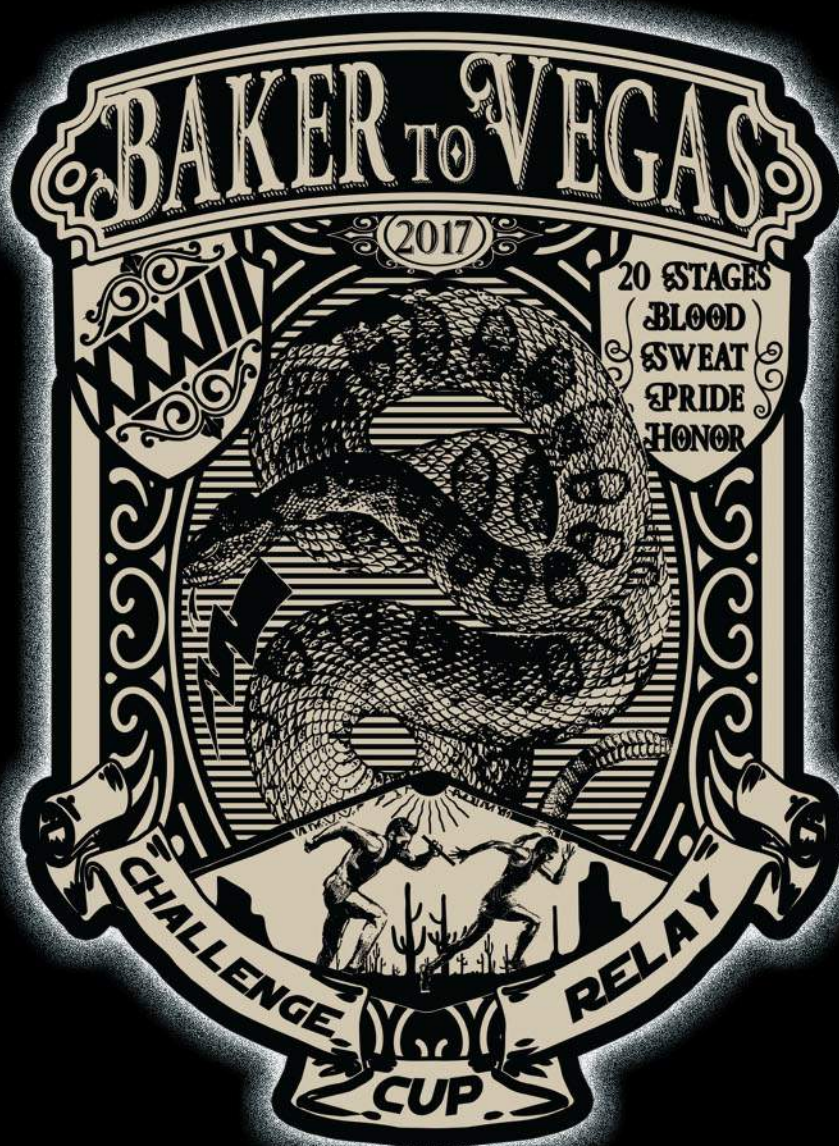




LAPRAAC

CLUB NEWS

SPRING 2017
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Message from the President

Steve Estrada



Hello Everybody,

LAPRAAC'S Annual Baker to Vegas Race has come and gone, and, as always, it was a success. Congratulations to the LAPD Men and Women Elite Teams for another win. The weather during the run was great and medical treatment (air lifts) was at an all-time low. This year, there was a road detour to all traffic due to construction on legs 10, 11, and 12, which caused logistic problems for the race. However, due to Nye County Sheriff Sharon Wehrly, exclusive access was given for the race to continue, on the original race course, through the construction zone. This was huge for the race and a heartfelt thank you goes to Sheriff Wehrly for her support!

We also would like to thank Chuck Foote, Ruben Holguin, and our Baker to Vegas Committee for another great job. Our Administrative staff, lead by General Manager Ruben Crane, continue to do a fine job to make our largest endeavor a success. Barbara, Marie, Debbie, Archie and the entire crew did another outstanding job before, during and after the race.

The election for the LAPRAAC Board of Directors is underway. Nominations for four positions took place at the Annual Meeting of the Board of Directors that was held on April 27, 2017. Ballots will go out soon for these four positions plus some proposed changes to the By-Laws. The Board has heard the memberships voice concerning Directors and Membership in the Club, and the proposed changes are in answer to these concerns. The changes will affect directors on the ballot, so I urge you to take a good look at the changes and vote accordingly. Please, don't forget to vote.

