

# LAPRAAC

*CLUB NEWS*

SUMMER 2017  
[www.lapraac.com](http://www.lapraac.com)

## THE 63<sup>RD</sup> ANNUAL SPORTS AWARDS BANQUET

*Save  
the Date*



Los Angeles Police Academy Gym  
Thursday, November 16, 2017





## Message from the President *Steve Estrada*



Hello everybody,

The election results are in from June and all the incumbents were voted in for another term. Congratulations to Martee Miyakawa, Kathy Meek, Ruben Holguin and Vic Su'apa'ia. All three ballot measures were also voted in and are now in effect. The Board of Directors wishes to thank the membership for their participation in this latest election.

I want to thank the Board for re-electing me as President for another year. We are looking to have a prosperous year for 2017/2018. Be on the lookout for some events at the Academy the back part of this year.

As of this writing the World Police and Fire Games are in full swing. Approximately 8000 athletes from around the world with 800 from LAPD entered the Games. LAPRAAC looks to have a good showing of its athletes competing against the world's finest law enforcement personnel. The Budget/Team Captains meeting was held July 18th under the guidance of the new Athletic Committee Chairman, Ruben Gonzalez. At this meeting, rules and regulations were discussed on team budgets and expenses for the WPF's. It should be a great two weeks.

The 2017 LAPRAAC 39th Annual Memorial Run was held Saturday, May 20, 2017 at the Elysian Park Academy. We had a great turnout with a big thank you to Director Jeff Bert and his Cadet army and Director Rick Santos for his recruit army that joined the event.

Top Gun was held Saturday, July 8, 2017. Returning to the Elysian Park Academy, Director Chris Yamate and his crew, the L.A. Lawmen, had some great ranges for the event. This event was a prelude to the WPF's action pistol competition in August, also held at Elysian Park. Chris and The Lawmen handled the World's best police action pistol shooters with some solid competitive ranges. It was a great venue.

November 16, 2017, is the date for the Annual Sports Award Banquet. We are planning another great event for our athletes and sponsors of LAPRAAC. Please mark your calendar and plan to attend.

In two or three months Chuck Foote will ring the bell for the planning of the 2018 Baker to Vegas Challenge Cup Relay. The race is slated for March 17 & 18, 2018, and new Chairman Rick Santos and his Baker to Vegas Committee have already started preliminary meetings for the event.

On behalf of the Board of Directors I would like to thank the LAPRAAC staff for its continued work effort this last fiscal year to make your Club a pleasure to be part of. We look forward to another great year for the membership.

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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

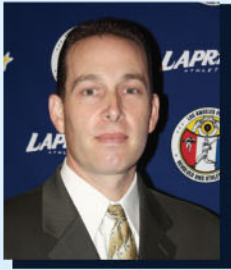
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## Message from the General Manager

### Ruben Crane



**Board of Director Elections** – The election results are in and the winners of this years LAPRAAC Board of Director Elections were Kathy Meek, Martee Miyakawa, Vic Su'apa'ia and Ruben Holguin. Also, all three ballot measures were approved and have been put into effect. In brief there were three measures approved. The first allows for a recruit from an outside agency who completes their training through the LAPD Academy to be eligible to participate in the intra-departmental sports program and to have access to the facilities. The second and third measure focused on who is eligible to be a LAPRAAC Director and reduced conflict of interest of Board of Directors serving on multiple Boards. We thank you for your participation in this year's election. In addition, at the last Board of Directors Meeting, they also voted to establish this year's Officers of the Board.

Below are your 2017-2018 LAPRAAC Board of Directors.

President –	Steve Estrada	Vice President –	Ray Maltez
Treasurer –	Kathy Meek	Secretary –	Ruben Gonzalez
Director –	Jeff Bert	Director –	Ruben Holguin
Director –	Martee Miyakawa	Director –	Ivan Ramos
Director –	Rick Santos	Director –	Vic Su'apa'ia
Director –	Chris Yamate		

**Capital Improvements and Fiscal Adjustments** – Over the past decade the LAPRAAC Board has continued to focus on the membership. Before the renovations started we had already upgraded the weight room, the audio visual system in the lounge, re-roofed the pool house and the combat range, we replaced all the A/C units in the lounge and café (no small task, it requires a helicopter to drop them on the roof) and numerous other projects. In addition, we continued to maintain the academy grounds with limited City support. All this in addition to the robust sports program we offer to our athletes. In the background however, we continued to take on a bigger task, negotiating a \$40 Million renovation of the academy. As we have reported on numerous times in the past, that agreement was accomplished and the renovation project moved forward.

