



# LAPRAAC

## *CLUB NEWS*

FALL 2016  
[www.lapraac.com](http://www.lapraac.com)



# CAFE OPENING

January 3, 2017



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  
 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](mailto:rcrane@lapraac.com)

Retail Operations Manager: [drhoades@lapraac.com](mailto:drhoades@lapraac.com)

Member Services Coordinator: [bginn@lapraac.com](mailto:bginn@lapraac.com)

Athletic Director: [droman@lapraac.com](mailto:droman@lapraac.com)

Food Service Director: [beres-thomas@aramark.com](mailto:beres-thomas@aramark.com)

Catering Manager: [nelli-brittany@aramark.com](mailto:nelli-brittany@aramark.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 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 everybody,

The Grand Re-opening of the Elysian Park Academy has come and gone. As noted by most of you, some of the facilities are still not open as of this writing, the Café most notably. First, we, LAPRAAC did not pick the date of the re-opening of the Academy. The higher up's in charge were notified that the Café would not be ready for the Grand re-opening due to construction issues causing the Health Department not giving the OK. The plumbing in the shower room was not fixed and the same old drain was flooding the shower room floor. The pool looked like the Rio Olympic diving venue the day before the Grand Re-opening of the Academy. Other small items that the City say, "they will not do" or "it's not in the scope of construction" is what your Club is dealing with.

To bring you up to date while this writing takes place, the locker room should be ready for membership and Training Division personnel. LAPRAAC has taken the initiative to fix the plumbing of both locker room showers and sinks. The Café is a different story. The Health Department has given the ok to open, and we are happy to announce the Café opening date is January 3, 2017. All the chairs and booths have been reupholstered and resurfaced. The banquet facilities will be open and the staff are now taking reservations for events throughout the year. The pool is not quite ready due to the City's non-scope of construction but should be completed by the time you read this. The LAPRAAC Board of Directors apologizes for any inconvenience, but we want to have the facility completely ready when it opens.

The Sports Awards banquet took place Thursday, November 17, 2016, at the Elysian Park GYM. The return to the Elysian Park facility for the Awards Banquet was a success. Those in attendance were very complimentary about the food and decorations. The entertainment was hilarious and well received.

November 30, 2016 was the second Baker to Vegas team Captain's meeting; it was back at the GYM. We have approximately 279 teams that have paid. The first meeting was broadcast live, and live broadcasts will be continuing for the remainder of the Baker to Vegas meetings. Go to the B2V web site ([www.bakervegas.com](http://www.bakervegas.com)) and you can update your team if you were unable to attend. We are looking forward to another great race. Next Baker to Vegas Team Captain's meeting is January 4, 2017, in the gymnasium of the Elysian Park facility.

The World Police and Fire Games are coming to Los Angeles if you haven't heard. The Department, headed by Chief Murphy, has put together a team to organize the games throughout our City and County. Chief Beck is highly motivated to make this a memorable event for the Department and the City of Los Angeles. LAPRAAC will update you when information comes our way.

For you men and women in the black and whites, be safe out there, nothing is routine.

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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](mailto: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](mailto:bginn@lapraac.com)

**LAPD MERCHANDISE:** Shop online: [www.thelapara.com](http://www.thelapara.com)



## Message from the General Manager *Ruben Crane*



It is hard to believe that another year is almost over. 2016 was here and gone in a blink of an eye. Before you know it we will be starting 2017 and then tax time will be upon us. 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](mailto: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](mailto:bginn@lapraac.com).

## Wellness Corner *Sleep to Better Health*

Millions of Americans have trouble sleeping. And poor sleep may be costing you more than fatigue.

### **Sleep deprivation is connected to numerous health problems:**

- ✓ People with insomnia or sleep apnea (breathing cessation) have increased risk for cardiovascular conditions, such as high blood pressure, stroke, coronary heart disease and irregular heartbeat.
- ✓ Insufficient sleep raises the risk for type 2 diabetes, depression and metabolic changes linked to obesity.

**The good news?** You can sleep better.

**First, try exercise.** Even a little regular exercise helps. According to the National Sleep Foundation's 2013 Sleep in America poll:

- Seventy-six percent to 83% of exercisers (including vigorous, moderate and light exercisers) said their sleep quality was very good or fairly good.
- Non-exercisers are twice as likely as exercisers to have sleep apnea, a major risk for heart trouble.

**Identify your sleep robbers.** Is worry keeping you awake? Maybe it's caffeine (especially close to bedtime) or medications, pain, indigestion or other physical problems. Record your sleep patterns for a month to identify the culprits.

