

Celebrating Women's History Month with a few of Oregon's remarkable policing leaders

A. Who inspired you, and why?

My goal since I was a small child was to join the military and then become a police officer. I believe this goal arose from a tumultuous upbringing that inspired me to dedicate my life to service of others. But my inspiration to become an Oregon State Trooper came from my time in High School. I graduated from Gilchrist High School and was inspired by a close friend's father, Sergeant Jim Rector. In my small town, the only police presence was that of the Oregon State Police and those Troopers showed strength, honor, professionalism, and dedication to duty which I have never forgotten. Sgt. Rector not only embodied all of those professional qualities on the job, but he was also an amazing community member, a great husband, and an engaged and supportive father to his sons. I have tried hard throughout my career to live up to his example on the job and off.

B. What advice would you give to the next generation of female leaders?

Be strong, be brave, be kind. You can accomplish anything, and you have value. There are a couple of quotes that I ran across in the past year that I re-read a lot now a days. The first is, *"In any moment of decision, the best thing you can do is the right thing. The worst thing you can do is nothing."* The second is, *"To accomplish great things, we must not only act, but also dream, not only plan, but also believe."* Stay true to yourself and ensure you take the time to uplift others around you as you navigate your career.

C. What is one of the most rewarding and/or challenging aspects of your job?

At this point in my career, the most rewarding aspect of my job is to watch others that depend on me succeed. Also, to be able to promote and support their ideas and, for me personally, being able to make a positive impact on the agency where I can. The funny thing is, sometimes that is the most challenging aspect as well.

Major Teresa Livingston

Oregon State Police
OACP Member since July 2017