



LAPRAAC

CLUB NEWS

FALL 2013
www.lapraac.com

OPEN DURING CONSTRUCTION

SEE PAGE: 2

CONSTRUCTION START DATE JUNE 30, 2014

The Los Angeles Police Revolver and Athletic Club is a private club established more than 75 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

John Incontro, President (213) 972-2436
 Ruben Holguin, Vice President (213) 486-7220
 Brenda Crump, Treasurer (213) 840-0206
 Jim Katapodis, Secretary (714) 308-7376
 Pat Connelly (818) 231-1138
 Steve Estrada (213) 972-7958
 Tim Colomey (213) 972-2420
 Martee Miyakawa (213) 847-4272
 Ivan Ramos (213) 972-2420
 Danny Roman (626) 922-5150
 Jeff Bert (213) 804-3861
 Ruben Crane, General Manager (323) 221-5222 x204

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.

E-mail Addresses:

General Manager: rcrane@lapraac.com

Retail Operations Manager: bginn@lapraac.com

Gift Shop: dmonroe@lapraac.com

Catering Coordinator: salas-melanie@aramark.com

LAPRAAC Directors Committee Assignments

ADMINISTRATIVE

Ruben Holguin, Chair

MEMBERSHIP

Pat Connelly, Chair

FINANCE

Brenda Crump, Chair

ATHLETICS

Danny Roman, Co-Chair
 Martee Miyakawa, Co-Chair

SHOOTING ACTIVITIES

Steve Estrada, Chair

PROJECTS

Tim Colomey, Chair

BY-LAWS

Jim Katapodis, Chair

LEGAL

Jim Katapodis, Chair

FIREARMS AUDIT & COMPLIANCE

Martee Miyakawa, Chair

BAKER TO VEGAS

Ruben Holguin, Co-Chair
 Jim Katapodis, Co-Chair

MEMORIAL RUN

Tim Colomey, 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
 Cafe Mon-Fri 6:00 am - 2:00 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 Shop Ext. 206
 Uniform & Gift Shop Ext. 231
 Cafe Ext. 214
 Athletics Ext. 219
 Event Planning Ext. 230
 LAPRAAC Westchester (ARTC) 310-649-5459

Message from the President

John Incontro



We are open! Throughout the Department we have heard that LAPRAAC is closed due to the pending construction at our Academy. All of our facilities at LAPRAAC are open and available for your use. From the Cafe and catering to the pool, the weight room and everything else we offer for all of our members. In particular, the Cafe is open and will be open Monday through Friday 0600-1400. Our catering facilities are available for your event. According to the City's Bureau of Engineering the construction will begin in June 2014. Until that time we will be hosting events here at LAPRAAC and our Catering facilities. Please contact the Catering Manager, Melanie Salas at (323) 221-5222, Ext 230 for all of your event planning needs.

In my last newsletter I mentioned that we will be working on several items to increase our service to you our members. Two of those items are increasing our customer service in our stores and the other is a method for you to contact each of your Board Directors. We are in the process of selecting a new Retail manager for all of our stores and a new Gun Shop manager. Several qualified individuals have applied for the positions and we anticipate selecting our new employees soon. Once in place, they will work with our members and the Board to ensure we provide you with quality service, knowledgeable staff and the products you need to perform your duties.

The second promise I made was to create a way for our members to contact any LAPRAAC Director by email. This has been accomplished and our addresses were in the last newsletter. To contact me please send a message to jincontro@lapraac.com. Soon each of the email addresses will be available to you by a link on the LAPRAAC website. I encourage each of you to contact a Director if you have any questions, concerns or ideas that would be helpful to our club.

All of us serving you as Board Directors look forward to seeing you at the Sports Awards on November 21, 2013 and at the 30th Baker to Vegas Challenge Cup Relay March 22-23, 2013. As the holidays approach I wish each of you and your families the best. May the Season bring you happiness and 2014 only the best.

INSIDE THIS ISSUE

President's Message1

General Manager's
Message2

Sports News3-7

Bench Press4 & 5

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 rcrane@lapraac.com

SWIMMING POOL, BASKETBALL GYM, RACQUETBALL COURTS AND WEIGHT ROOM: LAPRAAC members can bring up to five guests and must be present at all times!.

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 rcrane@lapraac.com

Message from the General Manager *Ruben Crane*



"I didn't know you were still open" or "I heard you were going to be closed during the construction". These are two of the most common comments that I hear lately. My reply is simple and clear. "Yes, we are still open for business as usual now and once the construction starts we will remain open". Now with that being said, there will be certain modifications to our operations during the construction period. For example, it is most likely that our stores will be moved to classroom #2 and our Administration and Athletics offices will be out of the other classrooms next to it.

