



LAPRAAC

CLUB NEWS

FALL 2017
www.lapraac.com



LAPRAAC Shooting Activities

Page 7

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 Extrada, President	(310) 968-6400
Raymond Maltez, Vice President.....	(213) 924-5824
Kathy Meek, Treasurer.....	(213) 804-9369
Ruben Gonzalez, Secretary	(424) 219-2326
Jeff Bert.....	(213) 804-3861
Ruben Holguin	(323) 221-5222
Martee Miyakawa.....	(323) 561-3321
Ivan Ramos	(213) 305-4682
Rick Santos.....	(714) 313-0048
Vic Su'apa'ia	(805) 368-6659
Chris Yamate.....	(626) 624-3444
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.

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- Retail Operations Manager: drhoades@lapraac.com
- Member Services Coordinator: bginn@lapraac.com
- Food Service Director: quezada-michael@aramark.com
- Catering Manager: krokian-maida@aramark.com

LAPRAAC Directors Committee Assignments

ADMINISTRATIVE
Raymond Maltez, Chair

MEMBERSHIP/MARKETING
Chris Yamate, Chair

FINANCE & AUDIT
Kathy Meek, Chair

ATHLETICS
Ruben Gonzalez, Chair

SHOOTING ACTIVITIES
Chris Yamate, Chair

PROJECTS
Jeff Bert, Chair

LEGAL
Vic Su'apa'ia, Chair

BY-LAWS
Vic Su'apa'ia, Chair

FIREARMS AUDIT & COMPLIANCE
Chris Yamate, Chair

BAKER TO VEGAS
Rick Santos, Chair

CONSTRUCTION
Ruben Holguin, Chair

MEMORIAL RUN
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-Thur 8:00 am - 3:30 pm
	Fri 7:30 am - 12:00 noon
Cafe & Coffee Bar	Mon-Fri 6:00 am - 2:00 pm

Important Phone Numbers

LAPRAAC (Main)	(323) 221-5222
Gun Shop	Ext. 206
Uniform & Gift Shop	Ext. 231
Athletics.....	Ext. 219 or 228
Academy Café.....	Ext. 224
Academy Catering.....	Ext. 226
Café Office	Ext. 227
LAPRAAC Westchester (ARTC).....	(310) 649-5459

Message from the President *Steve Estrada*



Hello everyone,

The World Police and Fire Games have come and gone. LAPRAAC athletes had a great showing with many medals won in all sorts of categories. The Department was well represented and the Games seemed to finish without any problems. Along with the WPFG Registration, the Action Pistol and Biathlon were held at the Elysian Park facility. Both events ran smoothly with Director Chris Yamate and the Lawmen at the helm for the Action Pistol and shooting side of the Biathlon. It was a great venue and everyone had a great time.

On September 7, 2017, LAPRAAC, LAPPL and the Parker Foundation sponsored a Law Enforcement Night Tailgate BBQ at the Elysian Park Academy, on the field and picnic area tables. A good time was had by all the attendees prior to the Dodger game that evening. A special thank you goes to the Straussner & Sherman Law Firm for their generous donation to the event and to all of the men & women of law enforcement.

The 2018 Baker to Vegas Relay is in full swing with the first team captain's meeting held on October 12, 2017. By the time you receive this newsletter the second meeting will have taken place or close to it. With all that has happened in Las Vegas this past month, the LAPRAAC Board of Directors want its membership and all B2V participants to know we are addressing the security issue. I have put together a Baker to Vegas Security Committee who will analyze and plan out all aspects of the race course and ceremony venue for the safety of all. LAPRAAC will keep you informed as we continue to move forward towards the race. The race dates are March 17 & 18, 2018.