Your Board is continuing to monitor the service in the Café. We have heard your concerns and are moving to better the service as we continue our relationship with Aramark. The Audio system in the Gates Lounge has some problems and we hope to have a new system in place soon. Banquets of all kinds are filling up the Gates Lounge and the Gymnasium. It looks to be a busy summer for the Banquet facilities.

The World Police and Fire Games are scheduled for August of this year in Los Angeles as most of you have heard. LAPRAAC looks to have a good show of its athletes who will compete with the world's finest law enforcement personnel. Team Captains look for the Budget/Captains meeting soon.

The 2017 LAPRAAC 39th Annual Memorial Run is scheduled for Saturday, May 20, 2017 at the Elysian Park Academy. We are looking forward to a great turnout. Please check out the Memorial Run flyer in this newsletter.

Top Gun is scheduled for Saturday, July 8, 2017, returning to the Elysian Park Academy. Director Chris Yamate and his crew will have some great ranges for the event. This event is scheduled as a prelude to the WP&FG's action pistol competition in August, also being held at Elysian Park.

Please remember to vote in the coming election. There are important items that need to be addressed by you the membership.

INSIDE THIS ISSUE

President's Msg	1
GM Msg	2
B2V Photos	4 & 5
Foothill B2V Team	6
Shooting Ctm Msg	7
Wellness Corner	9
AD Msg	10

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

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Message from the General Manager *Ruben Crane*



Top Gun 2017 – This year's Top Gun competition will be held on July 8th at the EP Academy. We have just begun the planning but you can count on having 4 courses of fire and a lot of fun. We always have two classes of entry, Elite and Open. This allows for all levels of ability to participate on a even playing field. Elite shooters are typically classified as HITS, SITS, Metro, Firearms Instructors and competitive shooters. Teams are made up of 4 shooters from a single division. Have questions, please contact Danny Roman at 323-221-5222 x119 or Alex Contreras at 323-221-5222 x228.

Board of Director Elections – About the time you receive this you will also be receiving your election ballots for the 2017 LAPRAAC Board of Director elections. We encourage all to participate in this very important process. This year there are 4 positions available, 3 active duty and 1 retired. Ballots will be mailed on May 19, 2017 with all ballots needing to be returned and postmarked by June 9, 2017. If you do not receive your ballot at least 1 week prior to the cutoff date, please contact LAPRAAC's Executive Assistant to the General Manager, Barbara Ginn at 323-221-5222 x202.

Catering at the Academy – Want to book an event in the lounge or need catering? Please contact our Food and Beverage Team to lock in your date. Space is always being booked so don't hesitate and lose your date. Contact Brittany Nellie at 323-221-5222 x226. She can handle all your needs from A to Z and provide you with a top notch event.

Pool House – Hopefully as you read this the pool house construction is complete. As I write this, our anticipated completion time was around mid-May. If everything remained on track, it is open and ready for use. If not, it will be very shortly. The pool house received new plumbing, fixtures, paint, some tile work and new lockers.

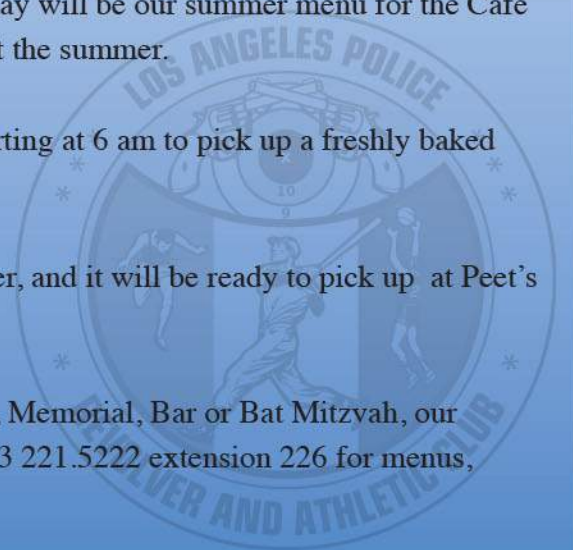
Message from the Executive Chef/Food Service Director *Tom Beres*

Business has been tremendous in the café and the catering. Coming in May will be our summer menu for the Café as well as our outside BBQ series that will run every Tuesday throughout the summer.

Need a quick bite and a cup of coffee? Stop by our Peet's Coffee Bar starting at 6 am to pick up a freshly baked Danish or Muffin or need that afternoon jolt? Peet's is open till 3pm.

