



# LAPRAAC

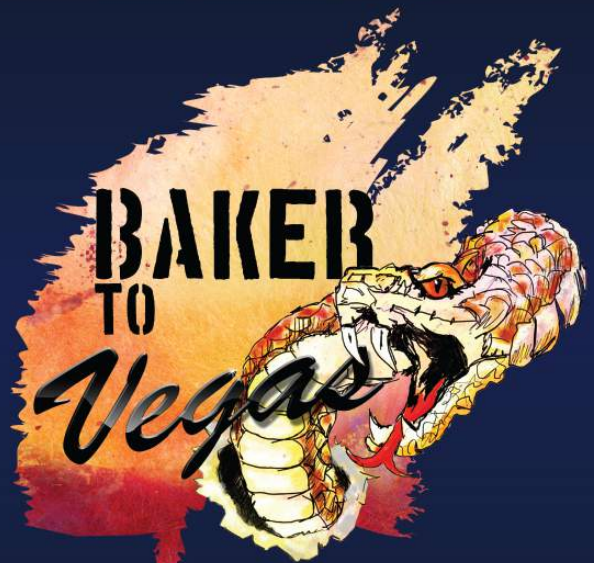
*CLUB NEWS*

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

## LAPD DEPARTMENT TEAM



## XXXII CHALLENGE CUP RELAY



## LAPD WOMEN'S TEAM



# B2V 2016 CHAMPIONS



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

John Incontro, President .....(213) 972-2436  
 Martee Miyakawa, Vice President ....(213) 847-4272  
 Kathy Meek, Treasurer.....(213) 804-9369  
 Victor Su'apa'ia, Secretary .....(805) 368-6659  
 Jeff Bert.....(213) 804-3861  
 Brenda Crump.....(661) 406-6355  
 Steve Estrada.....(213) 972-7958  
 Ruben Holguin .....(213) 486-7220  
 Ivan Ramos .....(213) 972-2420  
 Rick Santos.....(714) 313-0048  
 Kristina Tudor.....(760) 662-3948

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  
 Retail Operations Manager: drhoades@lapraac.com  
 Member Services Coordinator: bginn@lapraac.com  
 Athletic Director: droman@lapraac.com

## LAPRAAC Directors Committee Assignments

### ADMINISTRATIVE

Martee Miyakawa, Chair

### MEMBERSHIP

Victor Su'apa'ia, Chair

### FINANCE

Kathy Meek, Chair

### ATHLETICS

Ruben Holguin, Chair

### SHOOTING ACTIVITIES

Steve Estrada, Chair

### PROJECTS

Jeff Bert, Chair

### BY-LAWS

Ivan Ramos, Chair

### LEGAL

Rick Santos, Chair

### FIREARMS AUDIT & COMPLIANCE

Steve Estrada, 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. 228  
 LAPRAAC Westchester (ARTC) ..... (310) 649-5459



## Message from the President

### *John Incontro*



This will be my last newsletter article to you and will end over seven years as a member of the LAPRAAC Board of Directors, and serving you, as the President, for the last three. It is also an end of over 37 years of service with the LAPD. Although I retired in December of 2014, during the past 18 months I have still felt like a member of the Department. The time on the Board has been an experience I will never forget and filled with friends that I will miss. It was a pleasure serving with so many Board members, including George Beck, Pat Connelly, Pat Gannon, Jim Katapodis and the current Board of Directors. Each of the Directors have done their best to be proactive and support the needs of LAPRAAC.

My tenure on the Board has included many outstanding memories, success and challenges. I am especially proud of the agreement with the City over the trademark and lease of the Elysian Park Facility. The primary work on that project came from some significant work by former Directors, Pat Gannon and Danny Roman. That agreement brought the renovations that are nearing completion at the Academy. It has provided funds to LAPRAAC for the completion of much needed upgrades and a binding agreement with the City that will ensure that LAPRAAC has a place at the Academy.