During the first B2V Team Captain's meeting, the race co-founder and present Race Coordinator, Chuck Foote, announced that he will leave the race in two years. This is a significant announcement for, probably, all of you. I have only known Chuck Foote as the Race Coordinator of Baker to Vegas. Some of you knew Chuck's partner, Larry Moore, may he rest in peace, as the other co-founder of the race. The LAPRAAC Board of Directors wants its members to know the process to find the successor(s) to replace this one of a kind race director has started. In two years we will have a new race coordinator(s) and the RIO Resort will be the Command Post of the Baker to Vegas Challenge Cup Relay Race.

The 63rd Annual Sports Award Banquet will be held on November 16, 2017, in the gymnasium of the Elysian Park Police Academy. The new Athletic Director, Lucy Banuelos, her office, and Athletic Chair Ruben Gonzalez and the Athletic Committee, are planning another great event for our athletes and sponsors of LAPRAAC.

Stay safe out there,

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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*



Tax Preparation – This time of year I like to remind everyone that before you know it the year will be over and we will be thinking about filing our taxes. Why would I want to bring this up? Well as a LAPRAAC Member, we can give you a little help. Preparing for our taxes is never a fun task, but at LAPRAAC we can make it a bit easier. For all Members, we are able to easily pull all your purchases you made at any of our stores throughout the year. You will receive a clean and itemized list of purchases to provide to your tax preparer for their review. In many cases, the items you purchase for on duty use can be used as a tax deduction. So make it easy on yourself, don't just try to find all those little receipts from throughout the year, have the confidence and security knowing that all of your LAPRAAC purchases are accounted for. This is just one more benefit of being a LAPRAAC Member.

If you would like to receive your itemized purchases, please contact Marie Hernandez in the LAPRAAC Administrative offices for a printout. She can be reached at 323-221-5222 x223 or by e-mail at mhernandez@lapraac.com.

Not a LAPRAAC member? It is not too late to sign up. We will start keeping track of all future purchases for you as well. All active duty LAPD officers are eligible. Please contact Barbara Ginn at 323-221-5222 x202 or bginn@lapraac.com.

B2V – Just about everyone knows that next years Baker to Vegas Challenge Cup Relay will take place March 17th & 18th 2018 and are looking forward to the race and the race merchandise. The anticipated new design that will mark the year's race is always in high demand, particularly for the collectors who have souvenirs dating back one, two, or even three decades. Well this year will not let you down. The artwork for this year's race was so good, that we chose multiple designs. As always, we will have the runner's shirt with its unique design, but we will also feature three new merchandise shirts as well. One of the designs can be seen on Page 6 of this issue; more will be unveiled in the weeks to come on our Baker to Vegas Facebook page and LAPRAAC Twitter feed.

Academy Café Executive Food Service Director *Chef Michael Quezada*



Of Mexican nationality, Chef Michael Quezada is a Pasadena Cordon Bleu graduate. Chef Michael's many skills include specializing in fine dining and working with top quality ingredients as well as practicing foundational skills essential to creating any style of cuisine.

At an early age he developed a passion for food and knew that he wanted to study culinary arts. After graduating he worked at several restaurants which include The Belvedere Restaurant inside the five-star Peninsula Hotel in Beverly Hills. Passion for his career increased and he became increasingly curious about various cuisines including the Mexican dishes. To pursue this curiosity, Michael traveled to Oaxaca Mexico and studied various courses which incorporated different techniques and flavors. Such experience opened a new discovery of ingredients and experiences which he integrates in his daily creations.

Chef Michael's culinary philosophy and passion reflect through the natural and organic products he uses to make his dishes; this is accomplished by working with neighboring vendors to seek the finest in regional and local organic produce.

At work, Michael strives to excel through simplicity, by presenting his guests with seasonal, trending and creative dishes of remarkable quality.



WELLNESS CORNER

Holiday Eating Tactics

Rana Parker, MPH, RDN

You may be expecting tips on how to avoid all the delicious, calorie-laden foods that surround this time of year, or ways to make-over holiday favorites so they're healthier. This year, I'm not going to do that.

Because eating is about much more than nutrition and health, especially when it comes to holiday traditions. Telling you NOT to eat your favorite holiday foods- especially if it's a food made by someone you love, something that brings back happy memories- that's just not going to work.