There will also be some additional changes such as the use of the field, gym, racquetball courts, cafe, pool, etc will not be in operation as they will be either under construction or within the construction area. As a general rule, if you drew a straight line from the ramparts going east and west, anything north of that line will be closed for construction. There are two major variations to that rule. #1 would be the shooting ranges. I am told that at all times at least 2 ranges will be open during the entire construction period. #2 would be the Fanchon Blake building. This is the building currently being used for the women's locker room. Now before the men get upset about the women getting showers and men not, please know that the building will be used for both men and women. If you are not familiar with the layout of the locker room in the Fanchon Blake building, it is divided into two sides, one for the recruits and one for the Officers. Since we will not have recruits at the EP Academy during this time, the recruit side will be for one gender and the other for the other gender. This will provide for bathrooms and showers for both men and women.

As for how this construction impacts the athletic program, it will be minimal. Yes, it is true the basketball gym will be closed, but we will make arrangements to play in other facilities similar to how we do for football and softball. We will still fund the teams, host Baker to Vegas, Sports Awards and the Memorial Run. None of our core purpose will stop.

What about the cafe? The cafe will be closed and we do not have a finalized plan on food and beverage options but we are exploring all possibilities from gourmet food trucks to BBQ's. But in the meantime, the cafe is still fully operational and is booking catering into the month of June 2014.

So when will all of this construction start and when will it end? The City most recently updated their timeline. Major construction will not start until June 30, 2014. As such, we are continuing to operate as normal. We have also requested from the City that they provide us with a 90 day notice before construction starts so that if their timeline pushes past June 30, 2014, we will know. The City also estimates that this project will take 20 months but are buffering in some time and telling us two years to be safe.

With the upcoming construction drawing closer we know that you have lots of questions about the academy and what will be impacted. To help keep you informed we have created a link from our website, www.lapraac.com. This link will direct you to our Face Book notes page which is dedicated to providing you the most current information that we have. Please remember to check back often as things sometimes move quickly or change as the project takes shape.



LAPD SUBMISSION GRAPPLING TEAM



Far left: Anthony Cabriales (South Traffic Division) at the 2013 World Police & Fire Games.

Anthony Cabriales (South Traffic Division) not only represented the Los Angeles Police Department but he also represented the United States of America as he competed in Judo at the 2013 World Police & Fire Games which were held in Belfast Ireland. Anthony won the Bronze Medal in his Division which had competitors from Europe and South America.

Reminder: The 2015 World Police & Fire Games will be held in Fairfax Virginia, so start making your long term plans now to represent the LAPD at this Event.

LAPD TRIATHLON TEAM



On August 25, 2013, Paul Menchaca, Andy Vergara and Josh Sewell represented the LAPD Triathlon Team in British Columbia. These three motor officers traveled north to Whistler, Canada and competed in the ultra-distance, Ironman event. Competitors have 17 hours to finish, ending right at midnight. The event started at 0700 hours with a chilly 2.4 mile swim. Followed by a rugged 112 mile bike ride with 6000 feet of climbing. A 26.2 marathon run through the mountain resorts around Olympic Village completes the 140.6 mile journey. All three officers had outstanding finish times between 12 and 13 hours. If you've thought about trying one of these epic events or shorter distance triathlons, hit them up, they are a wealth of knowledge. Thank you for representing LAPRAAC and congratulations on an amazing job, keep up the good work.

Scores By Gender/Category

Gender	Category	Points	BestLift	LastName	FirstName
F	1 /14	10	100	Gutierrez	Marilynn
		7	90	Oliveira	Sidney
		10	90	Gevorgyan	Marine
	16	0	0	Corral	Maricel
		10	70	Gonzalez	Andrea
		10	85	Rios	Maribel
	2/13	7	85	Randolph	Latoya
		10	120	Salinas	Leslie
		7	110	Tumbeiro	Angela
	15	4	95	Lopez	Marlene
		10	115	Myers	Tamra
		7	105	Vanegas	Nuria
	16	4	60	Avalos	Jessyca
		10	165	Braxton	Dee
		0	0	Gutierrez	Sheila
	3/15	10	85	Vince	Stacey
		10	105	Rodriguez	Julie
		10	95	Widman	Karen
	17	10	140	Kendrick	Dena
		10	90	Kreefft	Paola
		10	110	Reyes	Donna
	20				
	4/16				
	18				