Additionally, the Baker to Vegas Challenge Cup Relay continues to grow and the success of the race has only improved during this time. The credit goes to Ruben Holguin, Jim Katapodis, Chuck Foote; and so many other dedicated members and volunteers. We have had an increase in the number of teams competing and venturing to the desert from places across the globe. We now end the race, not on a hill in the desert like the first race, but inside the Westgate Hotel and Resort Conference Center, a place that is fitting for the biggest, single law enforcement athletic event in the world. It is in that place that runners enter the facility and are greeted by the booming voice of Pete Demetriou. Thank you Pete, for your friendship, advice and dedication.

I want to thank the LAPRAAC Staff, without this hard working group of people we would not have a successful Club. In particular I want to thank Barbara Ginn for her friendship and dedication to the Club. To Ruben Crane, you have made a significant difference in LAPRAAC. Your professionalism, leadership and support have been amazing. Finally, I want to thank you the members for allowing me to serve you, listen to you and represent you on the Board of Directors.

### INSIDE THIS ISSUE

President's Message .....	1
General Manager's Message .....	2
Wellness Corner .....	2
B2V Photos .....	4-5
ID Basketball Championships .....	6
Salute to the 1996 Training/Air Support Team.....	7

**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](http://www.thelapara.com)



## Message from the General Manager *Ruben Crane*



**Memorial Run 2016** – This year our Memorial Run will be held on June 4, 2016 at Dockweiler State Beach. For many this is a very popular course to run because of its flat terrain and favorable temperatures. Family and friends also like attending this location because after they cheer on the runners they can relax at the beach, have a BBQ and soak up the sun. We encourage everyone to take part in this race as it honors those LAPD Officers that have given their all in the line of duty. As we have done in the past, we will conduct a memorial service prior to the start of the race. Additional information can be found on our website, [www.lapraac.org](http://www.lapraac.org) or by calling our Athletic Department at 323-221-5222 x228 or x219. All proceeds from the race go to LAPD charities. Please help us honor the fallen and support the one's who continue on in their absence.

**Board of Director Elections** – About the time you receive this you will also be receiving your election ballots for the 2016 LAPRAAC Board of Director elections. We encourage all to participate in this very important process. This year there are 4 positions available, all active duty. Ballots will be mailed on May 19, 2016 with all ballots needing to be returned and postmarked by June 9, 2016. 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.

**Construction Completion** – Everyone wants to know when the Academy will be back open. A major factor in the uncertainty is the permitting process. Even though the contractor feels they will be done by early summer, if the inspection process causes changes and/or delays, it will push the date farther back. So, with that, a firm date has still not been determined, but as mentioned previously, it is now being estimated that it can be as soon as early summer. We have also started discussions with the LAPD about scheduling a "Grand Opening". We are anticipating that the "Grand Opening" will take place as early as August/September. Thank you for your patience in this process, we are very excited and anxious to move back and provide you with the best Club amenities as possible.

### Wellness Corner

#### *Winning Breakfast Solutions, by Cara Rosenbloom, RD*

If you start your day with a doughnut or toaster pastry, you're not giving your body the fuel it needs for optimal performance. A sugar rush provides a quick boost, but not sustained energy.

For a morning with better concentration and no rumbling stomach, use this checklist.

- ✓ Foods with at least 4 grams of naturally occurring fiber, to help me feel full for longer.
- ✓ Some carbohydrates, for immediate energy.
- ✓ At least 10 grams of protein, for sustained energy.
- ✓ A source of healthful fat, to slow digestion.
- ✓ Fluids to maintain hydration

Choose whole grains, fruit, nuts, and legumes to supply fiber and carbohydrates on your breakfast plate. Bran cereals are particularly high in fiber; some have 12 grams per serving. Your best protein choices include eggs, nut butter, hummus, Greek yogurt, kefir (dairy beverage), low- or nonfat milk, fortified soy beverage and cheese.