But completely throwing healthy habits out the window until 2018 isn't the solution either. If you eat too much over the Thanksgiving weekend (and who doesn't), and then say, "Oh well, I guess I'll just not think about what I eat until after the New Year", it's like getting on the wrong highway and then saying, "Oh well, I'll just keep driving until I run out of gas and then turn around". Either way, you're going to have a long road back!

One day or weekend of bingeing doesn't mean the whole season is shot. If you dump this type of "all or nothing" thinking about eating healthy and exercising during the holidays, any detours you have during the season will be short and you'll be headed in the right direction in no time!

Here are **THREE** steps you can take this season:

ONE: Make a list of your favorite holiday treats or special meals, the ones that you won't want to miss, or "it just wouldn't be the holidays". Enjoy these (most people can afford to include one "treat" food or drink each day of about 150-200 calories) and leave the stuff you know you can get any time...like "yes" to latkes and "no" to hash browns.

Choose **TWO** treat meals per week: it might be your division holiday party, Christmas Eve, or first night of Hanukkah. You have control over the choice. Enjoy these meals fully, and stick with your usual meals the rest of the week.

Schedule **THREE** exercise appointments each week. The mistake people make around the holidays is not just with eating; it's that they also cut back on exercise, or stop exercising completely. A recent study shows that a healthy person who exercised 45 minutes a day could eat double their usual calories without gaining body fat or messing up metabolism. So don't wait until January to start that exercise program.

Have a happy and safe holiday season!

Rana Parker, MPH, RDN

Dietitian Nutritionist, Los Angeles Police Department

424-393-4786

N4246@lapd.online

Referral Rewards

EARN UP TO \$500

It's easy and fun to **get up to \$500** per calendar year when you refer new members to Los Angeles Police Federal Credit Union.

For every qualified family member or coworker¹ you refer who joins LAPFCU and fulfills the program requirements, you'll receive a \$50 Visa® Reward Card.² Earn up to \$500 per calendar year for referring your family members and coworkers.

Those you refer can also **earn \$100** Visa Reward Card when they join LAPFCU, open a new checking account, make monthly direct deposits or ACH credits of \$250 or more, and opt-in to receive digital account statements and disclosures.

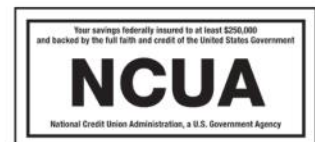
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Message from the Athletic Director

Lucy Bañuelos



Fours in Mexico.

I am excited for the opportunity to serve as your new Athletic Director. My background and passion for sports goes beyond my experience playing basketball, volleyball, soccer and softball. On the public sector, I have served on several state and local commissions, ranging from the City of Alhambra Park's & Recreation to the California Basketball Officials Association. In the last 18 years, one of my avocations includes officiating basketball for several conferences (PAC 12, Big Sky, Western Athletic and West Coast Conferences). I've been selected to work multiple NCAA basketball tournaments as well as the Women's Invitational Tournament (WNIT) and (2) Final

Fours in Mexico. I enjoy playing golf, college sports and watching NFL football. I hold a degree in Sociology from Cal State University Los Angeles where I received an athletic scholarship. I have a son, Lucas who is 5 years of age.

In the past month, a great addition to the Athletic Department staff was hired. Dave Detzel is the new Assistant Athletic Director; he started with LAPRAAC on October 9, 2017. Dave is originally from Pennsylvania, where he worked in the public education field for 27 years as a health and physical education teacher, coach, and administrator. Dave competed in football, basketball, volleyball, track & field, and baseball during his high school years. On the collegiate level he competed in football and track & field for West Chester University. Dave and his wife have seven children and ten grandchildren. His hobbies include golf, cycling, and reading. He is a lifelong sports fan and competitor, and he is thrilled and thankful to have the opportunity to serve the members at LAPRAAC.

