



LAPRAAC

CLUB NEWS

SUMMER 2016
www.lapraac.com



Kim Jones Harris

May 8, 1963 – June 11, 2016

Director – LAPRAAC Board of Directors
1998 to 2007

The Los Angeles Police Revolver and Athletic Club is a private club established more than 80 years ago by Los Angeles Police Officers as a training facility. LAPRAAC, located at the Los Angeles Police Elysian Park Academy, is full of Los Angeles Police Department history and is the social outlet and fitness arm of the LAPD. LAPRAAC is governed by a Board of Directors comprised of sworn police officers elected by the membership.

LAPRAAC Board of Directors

Steve Estrada, President(310) 968-6400
 Vic Su'apa'ia, Vice President.....(805) 368-6659
 Kathy Meek, Treasurer.....(213) 804-9369
 Martee Miyakawa, Secreter(323) 561-3321
 Jeff Bert.....(213) 804-3861
 Ruben Holguin(323) 221-5222
 Raymond Maltez(213) 924-5824
 Ivan Ramos(213) 305-4682
 Rick Santos(714) 313-0048
 Kristina Tudor.....(760) 662-3948
 Chris Yamate.....(626) 524-3444

LAPRAAC operates the LAPRAAC Stores (Westchester and Elysian Park) including the Gift Shop, Gun Shop, and Uniform Shop; Café and Catering Service; and, Rock Garden & Lounge. Its athletic and recreational workout facilities are open 24-hours a day and include: weight room, swimming pool, locker rooms and showers, steam bath, tennis court, racquetball and handball courts, gymnasium and athletic field. LAPRAAC participates in 52 different sports throughout the year, including the Annual United States Police & Fire Championships and the bi-yearly World Police & Fire Games, and sponsors two annual athletic events; Baker to Vegas Challenge Cup Relay; and the Police Memorial Relay Race.

LAPRAAC Club News is published by the Los Angeles Police Revolver and Athletic Club. All rights reserved.

Email Addresses:

General Manager: rcrane@lapraac.com

Retail Operations Manager: drhoades@lapraac.com

Member Services Coordinator: bginn@lapraac.com

Athletic Director: droman@lapraac.com

LAPRAAC Directors Committee Assignments

ADMINISTRATIVE

Vic Su'apa'ia, Chair

MEMBERSHIP

Chris Yamate, Chair

FINANCE

Kathy Meek, Chair

ATHLETICS

Ivan Ramos, Chair

SHOOTING ACTIVITIES

Chris Yamate, Chair

PROJECTS

Jeff Bert, Chair

BY-LAWS

Martee Miyakawa, Chair

LEGAL

Martee Miyakawa, Chair

FIREARMS AUDIT & COMPLIANCE

Kathy Meek, Chair

BAKER TO VEGAS

Ruben Holguin, Chair

GENERAL INFORMATION

Hours

Gun Shop Mon-Fri 7:30 am - 5:00 pm
 Gift & Uniform Shop Mon-Fri 7:30 am - 5:00 pm
 Admin Office..... Mon-Fri 8:00 am - 4:00 pm
 LAPRAAC West Mon-Fri 11:00 am - 3:00 pm

Important Phone Numbers

LAPRAAC (Main) (323) 221-5222
 Gun ShopExt. 206
 Uniform & Gift ShopExt. 231
 Athletics..... Ext. 219 or 228
 LAPRAAC Westchester (ARTC) (310) 649-5459

Message from the President

Steve Estrada



Hello everybody,

For those of you who don't know me, my name is Steve Estrada. I am newly retired from LAPD (Serial No. 22650, 35 years and 3 months), and I am serving out my term as a director on the LAPRAAC Board until 2018. I have served on the BOD since 1995. I have been elected as your new President for this next term. As you read this message some of you are saying, why is he still on the Board of Directors if he is retired? Why was the last president a member of another agency and still able, to be not only on this Board, but to be the president? The answer to this is, "the LAPRAAC By-laws are not clear on these issues."