Gender	Category	Points	BestLift	LastName	FirstName
M	1/3	10	205	Mascaro	Justin
		10	260	Chavez	Carlos
		10	305	Soliman	Jimmy
	4	7	225	Sellner	Joseph
		10	315	Shaldjian	Arshavir
		10	315	Meglirio	Steve
	5	7	315	Cabriaes	Anthony
		4	240	Higareda	Alejandro
		2	170	Coronado	Nick
	6	10	300	Olano	Oliver
		10	255	Tolliver	Aaron
		7	250	Beumer	Steven
	7				
	8				
	2/4				

Scores By Gender/Category

Gender	Category	Points	BestLift	LastName	FirstName
M		4	225	Lopez	Vince
		10	310	Baker	John
		7	255	Medina	Robert
	5	4	235	Inoreland	Brian
		2	200	Pereida	Juan
		10	315	Guerra	Edwin
	6	7	275	Jackson	Eric
		10	410	Butnick	Luke
		7	295	Allen	James
	7	4	280	MA	Hung-Kun
		2	245	Moreno	Ray
		1	195	Cohen	Jeremy
	8	0	0	Morgan	Gregory
		10	415	Lopez	Anthony
		10	315	Munoz	Habib
	3/5	7	195	Feeney	Patrick
		4	170	Rodriguez	Jorge
		10	285	Yang	Randy
	6	7	255	Vicuna	David
		4	255	Moody	Adrian
		2	235	Olivera	Hector
	7	1	220	Rubalcava	Jesse
		10	320	Andrachick	Greg
		7	315	Balderas	Jaime
		4	295	Butler	Chad
		2	275	Cruz	Joe
		1	225	Bixler	Brian
		0	180	Aragonez	Edwards
		0	205	Collier	Malcom
		0	200	Magdaleno	Anthony
	8	10	325	Perkins	Jeff
		10	190	Vincent	Ralph
		10	250	Maltez	Raymond
	5	7	250	Silva	Eduardo
		10	265	Franco	Juan
		7	225	Wall	Richard
	6	10	35	Razzano	Donaid
		7	225	Alaniz	Robet
		10	330	Terena	Joseph
	9	10	115	Carey	Brent
		10	320	Cummins	Michael

Scores By Division

Points	Division	Points	Division
145	Foothill	17	STD
115	Pacific	17	Olympic
38	77th	14	Crim Gang Homi
30	LAX-FSD	10	Southwest
29	Northeast	10	Rampart
25	WLA	10	Northeast
21	Hollywood	10	HOBK
20	VTD		



FREE YOURSELF WITH MOBILE-ABILITY!

Mobile-Ability

[mo-bill-uh-bil-i-tee] **noun**



1. Free mobile banking
2. Deposits using your smart phone camera
3. Free app, mobile site or text/SMS banking
4. Transfers between accounts, text alerts and more

Mobile-Ability Synonyms:

Convenience, ease-of-use, user-friendly, fast

*This holiday season, you can stay on top of your spending wherever you are thanks to **Los Angeles Police Federal Credit Union's** FREE mobile banking solutions.*

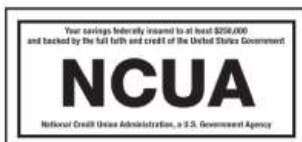
On Your Phone or Tablet

Banking with your phone is easy once you download our free app* for Apple, Android and Kindle Fire devices.



Experience Mobile-Ability with LAPFCU! Download the app today!

Call **877-MY-LAPFCU** if you have any questions.



LOS ANGELES
POLICE
FEDERAL CREDIT UNION

*Standard data usage rates may apply. Consult your provider for complete details. 1013-26

The Bowling Team “Strikes Again” at the Nevada Police and Fire Games

Once again, the bowling team comprised of 22 active/retired sworn and civilian personnel dominated the event at the Nevada Police and Fire Games by winning a total of 20 Medals (11 Gold, 5 Silver, and 4 Bronze) in their respective categories. Each member bowled five games daily during the three day tournament in Las Vegas, Nevada. The bowling team is commended for their camaraderie, excellence, and professionalism at the games.