Our vision is to implement new and innovative ideas, and to strengthen the athletic platform that is currently in place. We've introduced an online sport scheduling service that will serve as a pilot program for the Intra-departmental Basketball Leagues that began in October of this year. One of our goals is to manage and schedule all LAPRAAC sports online by 2018.

In the coming weeks, we will begin scheduling "one on one" team captain meetings to better serve our team budgeted sports. We are also re-structuring our way of doing business by making sure we keep the LAPRAAC Athletic Club restrooms and facilities clean and safe. Hopefully you have already noticed our swimming pool is now crystal clear. We repaired (2) Paramount machines in the weight room in early October and will continue to improve the overall esthetics of the Athletic Club.

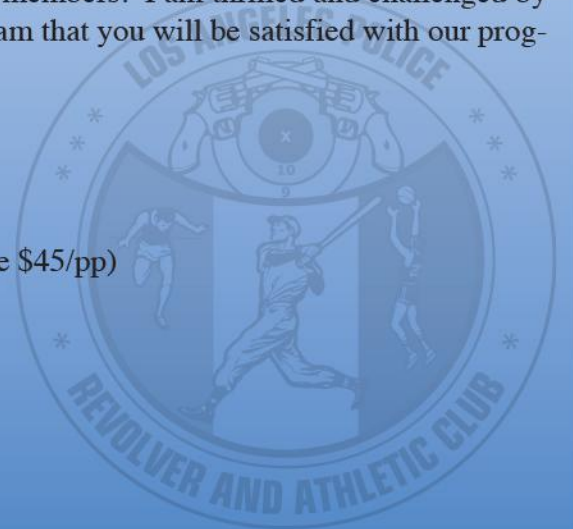
Again, I want to thank you in advance for allowing me to serve you, the members. I am thrilled and challenged by what's coming new here at LAPRAAC Athletics, and have faith in my team that you will be satisfied with our progress each step of the way.

Important Upcoming Events:

63rd Annual Sports Award Banquet

Thursday, November 16th (Buy your tickets now at the LAPRAAC office \$45/pp)

Event Location: Elysian Park Academy Gymnasium



Message from the B2V Race Director

Rick Santos



Greetings from the 2018 Baker to Vegas Relay Committee Chairman,

Preparations for the 34th Baker to Vegas (B2V) Relay are well underway. The 2018 B2V Committee is hard at work to add improvements, not only to this year's race, but to future races as well. By the time this article reaches you we will have had at least one, if not two, B2V Team Captain's Meetings. The meetings are a vital tool which has made this race the greatest of its kind worldwide.

Note, the 2018 race start date is on St. Patrick's Day, so make sure you have your green! To date, there are over 275 teams who have registered for the race. The deadline to submit your entry fee is November 30, which it is quickly approaching. Please don't be late or you won't be allowed to participate.

At the first Team Captain's meeting Chuck Foote, Race Coordinator, made a major announcement, stating the 2018 and 2019 races are his final two as Race Coordinator. The 35th Annual Baker to Vegas Race will be Chuck's last one. Chuck is one of a kind and we are grateful for all he has done and continues to do for this great race. A most sincere Thank You goes to Chuck, and we look forward to making the last two years most memorable.

2019 is not only the final year Chuck Foote will be the B2V Race Coordinator; it will also be the final year the host hotel will be at the Westgate Resort. Yes, believe or not, we are leaving the Westgate in 2020 and moving to the Rio All-Suite Hotel & Casino. The Rio has welcomed the B2V Relay Race with open arms, which is exciting news for all of us. I understand we were once at the Rio but this is new times. The relationships we have begun to build with the Rio are going to lead us to a successful partnership.

For those of you who do not follow us on social media now is the time to begin. Remember all of the Team Captain's meetings are streamed live via our website, www.bakervegas.net, or links found on Twitter, @BakerToVegas, and Facebook, @bakervegas. Also the design for the runner's shirts is complete. We are going to release these designs on our social media outlets so keep an eye out for them.