The easiest way to add some healthful fat to breakfast is with crunchy nuts and seeds, which are great with cereal, yogurt or granola. Try these great breakfast combinations:

- Muesli (whole-grain flakes, nuts, dried fruit) with Greek yogurt.
- Scrambled eggs with whole-grain toast and avocado.
- Oat-based granola or oatmeal with chia and flax, soy beverages and berries.
- Peanut butter and a banana rolled into a whole-grain tortilla.
- Tuna on toast with tomato.

Round out breakfast with a glass of water or caffeine-free tea, and your day will be off to a great start. Be sure not to drink your calories at breakfast with beverages such as juice, soft drinks or smoothies. Liquid foods are not as filling or satisfying as a real food-based breakfast.



# WE'VE GOT THE BEAT!

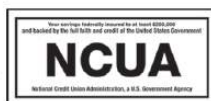
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*is Celebrating Our  
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\*All incentives valid only April 1, 2016 through June 30, 2016. <sup>1</sup>APR = Annual Percentage Rate. Effective April 1, 2016. To qualify for 0.80% Fixed APR requires FICO score of 800 or greater, and member must qualify for Member Benefits. Actual APR offered may be higher depending upon applicant's credit rating and other underwriting factors (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. Offer valid April 1, 2016 to June 30, 2016, only on a new or used auto loan for a 36-month term. May not be used to refinance an existing LAPFCU vehicle loan. All rates, terms, and promotional offers are subject to change without notice. Cannot be combined with any other offer. Restrictions may apply, ask for complete details. <sup>2</sup>APY= Annual Percentage Yield. The 8-8-8 Share Certificate is available April 1, 2016 through June 30, 2016, to members 18 years and older. Does not apply to IRAs. 8.00% APY on eight-month share certificate with minimum/maximum deposit of \$800.00. New deposit(s) required, cannot transfer funds from another existing LAPFCU account to fund special offer account. Certificate automatically renews at one-year term at prevailing rate unless Member specifies other term. May not be combined with any other offer. Offer and APY subject to change without notice. Limit one certificate per member. Early withdrawal penalty may apply. 8-8-8 Share Certificate is not eligible for Member Benefits 0.25% APY dividend bonus. LAPFCU reserves the right to rescind this offer at any time. Restrictions apply, ask for complete details. <sup>3</sup>\$80.00 checking incentive only available to existing members who have not had an individual checking account of any kind with LAPFCU within the six months preceding the campaign. Member must be 18 years or older and be a member as of January 1, 2016, to be eligible. Member must open an LAPFCU checking account between April 1, 2016 and June 30, 2016 with a minimum monthly Direct Deposit or ACH Credit of \$250 and sign up for e-Statements and e-Disclosures, before the end of six months in order to receive \$80. The \$80 deposit will be made to member's checking account within 60 days once the six month period has ended if the member is in good standing. The \$80 is considered dividends and will be reported on IRS Form 1099-INT. Restrictions apply; ask for details. <sup>4</sup>Event days, times and in-branch activities are subject to change or cancellation without notice.

0316-19







## Intradepartmental Basketball Championships

### *Danny Roman*



### Southeast Team Champions

**LOS ANGELES** — After an exciting season, the LAPRAAC Intradepartmental Basketball season concluded in early April crowning five champions.

In the **A League**, after losing their first game of the playoffs, OCB fought all the way back to the championship game where they double dipped **Southeast Area** twice to win the A League title.

In a close game, **West LA** took the **B League Championship**, edging out **USC** in a one point win. **Topanga** came out ahead in the **C-North** final, beating **LAPD Women** for their first championship.

In one of the most exciting games of the tournament, **Southeast Area** and **Newton Area** played a back-and-forth game coming down to the wire between **Rueben Gonzalez's** and **Mauricio Ruiz's** squads. Gonzalez and his crew were able to take the lead late and hold on for the **C-South** title.