Once the renovation project started, we became very aware that there was still much more to do that did not fall into the City's scope of work. As a result, your Board of Directors moved to enhance our facilities in many of those areas, some of which we are still in negotiations with the City for reimbursement. But even in areas that we feel the City should have taken the lead, we felt it better for the membership if we provided the capital improvement now, and go back to the City and seek reimbursement later, than to open a renovated academy that fell so short it would not be a benefit for the membership. So let's take a quick look at some of the capital projects that have been and are currently being undertaken as part of our dedication to the membership.

1. The pool house has recently been reopened after needing a complete redo of the plumbing and electrical system. It also has new fixtures, lockers, lighting and other touch up items.
2. The men's locker room has all new lockers.
3. We are currently installing a state of the art A/V system in the lounge.
4. Audio system in the café.
5. New TV's in the café.
6. Weight room upgrade with new flooring and equipment.
7. Functional Dumbwaiter. This one is behind the scenes, but it supports the catering operation to enhance your events while minimizing risk to staff.
8. Re-upholstery of the café seats.
9. New counters in the café.
10. Re-plumb shower drains in the men's locker room.

And this just covers some of the renovations topping out over \$300,000. But we are not just looking back, we are also looking forward, we have are eye focused on continually improving our operations as well. We continue to bring new items and new sales to the stores as well. Not to mention we have increased the hours of operation at LAPRAAC West for those on that side of town. It also does not stop there, have you participated in any of our events lately? If you have you will notice the tried and true events like Memorial Run, Top Gun and the Bench press contest, but did you take advantage of our Equipment Expo Day? Those who attended were treated to an experience like no other in the firearms industry. We had over 30 vendors on hand to interact with, but maybe the best part was the live fire portion. What is live fire you ask? All the major firearms manufacturers were on site at our ranges with multiple firearms from each in which you were allowed to take your turn shooting and asking questions. We even had full auto firearms! Thos who participated were so excited they were asking about the next time we would have this before they even left the event. It was truly a great, one of a kind event. *(Continue to page 3)*



Are you competing in the World Games? LAPRAAC has over 50 budgeted teams. The Board of Directors has authorized a total sports budget just over \$400,000 to maximize your participation in the sports program and the games. They have even allowed for a case by case basis of individuals not on a team to participate and receive some reimbursement. So get out there and compete.

As we continue to look forward, we also have to accept the fact that to maintain the academy and continue growing our program will come with a price. That price is moderately offset by our retail operation. But to keep our pricing competitive and to continue to offer great sales days in the stores, it does require more. Raising dues is never an easy decision and is never taken lightly or done on a whim. Careful and exhaustive thought is put behind even considering a change. In fact, it has been just over nine years since the last increase because of the excellent fiscal management taken on by your Club. But with the ever increasing costs of operations and maintenance we will be making a slight adjustment to the dues deduction of one dollar and fifty cents. If you spread that out over the past nine years that means it would only be an increase of about thirty three cents a year, significantly less than the increases that your Club has had to absorb. We hope you will understand and see how your Board is continuing to enhance your Club, its programs and facilities. We thank you for your continued membership and look forward to a better future.



## WELLNESS CORNER

### The Greatest Evil?

***BYLINE: Raymond K. Hsu, PsyD, LAPD, Behavioral Science Services***

Around 400AD, Saint Augustine coined the phrase, "The greatest evil is physical pain." Whether or not that is true, what is true is the powerful connection between our mind and body. Regardless if you are an expectant mother with the mental fortitude to have pushed past pain during delivery or someone overcoming the pain endured due to illness or injury, our state of mind plays a major role in our perception of pain.

Leknes and Bastian (2014) demonstrated in Review of Philosophy and Psychology that pain can enhance our perceived value of certain activities. One example is when we are working towards a fitness goal. Yes, it is challenging to push ourselves past what we think our body can endure, but when we do, the noticeable benefits can be highly rewarding. Outside of our personal experiences, pain can illicit prosocial behaviors like building/gathering our social support system.

Traditionally, one thinks of pain as something negative. Whether it is dull or sharp, chronic or acute, physical pain is an unpleasant experience. Yet it is our body's way of telling us that something is wrong. Left unattended, it can sap our energy, rob us of restorative sleep and decrease our frustration tolerance. Pain can put us in a bad mood, very quickly. Yet, once we let pain overwhelm our mental and emotional capacities, its physical manifestation becomes worse.