This will be just one of the changes that the newly elected Board will work on this coming year. As your elected President I will serve out my term to ensure that this and many more changes will take place. Your Board has listened to your comments and concerns, on this matter and others, concerning the good of LAPRAAC. As a result, the By-laws committee has been tasked to prepare new and/or amended by-laws, send the changes to you, the membership, along with a ballot, so you can take a good look at the changes and vote on the matter. This is your Club; please take a little time to look over any changes that your Board puts forward and to vote.

September 15, 2016, is the Grand Re-opening of the Elysian Park Academy. It is anticipated that many VIP's will be in attendance, from your Chief of Police to the Mayor of Los Angeles and other important dignitaries. There was, and still is, a rich history for the Elysian Park facility. Our LAPRAAC Café will be opened to some new, exciting and healthy foods, and of course some of the old favorites (pea soup, clam chowder, etc, etc). It is hoped that you can attend this historic event and observe the new improvements that has taken over a two year stretch to complete.

The Baker to Vegas Relay is just around the corner. We have approximately sixteen teams waiting to pay their entry fee right now. It sounds like there are teams from Germany, Australia and other international teams interested in coming to our race. New York is slated to be back again this year. It is the Clubs largest endeavor and, remember, it is your Club (LAPRAAC) that puts on this event; the largest single Police event in the world.

As a result of our last election, I would like to welcome back incumbents Jeff Bert and Ivan Ramos and newly elected members to the Board, Ray Maltez and Chris Yamate. The Board is excited about the coming year and to serve our membership. You will find in this newsletter a list of Directors and their committee assignments, along with their contact information. Please feel free to contact them or myself on their assigned duties or for that matter any concern that you might have for the Club.

Looking for great things to happen in 2016/2017.

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ATTENTION MEMBERS: Below are a few things we would like members to keep in mind.

LOST & FOUND: If you think you might have left something behind on the Police Academy grounds we might have it! Stop by the LAPRAAC Admin office between the hours of 8:00 am to 4:00 pm

OPT-OUT FORM: If you DO NOT WISH to continue receiving the "LAPRAAC Newsletter" via hardcopy but would like to receive it electronically to your email address, please contact us at (323) 221-5222 Ext. 202 or bginn@lapraac.com

MEMBER SERVICES: We are here to serve you. Please feel free to contact us with any questions, comments or ideas! • (323) 221-5222 Ext. 202 or bginn@lapraac.com

LAPD MERCHANDISE: Shop online: www.thelapara.com

Message from the General Manager *Ruben Crane*



Board of Directors Elections Results - Each year LAPRAAC holds its annual Board of Director Elections. This year four of the eleven positions were up for grabs with eleven total candidates running for the open positions. After the final votes were tallied by a third party election company (Martin & Chapman), the results were decided with the positions going to Incumbents Ivan Ramos & Jeff Bert and new Directors Raymond Maltez & Chris Yamate. At the next Board of Director's meeting, the Directors will then nominate and vote on who will be the Officers of the company. Below is a list of the 2016/2017 LAPRAAC Board of Directors.

Steve Estrada, President
Vic Su'apa'ia, Vice President
Kathy Meek, Treasurer
Martee Miyakawa, Secretary
Jeff Bert
Ruben Holguin

Raymond Maltez
Ivan Ramos
Rick Santos
Kristina Tudor
Chris Yamate

Construction Completion – By the time you are reading this major construction will be completed and we will have either started the move back or just completed it. Although we may be open in whole or part, the official Grand Opening is being scheduled for September 15th. Festivities will surround this momentous occasion. Please come on back home to Your Academy and enjoy what you have been waiting for.

Wellness Corner *How Stress Affects Your Back*

Your emotional health can produce negative physical effects. Continuous stress can cause a cycle of fatigue and muscle tension, further stressing your mind and body. A primary target is your back.