Are you in a hurry for lunch? Call extension 224 to place your to-go order, and it will be ready to pick up at Peet's when you arrive.

Do you have plans for a Wedding, Retirement, Graduation, Quinceanera, Memorial, Bar or Bat Mitzvah, our Catering Department can assist you with any of these; call Brittany at 323 221.5222 extension 226 for menus, pricing and tours of our facilities.



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*APR = Annual Percentage Rate. Must qualify for Member Benefits to receive 0.75% APR consumer loan discount. (Member must apply online, participate in automatic payment program and qualify for Member Benefits program at time of funding). Go to <https://www.lapfcu.org/member-benefits/> for complete details. May not be used to refinance an existing LAPFCU vehicle loan. The following loan types are excluded from Member Benefits rate reductions: Real estate loans, mobile home loans, unsecured lines of credit, credit cards, share loans and share certificate loans. All rates, terms, and promotional offers are subject to change without notice. Cannot be combined with any other offer. Program subject to change or cancellation at any time and restrictions may apply, ask for complete details. 0317-06



photos by: Vincent Aguirre, Ian Marabe, Andrew Neiman, Antoinette Vasquez

Here's a Team That Caught My Eye...Foothill Division *By Chuck Foote, Baker to Vegas Race Coordinator*



Let me begin with congratulations to all the LAPD Teams and especially to the Winning Men & Women teams. It's never easy to win.

In the hectic atmosphere of the race, a team or two always stands out, and it seems to be the one I happen to watch or hear about as the sun goes down and the flashing lights take over. Foothill Division was just that team this year, so when I was asked to write an article I just had to know how they did it.

It starts with a dedicated Team Captain willing to put in many hours to formulate a winning effort. I sent an email to Foothill's Team Captain Steve Nunez to ask him for his recipe to win. I should have known that his first step was to let everyone know that rank, time on the job, or being a friend meant nothing on the team. If he or she isn't going to be committed and train then he or she would not get a leg.

This was music to my ears. To me, and I have been retired for 20 years, morale is everything. Foothill had the support of both Captains Eskridge & Morales, along with their Boosters Association, so with the wind at his back Team Captain Steve Nunez went to work.

In September after word spread around the station, everyone wanted to run; 34 runners toed the line at the "first" tryout. They were ready to train not just run. Once down to 25 runners, they began to train as a team. This included track practice every Saturday morning and even a surprise time trials to keep everyone on their toes. Runners kept improving, no rocket science in that; just hard work.

No team, no matter how good the runners are, can do it without a Support Team and this is no different here. The Support team members included Patrol Captain Morales (in their command post), drivers, catchers, and lots of cheerleaders.

This is a quote from Team Captain Steve Nunez. "Baker to Vegas is one of the few things left that builds camaraderie at a division. After each year we have a team party. I look at it this way; if we can party together then we can all train together."

Congratulations to Foothill Division, a "New" Record Holder in the Invitational Station Category:
Invitational Station Category: LAPD Foothill Station, 15:50:51 (7:55) 2017

Message from the Shooting Committee *Chris Yamate, Committee Chair*

This will be an exciting year for LAPRAAC members interested in shooting. The Shooting Committee has been very busy planning new events to provide members one of kind experiences for training and fun.

In recent events we were able to have Larry Vickers, host of TAC TV and former Delta operator teach a one day combat marksmanship class for LAPRAAC members. It was a great day as many of our best shooters got to test their skills directly against one of the industry's top instructor.



Our Top Gun Competition had to be rescheduled due to rain, sorry folks but our insurance won't cover water on a smooth concrete surface. The Event has been moved to July 8th. We will be using the event as a test bed for a lot of ideas to be used at the World Police and Fire Games, so if you are interested in competing in the World Games you can get a look at the range layout at the Top Gun Match.

A first for LAPRAAC, we will be hosting our Live Fire Equipment Expo on June 2nd-3rd at the Elysian Park Police Academy. We will be having live fire booths hosted by Smith & Wesson, Glock, Colt, Springfield Armory, Sig-Sauer and CZ just to name a few. If you have been interested in a new firearm or any other gear, come on by and try it firsthand before you buy. We will be hosting a special discount sale of many items and LAPRAAC members will get special pricing on ammunition used in the live fire booths. The live fire booths will be open to Law Enforcement only but we do plan on having airsoft and bb gun displays for the kids and family.