Lastly, I want to let all of you know what an honor it is to serve you as the 2018 Baker To Vegas Race Director. It is an honor that has been bestowed upon me by the LAPRAAC Board of Directors President, Steve Estrada and one that I do not take lightly. The Committee and I are committed to making this year's race a memorable one.

Message from the Shooting Committee

Chris Yamate

This has been an eventful year for the LAPRAAC shooting committee. Starting with introducing a wide array of new and exciting products from the Las Vegas Shot Show 2017 we have been rapidly expanding our inventory of firearms and accessories available to members. LAPRAAC hosted two of the best firearms instructors in the industry, Larry Vickers and Ken Hackathorn. Both classes were highly successful and our members had the rare opportunity to train and spend the day with two of the busiest trainers and advisers in the industry.



On the competition side we have brought the LAPRAAC Top Gun competition back to Elysian Park where we are happy to say we are back home. This event is a great opportunity for shooters of all levels to get out and show their skills. Adding to the list of events was LAPRAAC's first equipment expo. We were able to bring the largest firearms companies to the Elysian Park Bonus range where our members had an opportunity shoot all of the latest and greatest products. We look forward to expanding this event inviting more firearms companies and vendors to the Academy for 2018's event.



We had a very successful year and accomplished all of our goals for 2017. 2018 is rapidly approaching and we look forward to adding new instructors to our lineup and an exciting new competition for all of you polymer striker fire pistol shooters.

FIND THE HIDDEN ELF



**Starting November 20, 2017,
there will be some elves hiding
in the LAPRAAC Stores**

**Find one and receive a \$25.00
LAPRAAC Gift Card**

**Two in the Gift/Uniform Store
Two in the Gun Store**

LAPD Swim Team WPF 2017

Starting in April 09' LAPRAAC put some competition back in the water. With the help of some motivated swimmers, the LAPD swim team has competed at the Police and Fire Championships every year and most recently the World Games here in LA.

The LAPD swim team had a great showing this year. We put 19 swimmers in the water representing LAPRAAC and the Department. It was an awesome sight to see so many swimmers from around the world in our backyard. Some of the competitors have never been to the states let alone Los Angeles. Most of the swimmers brought challenge coins and shirts to trade. We even saw some swimmers from other countries trade actual uniform items. The highlight for our team, every competitor wanted an LAPD Swim team shirt or just to come and shake hands. It truly is an eye opening experience to have so many people from around the world wanting to meet the LAPD. The swim team had a great time competing but most of all cheering our fellow comrades on in one of the best aquatic venues our city has to offer. It goes without saying swimming is a very difficult sport to compete in. It all comes down to technique and endurance. Being able to swim across a 50 meter as fast as you can, can be very difficult and not to mention not being able to breath at any time you want. I am proud of what our LAPD Swim Team has done and most importantly how we compete in separate lanes but always swim together as a team.

LAPD Swimmers :

Brian Espin , Kara Clifford , Christina Johnson , Jonathan Jarvis , Chris Capasso , Robert Scharbach , Gus Reyes , Brian Jones , Taylor Smyth , Miguel Baragan , Chaleen Engeman , Brian Murphy , Jen Nodes , Jason Nichols , Fabio Vicaria , Robert McMeekin , Randy Cordobes , Federico Sicard , John Rogers



2nd Annual Tim Moss Wild Wild West LAPD Baseball Invitational!

Mike Scott



The LAPD Baseball Team Wins the 2nd Annual Tim Moss Wild Wild West LAPD Baseball Invitational!

The LAPD Centurions Baseball Team hosted their 2nd annual Tim Moss Wild Wild West LAPD Baseball Invitational June 1 thru 3, and played 5 games in just three days! The tournament is a sworn Police or Fire baseball invitational and takes place every other year here in the Los Angeles area. The Centurions renamed and dedicated the tournament to their retired former team manager, Lieutenant Tim Moss, who not only played baseball for the LAPD in the 70's. Moss helped reestablish the new LAPD Baseball Team along with Officer Michael Scott and others in the year 2000.