Source: Personal Best® ... A Learning Solution powered by Oakstone®



# Easy Steps to **EXTRA HOLIDAY CASH**

**Get \$50** per new member you refer to LAPFCU!<sup>1</sup> Better yet, the person you refer can get **\$100** when they join!<sup>2</sup>

**How to earn holiday cash in three easy steps:**

- 1. Go to [lapfcu.org](http://lapfcu.org)**  
and review our membership eligibility guidelines<sup>3</sup>
- 2. Log in**  
to PATROL Online Banking and refer eligible members,  
or download a form or pick one up in a branch
- 3. Get paid**  
\$50 for each referee who joins LAPFCU

Prefer to refer over the phone? Call us at  
**877-MY-LAPFCU** (877-695-2732).

Restrictions and conditions apply, please  
ask for complete details.

**LOS ANGELES  
POLICE  
FEDERAL CREDIT UNION**

<sup>1</sup>The referring LAPFCU member must be 18 years or older and must refer a qualified member 18 or older to earn a \$50 deposit when the referee joins LAPFCU. \$50 deposit will be made to the referring member's S1 Share Savings Account within 60 days of the referral. <sup>2</sup>The referred new member must be 18 or older and open up a membership with a checking account, sign up for a minimum monthly direct deposit or ACH credit of \$250 or more, and opt-in to e-Statements and e-Disclosures, before the end of six months from membership opening, in order to receive \$100. The \$100 deposit will be made to his or her S1 Share Savings Account within 60 days once the six month period has ended. The \$100 bonus is considered dividends and will be reported on IRS Form 1099-INT. <sup>3</sup>Membership charter includes active and retired, sworn and civilian employees of county or municipal police departments or sheriff's offices in Los Angeles County and their immediate families. Immediate family is defined as: spouse, domestic partner, child, sibling, parent, grandparent, grandchild, step child, step parent, step-sibling, adopted child, legal guardianships: Domestic partnership eligibility is limited to a member's domestic partner, as defined in LAPFCU's Affidavit of Domestic Partnership; legal guardianship is defined by a court order. Restrictions and conditions apply; ask for details. 0916-54





# 2016 Sports Awards

Congratulations go out to the athletes of the Los Angeles Police Department (LAPD) that were honored on November 17th, 2016 at the 62nd Annual Sports Awards Banquet.

This year the annual event returned home to the Elysian Park Academy after a two year absence.

All in attendance were treated to a great evening which included a fantastic dinner, entertainment, and an opportunity to meet and honor the best athletes for the year 2016.

A total of 32 awards were given to various athletes throughout the evening by our emcee LAPD Public Relations Director Josh Rubenstein. Special acknowledgements go to Southeast Area for receiving the Bob Burke Trophy; this trophy goes to the Area/Division that accumulates the most points during the year in athletic competition among the Los Angeles Police Officers.

Congratulations to all the athletes who participated this year. Remember Baker to Vegas is just around the corner, so get those miles in. If you would like more information regarding our sports program fell free to contact me at [droman@lapraac.com](mailto:droman@lapraac.com) 323-221-5222 ext 219



Photos by Cornel Panov and Vincent Aguirre



## 2016-2017 Shooting Committee Update

2016 and 2017 are shaping up to be a great year for LAPRAAC members interested in shooting. The LAPRAAC Board of Directors Shooting Committee is planning a series of competitions and events giving our members unprecedented access to our vendors and opportunities to have fun shooting and refine their shooting skills.

First the LAPRAAC Top Gun Challenge is returning to Elysian Park in early 2017 – the date is To Be Determined; it will be posted on the LAPRAAC website once it has been selected, you can check for it at [www.lapraac.com](http://www.lapraac.com) - It's been a two year hiatus but we are returning to the Academy stronger than ever. Prizes will include guns, AR15 uppers, and a huge prize table graciously donated by our LAPRAAC vendors. Whether you are an accomplished shooter or a beginner grab a team and plan to enter. Teams must be 4 person teams with current LAPRAAC membership. Shoot for prizes, shoot for the trophy, or shoot for fun, applications are being accepted now.

LAPRAAC is proud to host Larry Vickers at the Los Angeles Police Department Academy Elysian Park. Larry Vickers will be conducting a one day combat pistol course at the Bonus Range. "Larry Vickers is a retired US Army 1st SFOD-Delta combat veteran with years of experience in the firearms industry as a combat marksmanship instructor and industry consultant. In recent years he has hosted tactical firearms related TV shows, the latest being TacTV." From [vickertactical.com](http://vickertactical.com)

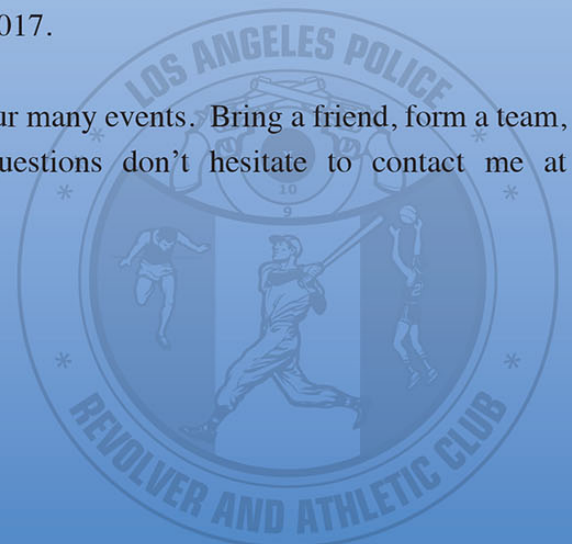
The class is scheduled for Friday, January 13. LAPRAAC members will receive a discounted class price.