The World Games are approaching and the LAPRAAC sponsored LA LAWMEN Action Pistol Team has been tasked with running the Police Action Pistol individual and team events at Elysian Park. Here is your chance to shine and show the World who the best shooters are. Games start in August and signups are open now.

On the books we are planning a concealed carry class taught by the great Ken Hackathorn in October. Price will be \$250 and registration will be strictly limited to 16 students. LAPRAAC members get priority. This is an LAPD only class hosted at Elysian Park. The Shooting Committee is also planning a Pump Action Patrol Shotgun Match sponsored by Remington Arms. This match will be open to all law enforcement and will be an individual event only. Shared shotguns are allowed.

We have our work cut out for us so until then keep shooting and stay safe everyone.

THE LOS ANGELES POLICE REVOLVER & ATHLETIC CLUB



Presents the 39th Annual Memorial Run MAY 20, 2017

AT THE LOS ANGELES POLICE ACADEMY-ELYSIAN PARK In Honor of Los Angeles Police Officers who have given their lives in the line of duty.



Schedule of Events	
0700-0815	Registration
0830	Kids Fun Run
0900	Service
0930	Run Start
0945	Platoon

Activities for the Kids throughout the day

Entry Fees		
Only those who register early are guaranteed a T-Shirt		
Early Registration Deadline is May 5		
Category	Register now through May 5	Register from May 5 on
Individual Run	\$ 30.00	\$ 40.00
Platoon Formation (non-competitive)	\$ 25.00 pp	\$ 35.00 pp
Kids Fun Run/Walk (11 & under)	\$ 20.00	\$ 30.00
Team (consists of 4 people)	\$100.00	\$150.00
Recruits (Individual)	\$20.00	\$20.00

The Chief Daryl F. Gates Perpetual Trophy goes to the Division with the Most Entrants



For additional information contact:

Danny Roman, Athletic Director at 323-221-5222 Ext. 219, email droman@lapraac.com or
Alex Contreras, Assistant Athletic Director at 323-221-5222 Ext. 228, acontreras@lapraac.com

WELLNESS CORNER

The Pursuit of Happiness

By Raymond K. Hsu, PsyD, Behavioral Science Services

So often, people hear the term “clinical psychology” and they have one thought only - mental illness. As times and people change, we know that is only part of the story. The other part includes aspects that are positive: joy, pleasure, humor, laughter, happiness. Among those, sustainable happiness is a concept that is often baffling because the idea of happiness means different things to so many people. Is happiness becoming successful, famous, living the American dream, with a house and family by your side?

Recently, there has been a powerful movement in positive psychology that tackles the question of how we can become happier, and the outcome may just surprise you.

Positive psychology makes a distinction between three “happy” lives:

1. Pleasant Life (Pleasurable) - experiencing as much positive emotion as possible, on a hedonistic level
2. Good Life (Engagement) - learning your strongest attribute or trait and integrating it into your work, love, friendships, parenting and leisure
3. Meaningful Life (Purpose) - using your strengths and talents for something greater than yourself

For half the population, you’re in luck. Studies have demonstrated one’s ability to experience positive emotion is innate. The disclaimer is that it is not the type of happiness that is sustainable, meaning it can habituate over time. Picture your favorite thing to eat. Taking your first bite, you are bombarded by an almost heavenly taste. As you continue to eat, well into your tenth bite; that same sensation will slowly dissipate. You may even gain a sense of disgust from eating too much.

Researchers in the field of learned optimism found that life satisfaction is strongest when we find meaning in or work towards a purpose. The surprise: sustainable happiness does not mean constant engagement in hedonistic pleasures or being outwardly chipper all the time. Additionally, and maybe even more significantly in our society, money does not buy a sustainably happier life. However, it can be the cherry on top of a life with purpose and meaning.

Learn more about living a happy, more meaningful life by contacting me or any of the BSS Psychologists at 213-486-0790.

World Police & Fire Winter Games *Danny Roman, Athletic Director*

For the second consecutive year the World Police & Fire Winter Games, (WP&FWG), were held at Mammoth Lakes. During the four days of competition Police & Fire personnel competed in numerous events. Snowboarding, Slalom Skiing, Alpine Race for Skiers, Fat Tire Bike Race, Giant Slalom Race, Nordic 8k, and 4k Cross Country, are just a few of the events that competitors participated in.

LAPD had a total of 37 participate in the Games. Many of the LAPD officers were sponsored by the Los Angeles Police Revolver and Athletic Club, (LAPRAAC). LAPD had a strong showing and did very well in the medal categories.