Chronic stress and depression have been linked to back strain that leads to chronic pain and disability. Some research suggests that many cases of chronic back and neck pain may result from nervous tension, which temporarily constricts blood vessels, reducing oxygen to the cells.

Best Solutions for reducing stress-related back pain:

- Be aware of when you feel especially stressed. Find relief before your emotional tension affects your back – change activities, exercise or meditate.
- Fit in daily physical activity. In particular, aerobic workouts can reduce depression, relieve stress and strengthen your back muscles.
- Modify your repetitive tasks. If your work is sedentary, do as many tasks as possible standing up to break up muscle tension; take stretching and walking breaks.
- Watch your posture. Avoid slouching and hunching forward.

You don't have to live with back or neck pain. Examine your lifestyle and work environment to find ways to reverse situations that can produce stress and hurt your back.

Source: Edgewood Partners Insurance Center

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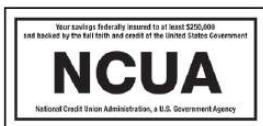
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¹APR = Annual Percentage Rate. ²To qualify for 1.00% APR auto loan discount, member must apply online, participate in automatic payment program, qualify for Member Benefits program at time of funding, and purchase the vehicle through Autoland. Go to lapfcu.org for complete details. All rates, terms, and promotional offers are subject to change without notice. Member Benefits program subject to change without notice. Cannot be combined with any other offer. 1.00% APR auto loan discount consist of a 0.75% APR discount for qualifying for Member Benefits, applying online and participating in automatic payments, and an additional 0.25% APR discount for purchasing a new or used vehicle from Autoland and financing with LAPFCU. Offer valid June 13 through August 31, 2016. Offer subject to change without notice. Restrictions apply, ask for complete details. ³Number of total payments on your loan remains the same, and interest continues to accrue during deferred payment months. Deferring a payment may void your GAP insurance during the month you defer. Please consult your insurer for complete details. 0516-31

38th ANNUAL MEMORIAL RELAY



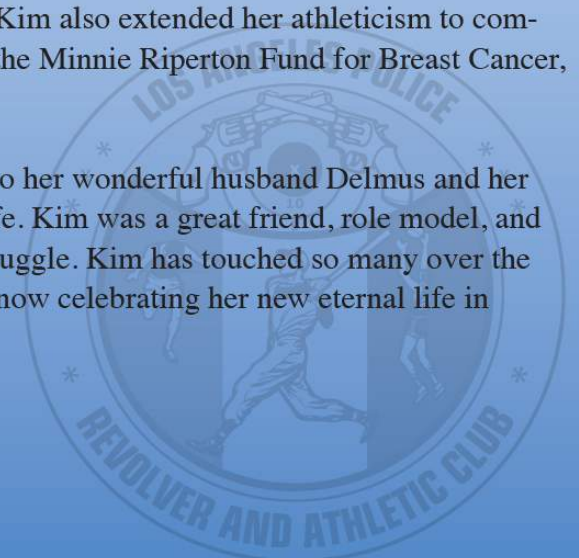
Detective III Kimberly Jones-Harris



Detective III Kimberly Jones-Harris passed away on Saturday, June 11, 2016, after a courageous and miraculous fight with cancer. She was a member of the Los Angeles Police Department, Honor Guard, and LAPRAAC for over 20 years. Kim proudly served on the LAPRAAC Board of Directors for nine years. As a Board member, she was actively involved and an advocate for fairness and fiscal responsibility. She served as Vice President and Secretary of the Board and was a member of the Legal, Administrative, Membership, and Athletic Committees.

