by BEN. You had to be there.

The all inclusive board meeting was conducted in a timely fashion while maintaining attention to the agenda. The John Mann Chapter (TN) host of the 2010 Summer Conference and 25<sup>th</sup> Anniversary Celebration presented its overview of its hosting plans to a rendition of the O’Jays “ Family Reunion. “ The meeting was concluded by a powerful prayer from our National Chaplin.

As it has become customary the group met at Michon’s restaurant for a wonderful dinner. Get the smoked chicken wings ya’ll. Thanks to our Georgia Hosts!!!!

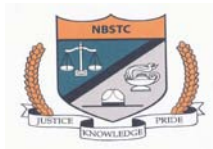
### 2010 SUMMER TRAINING CONFERENCE

This year’s Summer Training Conference will be held August 4-8, 2010, at the Hilton-Memphis. The hotel is located in East Memphis and a short drive from the newly renovated Civil Rights Museum, Stax Museum of American Soul Music, Memphis Zoo, Rock and Soul Museum, Graceland and Beale Street. The Hilton is a newly renovated hotel and features a gorgeous poolside area, which we plan to take advantage of. Our Tennessee Affiliate Chapter, the John Mann Chapter, will host the event. The Chapter and National Board of Directors are working together to team up local and national members in an effort to establish continuity regarding training and attendee expectations. This year’s conference will be in combination with the 25<sup>th</sup> Anniversary of our organization. During the festivities, we will honor America’s First Black State Troopers from each state. Please assist the History committee by providing your state’s information at [firstblackstatetroopers@nbstc85.org](mailto:firstblackstatetroopers@nbstc85.org).

### AFFILIATE CHAPTERS INFORMATION

During the course of this Board’s tenure, we have earnestly tried to improve the communications between the affiliate chapter, their officers, individual members, and the National Board of Directors. We must however reach beyond our membership to recruit new members, while collaborating with other organizations to share resources. On several occasions, we have asked for lists of affiliate chapter officers, their contact information, the chapter’s address, news updates from the chapter, the chapter’s scheduled events and State of the State reports, etc. only having have received few. Please update our National secretary with the aforementioned information; whereby we can ensure that all members are provided the opportunity to offer suggestions, be informed, receive ideas and encourage participation.

The National Board continues to work hard to ensure the dissemination of information and the involvement of each affiliate chapter and individual member. It is extremely difficult to collect dues, define membership status, refer inquires, offer accurate information and ensure dissemination without



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the knowledge of basic chapter information. Presidents, Secretaries and all other officers on the national and state levels should have a direct line of communication to ensure the aforementioned. In states where there are members but no chapter, the President has appointed State Representatives to assist with this process. Affiliate Chapter Secretaries should forward to Tammye Broughton, National Secretary at [nbstcsecretary@aol.com](mailto:nbstcsecretary@aol.com). All other announcements, i.e. promotions, events, should be forwarded to the Corresponding Secretary Charron Leachman at [Charron.Leachman@dps.la.gov](mailto:Charron.Leachman@dps.la.gov).

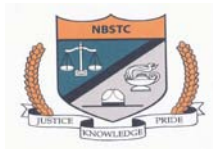
### THE SYMPOSIUM- INFORMATIVE, INCLUSIVE AND ENLIGHTEN

Friday, April 23, 2010, Atlanta, Ga.

The NBSTC hosted a national symposium of National Black law enforcement and criminal justice organization. All known national black law enforcement and criminal justice organizations were invited to attend. The mission of the event was to get these organizations together and learn from each other's accomplishments, issues and direction. With only a few responses, and only the National Black Police Association and National Black State Troopers Coalition attending, the event took place and was very successful. Those in attendance discussed the following topics throughout the day:

1. Symposium Expectations
2. Organizational Structure
3. Organizational Identity
4. Membership Benefits
5. Training Conferences
6. Membership Recruitment
7. National Legislation
8. Organizational Direction

The highlight of the session centered on frank discussion about members' expectations with minimum financial input, national fundraising effects as a business as opposed to the non-profit tax status, the use of members as a resource for training and the challenge of recruiting new members. On the subject of membership recruiting, not to be confused with agency recruiting, Ron Hampton (NBPA) suggested finding out what attracts and what are the expectations of young officers and troopers are key factors to gaining their memberships. The issues of immigration reform, racial profiling and the death penalty were discussed at length. Those issues will be the topic of discussion when the NBPA meet with the Attorney General, Eric Holder, in October 2010.



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### CHAPLIN’S CORNER – SELF

Today I would like to share a word with you all about self. The first thing I want to share is, You must always have proper thoughts about yourself or other people will plant thoughts in your mind about who you are based on who they have become.

Dwight L. Moody once said, “I have had more trouble with myself than with any other man I have ever met.” The majority of your problems are due to your choices and the people you are associated with. All of this still comes back to self.

You are the one that must seek greatness. It will not come looking for you. You are the one that must seek wisdom; it will not come looking for you. You are the one that must seek knowledge for it will not run you down. Your success depends on you and how much you are willing to give in order to get what you need.