For those of you who are not familiar with the Winter Games, our own retired Police Officer Mike Braun, is the Winter Games Coordinator and did an outstanding job in coordinating the Games. Mike and his team not only coordinated the games; they also put together the social events throughout the week for non-participants and family members. The entire four days of athletic competition, camaraderie, and in just meeting officers and firefighters from other agencies was a great experience.

If you would like to know more about the LAPRAAC Athletic Program please contact me at droman@lapraac.com, or call 323-221-5222 Ext 219

Congratulations to the following Medal Winners;

ALPINE RACES FOR SKIERS (SLALOM)

Mike Braun (Retired LAPD) 3 Gold Medals, Rob Lerner (Retired LAPD) 3 Gold Medals, Mike Johnson (Retired LAPD) 3 Gold Medals, Karsten Van- Alderweret (Van Nuys Gangs) 2 Gold and Bronze Medals, Ingrid Braun (Retired LAPD) Gold, Silver & Bronze Medals, John Dunlop (Topanga Gangs) Bronze & Silver Medals, Max Phillips (Retired LAPD) Bronze Medal, Steve Allen (Retired LAPD), Silver Medal, Mike Middleton (Retired LAPD) 3 Silver Medals, Janet Kim (Air Support Division) 2 Bronze & Silver Medals.

ALPINE RACE FOR SNOWBOARDERS (SLALOM)

Dan Wilson (HWD Div) 3 Silver Medals, Scott Burkett (Pacific Div) Bronze Medal, Amber Findley (FTHL) 3 Gold Medals, Julio Lopez (Metro) Gold & Silver Medals, Edwin Marron (Metro) Gold & Bronze Medals, Ian MacKenie (Southeast) Gold & Bronze Medals, Kevin Currie 2 Gold Medals, Mike Fairchild (Southeast) Gold and 2 Silver Medals, Romeo Tamparong (Hollywood) Bronze Medal,

NORDIC 8K SKATE RACE

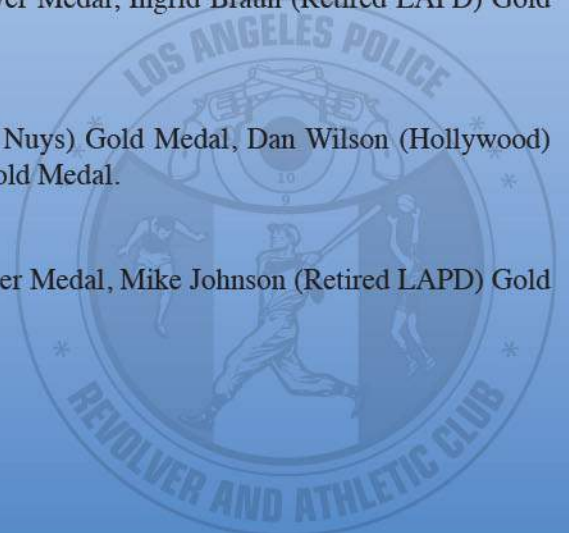
Mike Braun (Retired LAPD) Gold Medal, Mike Johnson (Retired LAPD) Silver Medal, Ingrid Braun (Retired LAPD) Gold Medal.

NORDIC 4K RACE

Martee Miyakawa, (Northeast) Bronze Medal, Karsten Van Alderwerelt (Van Nuys) Gold Medal, Dan Wilson (Hollywood) Silver Medal, Dan Pearce (Southeast) Bronze Medal, Tim Colson (Southeast) Gold Medal.

FAT BIKE RACE

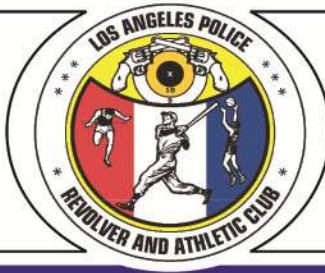
Karen Van Alderweret (Van Nuys) Gold Medal, Dan Wilson (Hollywood) Silver Medal, Mike Johnson (Retired LAPD) Gold Medal, Mike Braun (Retired LAPD) Silver Medal.





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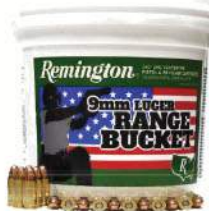
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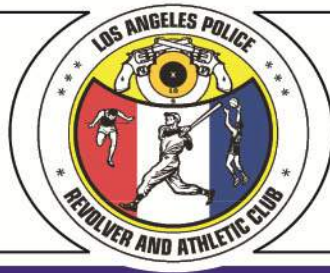
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