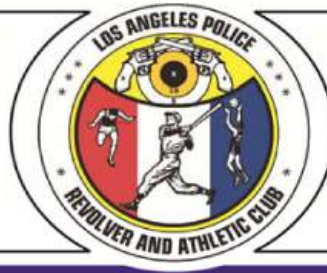
Gold (G) Medals	Silver (S) Medals	Bronze (B) Medals
Men's A Division Team Event	Women's A Division Singles Event	Women's B Division Singles Event
Women's Open Division Team Event	Women's Open Division Singles Event	Women's Masters Division Singles Event
Women's A Division Team Event	Women's Master Division Singles Event	Women's Open Division All Events
Men's B Division Doubles Event	Women's Master Division All Events	Women's Open Division Doubles Event
Women's A Division Doubles Event	Women's A Division Doubles Event	
Women's Open Division Doubles Event		
Men's A Division Doubles Event		
Women's B Division Singles Event		
Men's Open Division Singles Event		
Women's A Division All Events		
Men's Open Division All Events		

The LAPRAAC Powerlifting/Bench Press Team



The LAPRAAC Powerlifting/Bench Press team competed in the Nevada Police and Fire Games and represented LAPD bringing in 10 medals. These are the Officers that participated- Leo Hernandez -Silver(Harbor) Gabe Ruiz- Bronze(77th), Darryl Norwood-Silver(Metro), Andrew Paredes-Gold(77th), Dee Braxton-Gold (Olympic), Kristina Tudor-Gold(S/W), Deanna Quesada- Gold(West Bureau), Susie Gras-Gold(Rampart), and Patty Braendle- Gold(Rampart). Patty Braendle also received the best overall women's master bench award.

HOURS:
MONDAY - FRIDAY
7:30 AM TO 5:00 PM
323.221.5222 X-231



GIFT & UNIFORM SHOP



LAPD T-Shirt
"Future Bad Guy Catcher"
 (UPC RA5101YOUTH)
\$9.95

Baby Bib
"Just Add A Kid"
 (UPC 745girlbib)
\$8.95



LAPD Wine Bag
"2-bottle"
 (UPC 10006)
\$14.95

LAPD Police Car
 (UPC 76400)



Holiday Cards
"Includes 8 cards w/envelopes"
 (UPC 01208)
\$9.99/set

Holiday Cards
"Includes 8 cards w/envelopes"
 (UPC 012109-01210)
\$9.99/set



LAPD Ornament
Badge
 (UPC XM18)
\$6.95

LAPD Ornament
Police Academy
 (UPC XM42)
\$6.95



LAPD Ornament
Glass
 (UPC 842389019576)
\$24.95



"Future LAPD Police Officer Crib to Stroller Blanket"
 (UPC 101011F03PER-Blue)
 (UPC 101011F03PNK-Pink)
\$59.99



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:** _____

Do Your Holiday Shopping at LAPRAAC
GIFT SHOP - UNIFORM SHOP - TAILOR
Gift Cards Available

GUN STORE

HOURS:
MONDAY - FRIDAY
7:30 AM TO 5:00 PM
323.221.5222 X-208



LAPRAAC

1880 NORTH ACADEMY DRIVE
LOS ANGELES, CA 90012
 LOCATED INSIDE THE ELYSIAN
 PARK TRAINING FACILITY



MP 15T CA
 (UPC 022188145694)

\$1089.99



Smith & Wesson



M4
 (UPC 650350117073)

Call for price
 ~To good to list~

Benelli
 Performance Worth the Price



\$269.99

LCP 380
 (UPC 736676037018)



RUGER



\$349.99

LC9
 (UPC 736676032006)



RUGER



\$2749.50

MR 556 A1
 (UPC HK556A1CA)

HK
 HECKLER & KOCH

M1000-Fusion
 (UPC 609728917036)

\$119.99



\$85.00

ASP Flashlight
 Rechargeable
 (UPC 092608356252)



**LOW
 GUARANTEE
 PRICE***

**Ruger 650-V
 Stun Gun**
 (UPC 855877010023)

\$39.99



RUGER



X300UA Weapon Light
 (UPC 084871310772)

\$199.99

SUREFIRE

LCP Holster
 (UPC 845879045482)

\$49.99

BLADETECH
 CARRY CONFIDENT



LED Conversion Head
 (UPC 084871315265)

\$37.99

SUREFIRE

- | | | |
|---|--|---|
| <ul style="list-style-type: none"> • Wife • Mother • Daughter • Son | <p>D & K
 Badge Wallets
 for Family</p> <p>\$25.99</p> | <ul style="list-style-type: none"> • Sister • Brother • Family |
|---|--|---|

LOW PRICE GUARANTEE FOR LAPRAAC MEMBERS*



LAPRAAC CLUB NEWS

Los Angeles Police Revolver & Athletic Club

Post Office Box 861148

Los Angeles, California 90086-1148