Fortunately, the connection from mind to body is not a one-way street. If we can tap into our resources (i.e., social support, hobbies, exercise, healthy diet), we can change our experience of pain. Meaning, we have the power to control it because it is a tool our body uses to let us know we need to adjust something in our life. It is not evil but a (hopefully) temporary, unpleasant experience that we learn to manage. This is not to say we can will pain away, but rather our state of mind dictates our relationship with pain. With a positive outlook on life, our experience of pain won't be as unpleasant. Therefore, our overall quality of life can be improved as we keep engaged in the people and activities that we cherish.

Specific treatment modalities for pain include cognitive behavioral therapy (CBT) and biofeedback, both of which are offered at BSS. Learn more about pain management, and living a more meaningful life, by contacting me, or any of the BSS Psychologists, at 213-486-0790



## Message from the Athletic Department

This summer marked a busy season for LAPRAAC Athletics with the conclusion of the intradepartmental Basketball league, Softball, Racquetball Tournament and Bench Press competition.



### Basketball

The Basketball season this year was a competitive one with 27 teams looking to become champions. This season carried out a little longer than expected due to the protests this year, but overall it was a great season.

There were four different leagues starting with the A Teams, C-South Teams, C-North Teams and ending with the D Teams. The A team champion this year was Pacific Division defeating OCB (72-64). The C-South Team champion was Topanga Division defeating Rampart Division (60-42). The C-North Team champion was Pacific Division defeating 77th Division (67-64). Lastly, the D Team champion was Southeast Division defeating the Command Staff (59-38). Every team competed to their best ability and each game was a hard fought battle.

The basketball season ended this year with a 3 Point Competition and an All-Star Game. There were 15 competitors who participated in the 3 Point Competition and the All-Star Game consisted of teams with the best basketball players our LAPD has to offer.

The 3 point competition was an exciting one to watch but in the end, Jelani Janisse came out on top as the champion. The All-Star teams were coached by Ed Palmer and Dave Love. Ed Palmer's team consisted of Jelani Janisse, Daryl Glover, Ivan Lombard-Jackson, James Douglas, Damian Lesvesque, Darko Stojanovich, Terrel Maston and Robert Knight. Dave Love's team consisted of Sterling Byrd, Jose Sanchez, Jason Anderson, Buchi Awaji, Robert Reynolds, Juan Rincon, Alvin Clark, Tim Chung and Richard Castillo. Both these All-Star teams were unbelievable due to their athletic skills. Both teams scored over 100+ points but in the end Dave Love's team came out with the win. The All-Star MVP was Buchi Awaji with his skillful presence on the court.

### Softball

This year we had 22 softball teams who competed in three round robin tournaments held from April through May, leading up to the Red Davis and Larry Moore Tournaments at the Sepulveda Basin Sports Complex.

The championship games took place at Big League Dreams in West Covina June 14th with Hollywood and Metro Old emerging from the Larry Moore "B" Fight and Wilshire and Topanga representing the Red Davis "A" Flight. Wilshire came out on top being the underdogs who defeated the undefeated Topanga Division winning the Red Davis bracket, and Hollywood took home the Larry Moore championship going undefeated the entire tournament.

### Racquetball

The 3rd Annual "Tom Gandara" Racquetball tournament was held on June 10th, 2017 at the Elysian Park Academy. Eleven officers took part in this annual event including Sergeant Tom Gandara's three children; Paul, Jonathan, and Thomas Gandara, along with a few civilians. Also in attendance were Tom's sisters Kathy and Christina Gandara. We had a great turn out with 14 participants who competed.

The "A" category winner was Detective Eric Solter and the runner up was Officer Mike Dickes. Other participants in this category were Sergeant Marc Archuleta and Police Officer Marco Mendoza. The "C" category winner was Jamie Mendoza and the runner up being Arno Madathian who are both civilians who joined in on the tournament. The other participants in this category were Klavs Edgell, Celina Robles, Shaun McCollum, Paula McCollum and Brian Jones. The "Doubles" category winners were Detective Eric Solter and Officer Mike Dickes and the runners up were Police Officer Marco Mendoza and Sergeant Marc Archuleta. Congratulations to all who came out victorious.