In the **D League**, **Hollenbeck Area** earned a spot in the championship game after losing earlier in the playoffs to **Command Staff**. The final placed the teams in a rematch with Hollenbeck needing two wins to take the crown. Hollenbeck took control of both games early, securing wins and the championship.

**Next Season:** After two years of hosting basketball at **Occidental College** during construction at the Academy, we look to move back home in time for the start of next season.

**Championship Games Results:** A League: (Game 1) OCB 67, Southeast 62; (Game 2) OCB 82, Southeast 74; B League: West LA 73, USC 72; C-North: Topanga 49 LAPD Women 39; C-South: Southeast 52, Newton 50; D League: (Game 1) Hollenbeck 54, Command Staff 44, (Game 2) Hollenbeck 53, Command Staff 34,



## Twenty years and counting.... Salute to the 1996 Training/Air Support Team *Chuck Foote*

I was reminded by Henry Mendoza, retired Training Division, that this past year was the Twentieth anniversary of the Record time set on the Baker to Vegas course. 12:41:29 Training/Air Support Division 1996. Sure enough that time has gone by very fast and no team yet has broken it. Here is the list of the runners, the stages they ran and their time:



### *1996 Training/Air Support Challenge Cup Relay Team Record Time - 12:41:29*

As you can tell this was a very talented group, determined to train and race as hard as possible. What I can remember about those days is a bit fuzzy but I can tell you each person was a tough hardnosed runner. We would gather at the Guard Shack for a workout name a course and start. Few words were spoken after we started, those were some runs. I speak of those days fondly and now I remind you this race creates many great memories and friendships enjoy them. Keep running,

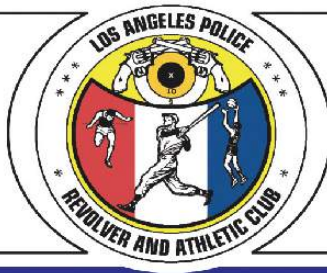
Chuck Foote

1. Huizar..... 35:15..... 6:04 ..... 5.8 miles	11. Martinez, J ..... 34:15..... 6:20 ..... 5.4 miles
2. Foote..... 37:57..... 5:45 ..... 6.6 miles	12. Zych ..... 30:38..... 6:48 ..... 4.5 miles
3. Packer..... 45:03..... 6:26 ..... 7.0 miles	13. Mendoza ..... 42:40..... 6:11 ..... 6.9 miles
4. Adler..... 32:50..... 6:34 ..... 5.0 miles	14. Korne ..... 33:31..... 6:26 ..... 5.2 miles
5. Brandt ..... 39:58..... 6:39 ..... 6.0 miles	15. Rubio..... 45:56..... 7:47 ..... 5.9 miles
6. Daniels ..... 39:16..... 6:32 ..... 6.0 miles	16. Ramos..... 36:24..... 7:16 ..... 5.0 miles
7. Martinez, A ..... 42:41..... 6:53 ..... 6.2 miles	17. Costley..... 39:43..... 6:06 ..... 6.5 miles
8. Stepan..... 46:01..... 6:18 ..... 7.3 miles	18. Koba..... 37:59..... 5:40 ..... 6.7 miles
9. Vermaat..... 39:44..... 5:50 ..... 6.8 miles	19. Bright..... 27:34..... 5:30 ..... 5.0 miles
10. Hubbard ..... 37:42..... 6:36 ..... 5.7 miles	20. Scott..... 36:32..... 5:37 ..... 6.5 miles



# GUN STORE

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



# **GIFT & UNIFORM SHOP**

## **LAPD Weekly Planner**

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## **Baseball LAPD**

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## **B2V K9 DOG**

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## **Baseball Bat LAPD**

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## **Key Chain Badge**

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## **Magnet Acrylic Badge**

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

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## **LAPRAAC CLUB NEWS**

Los Angeles Police Revolver & Athletic Club  
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**TOP OF STAGE 7**  
photo by Aida Kuckowicz