Kim was an amazing athlete who competed on the LAPRAAC/LAPD Softball and Track and Field Teams. She won numerous medals while competing in the World Police and Fire Games and the California Police and Fire Championships. Kim was named as the Women Athlete of the Year three times and Senior Athlete of the Year. She participated several times in the Baker to Vegas Challenge Cup Relay. Kim also extended her athleticism to community efforts such as runs for cancer and Lupus awareness including the Minnie Riperton Fund for Breast Cancer, the Revlon Women Cancer, the Relay for Life and others.

Most importantly, Kim loved and adored her family. She was devoted to her wonderful husband Delmus and her two children, Kailyn and Jonathan. They brought so much joy to her life. Kim was a great friend, role model, and inspiration. She had a 'never give up attitude' right to the end of her struggle. Kim has touched so many over the years and will be missed by her family, friends, and colleagues. She is now celebrating her new eternal life in heaven watching over us as our Guardian Angel.



Athletic Director Report



Red Davis League Champs: Southeast Area



Larry Moore League Champs: Hollenbeck Area

Intradepartmental Softball League

This summer marked a busy season for LAPRAAC Athletics with the conclusion of the Intradepartmental Softball League and the 38th Annual Memorial Run.

This year softball teams competed in three round robin tournaments held from March through May, leading up to the Red Davis and Larry Moore Tournaments at the Hjelte Sports Complex.

The championship games took place at Dodgers Stadium on June 12th with Hollenbeck and Wilshire emerging from the Larry Moore “B” Fight and Southeast and Topanga representing the Red Davis “A’ Flight. Southeast completed an undefeated season winning the Red Davis bracket and Hollenbeck took home the Larry Moore pool. All of the near 300 people in attendance at the historic stadium had a great time and also enjoyed a barbeque at the Academy following the conclusion of the games.

38th Annual Memorial Run

The 38th Annual Memorial Run took place on June 4th at Dockweiler Beach. Over 600 people participated in the event representing 38 areas/divisions.

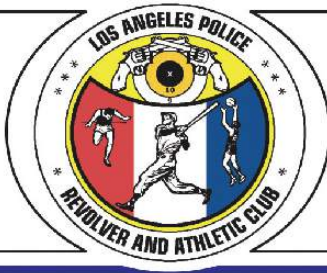
Hollenbeck led all areas with sixty-one entries, taking home the Darryl Gates Award. The officers rallied to support Hollenbeck GED Officer Rigoberto Vasquez who survived being shot in the arm by a gang member on May 13, 2016.

In the Individual category, Scot Lankford finished first overall with a time of 15:10. He was followed by Dani Moreno (17:05) who won the Women’s 20-29 category and Commander Jeff Bert (17:43) who won the Men’s 40-49 category. (please see the photos of this event in the centerfold of this publication)

Any questions contact Athletic Director Danny Roman at droman@lapraac.com

GUN STORE

HOURS:
MONDAY - FRIDAY
7:30 AM TO 5:00 PM
323.221.5222 X-206



LAPRAAC
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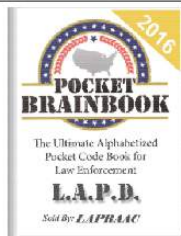
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Key Lanyard Black SWAT 2/Hook

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\$.45



Clip on Junior Badge

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**Enter
LAPRAAC'S
Quarterly
Drawing**
**SEE BELOW FOR
DETAILS**



LAPD Riva Mug

\$8.09

Mini LAPD Flag Pin

\$2.66



LAPD Bottle Opener

\$13.49

Eyeglass Case

\$4.49



To Participate In The LAPRAAC Quarterly Drawing Fill Out This Coupon, Bring It To Any One Of The LAPRAAC Retail Stores (Gun Shop, Gift/Uniform Shop or LAPRAAC West) And Give It To One Of Our Friendly Staff Members.
(Must Be A LAPRAAC Member To Win—One Coupon Per Member)

Name: _____ **Phone:** _____ **Email:** _____

GIFT SHOP - UNIFORM SHOP - TAILOR

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LAPRAAC CLUB NEWS

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Mike Scott