### Bench Press

The summer session for our Bench press competition was a good one. We had over 80 participants compete. It was a great showing and thank you to everyone who showed up to help set up and clean up. Below is the list of winners starting with Gold, then silver and ending with Bronze:

#### Gold Medal Winners:

(Female)

Elizabeth Mori- Hollywood  
Sandra Carlise- Rampart  
Mercedes Cundiff- Rampart  
Vanessa De La Torre- 77th  
Angela Trimino- Rampart  
Susanne Gras- Rampart

Angie McGee- 77th  
Danielle Lopez- Rampart  
Emada Tingirides- 77th  
Maricela Corral- Metro  
Sig Lo- Metro  
Patricia Braendle- Rampart

Marilyn Gutierrez- 77th  
Meredith Cline- 77th  
Kathreen Piamonte- Hollywood  
Christina Salas- Rampart  
Shannon Paulson- 77th

(Male)

Jeff Perkins- Hollywood  
Gary Kukaua- Hollywood  
Ricardo Salazar- 77th  
Alex Frazier- Rampart  
Michael Wright- 77th  
Richard Flores- IAG  
Robert Solorio- Rampart  
Herb Chang- Rampart

Owen Mills- 77th  
Marco Peralta- 77th  
Fernando Barrios- Rampart  
Eduardo Navarro- Hollywood  
Andrew Paredes- 77th  
Allen Hsiao- 77th  
Adam Moore- 77th  
Brett Cohen- Hollywood

Sam Arase- Retired  
Mark Noble- Rampart  
Jason Nichols- Rampart  
Patrick Fitzgerald- Metro  
Eric Coffey- Metro  
Robert Johnson- 77th  
Jeffrey Murillo- 77th  
Raymond Maltez-

#### Silver Medal Winners:

(Female)

Melissa Zarris- Rampart  
Tara Munjekovich- Metro

Natasha Madjd- Hollywood  
Sonia Banuelos- 77th

Angelica Weda- 77th  
Dana Lovato- 77th

(Male)

Jonathan Jarvis-Rampart  
Antonio Arevalo-Rampart  
Edwin Guerra- Hollywood  
Tim Reyes- Rampart  
Juan Franco- Rampart

Patrick Topacio-Hollywood  
Henry Sanchez-77th  
Tomas Perez- Rampart  
Michael Kreiner- Rampart  
Robert Valdez- Metro

Brandon Bolen-77th  
Bobby Romo-77th  
Robert Morales- Metro  
Walter Lopez- 77th  
John Chavez- Rampart

#### Bronze Medal Winners:

(Female)

Sorina Thomas- Rampart

Iris Santin- Rampart

(Male)

Mark Navarro-Hollywood  
Anthony Canales-Rampart  
Joseph Dudas- Metro

Steve Torres-Metro  
Oliver Olano- Foothill  
Victor Gutierrez- Rampart

Michael Maillet-77th  
Manuel Sanchez- Hollywood





## LAPRAAC Golf Club Club Championship *Fred Cueto*

On June 26th, the LAPRAAC Golf Club held their Club Championship at the Industry Hills Golf Club. Over 40 golfers were in contention for the LAPRAAC Cup. In the end, the Club crowned their 2017 Champions:

Team Champions – Gross Score: CENTRAL Division  
Team Champions – Net Score: Force Investigation (F.I.D.)  
Overall Club Champion: Trevor Schultz (Central)  
A-Flight Champion: James Antenucci (Hollywood)  
B-Flight Champion: Don Walthers (Major Crimes)  
C-Flight Champion: Kyle Remolino (Central)  
D-Flight Champion: Joe Ramirez (Devonshire)

The LAPRAAC Golf Club plays seven (7) tournaments each season. Competing teams include: Central, Devonshire, FID, Foothill, Hollywood, N. Hollywood, Northeast, Van Nuys, West Valley, and "Team Retired." Any active sworn or retired personnel, who is a current member of LAPRAAC can join our Club. Current membership is 80 golfers, the largest group in the LAPRAAC family.





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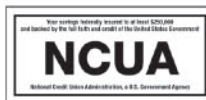
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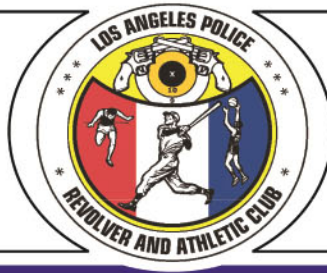


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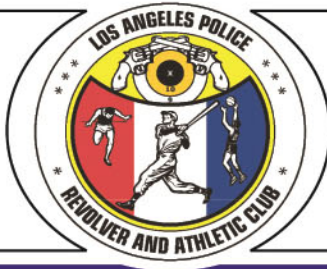
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