Many people today are looking to blame everyone else for their shortcomings and failures, but if you would be honest, it is the man or woman in the mirror that is your own worst enemy. You are the one who refuses to study. You are the one who refuses to prepare. You are the one who gives just enough and wonder why you never get noticed for your work.

Charles H. Spurgeon said, “Beware of no man more than of yourself; we carry our worst enemies within us.”

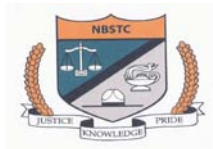
Within us lies a person named lazy. Within us lies a person who does not care. Within us lies a person who just wants to get by. Within us lies a person who does not want to follow the rules. All these lie within you and I and they will dominate our lives if we allow them to do so.

Claudius also said, “No one is free who is not master of himself.”

I challenge all of you today to learn to master yourself and no one else will be able to master nor control you. You must master your temper. You must master your laziness and you must master your inability to control yourself.

I want to close with a quote from Donald Laird. He said, “You will get much more done if you will only crack the whip at yourself.”

Hey, I gotta go but remember-Daniel Fagan said, "Get yourself in order and the rest of the world won't seem so out of order."



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Pastor/ Chaplin Daniel Fagan (GA)

If you would like to receive more inspiration, Please contact Pastor Fagan at [fagand@bellsouth.net](mailto:fagand@bellsouth.net)

### OUR CONDOLENCES AND PRAYERS GO OUT TO THE FAMILY OF:

Cherly Mc Neary (Tn.) lost her mother.

Sadie Chatman (Tn.) lost her sister.

### BURNING BODY FAT AND GETTING BUFF

Problem: The Midsection

As we get older, our metabolism slows down, and our bodies don't produce as much of the natural growth hormones, like testosterone, that keep muscle on the body instead of fat. Here are some tips for combating the problem and keeping that spare tire at bay.

Nutrition: If you are eating food that slows metabolism and digestion, it will be stored as fat and can cause you to accumulate more body fat.

Proper eating: You can't take in more than you're burning up if your goal is to get rid of that body fat and put on good, lean quality muscle. You can't burn fat without muscle. No muscle, no metabolism.

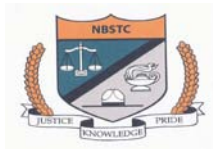
Exercise: Most people think you can diet and starve your way into getting rid of body fat. Resistance training is necessary. This can be done with barbells or free weights. Free weights stimulate the muscle to grow. When the muscle grows, the body burns fat more consistently.

Recommended exercise program: Functional Training

- Strength movement for each body part
- Core exercises
- Flexibility and stretching
- Cardio exercise

Frequency of Training

With weight training, it should be every other day. Do one exercise per body part. This is a roughly 35 minute workout. You should do two sets (start with one if you've never trained). You can do bicep curls for 15 repetitions. The weights should not be more than 15 pounds. Start with 10- or 12- pound weights and do a set of crunches for 60 seconds.



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The truth about food

You should eat for what you're going to be doing and not for what you have done. Most people don't eat breakfast. By the end of the day, they are starving. That's when damage takes place. Breakfast and lunch should be nice-sized meals. Activity tends to slow down in the evening. That's when you should have small meals that are limited in carbohydrates. You want to always burn more than you take in to get rid of body fat. Don't eat steak and potatoes late at night. It takes steak 48 hours to digest.

### FUNNIES

Arkansas DWI

A Trooper parked outside a bar in Fayetteville, Arkansas. After a while, the Trooper watched a man leave the bar apparently so intoxicated that he could barely walk. The man stumbled around the parking lot for a few minutes with the Trooper quietly observing. The man tried his keys on five different vehicles, then the man managed to find his car and fall into it. He sat there for a few minutes as a number of other patrons left the bar and drove off. Finally he started the car, switched the wipers on and off, flicked the blinkers on and off, honked the horn, and then switched on the head lights. He moved the vehicle forward a few inches, reversed a little, and then remained still for a few minutes as more patrons drove away. At last, when his was the only car left in the parking lot, he pulled out, and slowly drove down the road. The Trooper followed along and put on the blue lights. The man immediately pulled over. The Trooper went through the usual routine and then administered a breathalyzer test. The test indicated that the man had not consumed any alcohol! Dumbfounded, the deputy said, "I'll have to ask you to accompany me to the Sheriff's station. This breathalyzer equipment seems to be broken...."

"I doubt it," said the proud Arkansan. "Tonight I'm the designated decoy."

### NBSTC ANNOUCEMENTS

- The annual meeting of the membership will be Wednesday, August 4, 2010. At least one delegate from each Chapter should attend.
- The NBSTC Store is coming soon!!!!
- Nomination results coming soon!!!!
- If you have the ability to instruct and present information to an audience, write law enforcement related articles or any skill that can be a resource to, i.e. grant writer, firearms instructor, please contact us at [president@nbstc85.org](mailto:president@nbstc85.org)

AFFILIATE CHAPTER ANNOUNCEMENTS - NONE REPORTED

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NATIONAL BLACK STATE TROOPERS COALITION- [www.nbstc85.org](http://www.nbstc85.org)

2010 Summer Training Conference and 25<sup>th</sup> Anniversary Celebration, August 4-8, 2010 Memphis, Tenn.