At this year's tournament the Centurions had double headers the first two days of the tournament. On game day #1 the Centurions defeated SoCal Look Outs 9 to 4, and then lose to Orange County Sheriffs Dept. 11 to 9. On game day #2 the Centurions lost to LA County Fire 8 to 5, then their bats came alive and they defeated SoCal Look Outs 13 to 3 in a play-off game to advance to the Championship game. On game day #3 the Centurions would face the undefeated LA County Fire Dept. Team, who were 3-0 in the tournament and had beat them 8 to 5 the day before.

The Championship game was one for the archives! All the fans were at the edge of their seats the entire game. LAPD struck first! After a Danny Rios walk, and Jacob Maynard single to advance Rios, LAPD catcher Freddy Rivas hit a RBI double, scoring Rios and giving LAPD a run in the top of the 2nd inning. The score stayed 1-0 until the bottom of the 4th when LA County Fire came back with three runs of their own to go up 3 to 1. In the top of the 5th LAPD got one run back when Noel Magpoc walked, Luis Mota singled to advance Magpoc, then Eric Anderson hit a RBI single, leaving the score 3 to 2 in favor of LA County Fire. With the score 3 to 2 in the top of the 6th, LAPD's bats came alive! Bryan Pagliasotto led the inning with a walk. Jacob Maynard singled to advance the runner. With runners on 1st and 2nd and no outs, Freddy Rivas put down a sacrifice bunt to advance the runners. LA County Fire catcher over threw the ball to first, and LAPD scored a run. With runners on 2nd and 3rd, Noel Magpoc singled past the first baseman and brought in two more runs. Vincent Lopez then hit a RBI double, followed by Ernie Hernandez, who hit an RBI single. This gave LAPD a 7 to 3 lead after 5 innings. The score stayed 7 to 3 until the 7th and last inning when LA County Fire player hit a RBI single making the score 7 to 4. With runners on 3rd and 2nd, 2 outs, LA County Fire sent the tying run and their best hitter to the plate after he already hit a home-run in the previous game against LAPD. LAPD's Pitcher Ernie Hernandez got him to fly out to left field to end the threat. LAPD won 7 to 4 to win the game and the championship!

LAPD would like to acknowledge the great pitching, fielding, hitting, and team work from all its players! And thank the SoCal Look Outs, Orange County Sheriffs, and LA County Fire teams for participating, and making the Annual Tim Moss Wild Wild West LAPD Baseball Invitational a success. All teams participated in this tournament as a warm up for the World Police and Fire Games in August this year.

Message from the Catering Manager *Maida Kirokian*

The Rock Garden offers some of the most stunning venue space for wedding ceremonies, celebrations and receptions. Combining picturesque landscapes with delicious menu options, the Rock Garden makes for a unique wedding, retirement, birthday, or bar mitzvah venue choice. The Rock Garden is the perfect backdrop for photographs to treasure while your guest's will enjoy the unique setting. Whether an intimate or relaxed event or a more formal and lavish affair we hope the Rock Garden will become a personal place where you can come to share the memories of your special day, time after time. Our team of experts are dedicated so your event runs smoothly and every moment feels truly special.

The Rock Garden can hold up to 110 people; it includes a series of four pools, several cascades, a small amphitheater for band and stage settings, and outdoor dining area. A large patio, barbecue pit, stairways, walks, and recessed stone seating. The Rock Garden was dedicated by the City in 1973 as Cultural Heritage Monument.

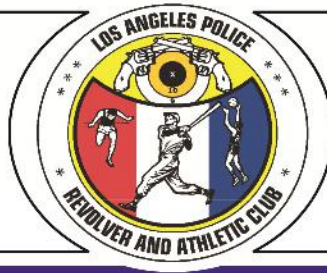
Please check out our catering menus and event pricing. If you have any questions you can call or email our catering coordinator Maida Kirokian, 323-221-522 ext. 226, kirokian-maida@aramark.com

We're here to make your day truly memorable.



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