Your LAPRAAC board is deep in the planning stages of hosting our own equipment expo at the Elysian Park Academy. We will be hosting live fire demonstrations from all the major firearms vendors, and static displays of the latest duty equipment including firearms accessories, holsters, lights, body armor and other gear. We are hosting this event to give officers a hands-on customer service event to let you try the gear before you decide to buy. Dates for the event will be released after the 2017 SHOT Show in Vegas. So far we are planning for two days in late April. LAPRAAC members will enjoy special perks and prices on the day of the event. Stay tuned for further info.

Also in the planning phase is the Southern California Tactical Shotgun Match sponsored by Remington and hosted by LAPRAAC at the Los Angeles Police Academy, Elysian Park. This match will be open to all active or reserve Officers, including other agencies. This match is an exciting way to see who is best at running a patrol shotgun. This is shaping up to be an exciting event, so, if you don't have a shotgun now, Christmas is around the corner or ask a good friend to borrow one. The match is tentatively planned for June 2017.

We have a full schedule for 2016-2017. We hope to see you at one of our many events. Bring a friend, form a team, get out and shoot, but above all be safe. If you have any questions don't hesitate to contact me at [cyamate@hotmail.com](mailto:cyamate@hotmail.com) or by phone at (626) 524-3444.

Chris Yamate LAPRAAC Director, Shooting Committee Chair



## Executive Chef / Food Service Director Tom Beres



Tom Beres is a passionate culinarian and a front runner of local sourcing and sustainability. Chef Tom has employed his skills in some of the finest restaurants in the world and has also successfully transferred his incredible culinary mind to the development of successful corporate dining experiences.

A graduate of the prestigious Culinary Institute of America, Tom has worked in top restaurants in New York City, France and Italy before coming to Los Angeles where he has worked in top Hollywood studios and corporate dining venues.

Tom's vision is to reopen the Academy Café with the idea of recreating classic comfortable café food with modern techniques and healthy ingredients. He is also recreating and modernizing the Catering Menus to appeal to today's informed consumer looking to have a great event.



# GUN STORE

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



**LAPRAAC**  
**1880 ACADEMY DRIVE**  
**LOS ANGELES, CA 90012**

LOCATED IN THE ELYSIAN  
PARK POLICE ACADEMY



**Buffer Tube Kit**



**\$58.50**



**RVG Vertical Grip**

**\$22.49**



**400x Bulk CR123A**

**\$ 1.79**



**Sidekick A Pkt Light**

**\$67.49**



**Lyman®**

**Gun Cleaning Mats**

**\$ 9.90**

**91630 Sureshell w/rail**

**\$89.99**



**Birch 34105**  
**Shoot NC**

**\$6.29**

**LOW**  
**GUARANTEE**  
**PRICE\***



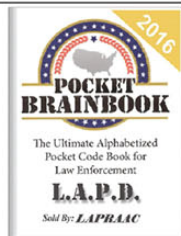
**90880 M4 6-Round**  
**Saddle**



**\$85.49**

**Pocket Brainbook**  
**LAPD**

**\$12.59**



**Face Shield Cover**

**\$17.09**



**Urbino STK Ben M4 Cheek**

**\$134.99**



**91260 Rem 870 Tele STK**

**\$134.99**



**LOW PRICE GUARANTEE FOR LAPRAAC MEMBERS\***



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



# GIFT & UNIFORM SHOP

## 3D Bottle Opener

\$10.99



## Leather Keychain Badge

\$6.99



## Tailgate Apron

\$22.99



## Charging Cable

\$9.99

## Pincraft Badge Magnet

\$7.50



## Oven Mitt

24.50



## Chocolate Ammo

\$11.99

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

## Chocolate LAPD Badge

\$2.80



## Linx Bracelet \*Wife

\$15.99

\*also available in Daughter

## LAPD Blanket

\$21.99



**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:** \_\_\_\_\_

**GIFT SHOP - UNIFORM SHOP - TAILOR**

**Gift Cards Available**





## LAPRAAC CLUB NEWS

Los Angeles Police Revolver & Athletic Club  
Post Office Box 861148  
Los Angeles, California 90086-1148

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Los Angeles Police Academy

Michael Scott