



LAPRAAC

CLUB NEWS

WINTER 2017
www.lapraac.com

THE 39TH ANNUAL MEMORIAL RELAY

*Returns to the
Elysian Park Police Academy*



SATURDAY, MAY 20TH, 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, Secretary(323) 561-3321
 Jeff Bert.....(213) 804-3861
 Ruben Gonzalez.....(424) 219-2326
 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

Retail Operations Manager: drhoades@lapraac.com

Member Services Coordinator: bginn@lapraac.com

Athletic Director: droman@lapraac.com

Food Service Director: beres-thomas@aramark.com

Catering Manager: nelli-brittany@aramark.com

LAPRAAC Directors Committee Assignments

ADMINISTRATIVE

Vic Su'apa'ia, Chair

MEMBERSHIP

Chris Yamate, Chair

FINANCE & AUDIT

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

CONSTRUCTION

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 Hours Mon-Fri 6:00 am – 2:00 pm

Coffee Bar Hours Mon-Fri 6:00 am – 4:00 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,
Happy New Year to all of you. I hope your Holidays went well for you and your families.

The Café is Open!! Finally, most of you are probably saying. Yes, it took a little more time than anticipated and we had some hiccups the first few days, but the Café is open! We even made the ABC Eyewitness News channel. Tom Beres, the Café manager has taken steps to serve the patrons in a smooth, faster and more efficient manner. The coffee bar is in full working order and serves all coffee related drinks, hot & cold. As I stated in my last message the Banquet facilities are open and they are filling up dates fast for 2017. If you are thinking of having an event at the Gates Lounge, Lapraac Gym, Rock Garden or the Playing Field, please contact Brittney at the Café or Barbara at the Admin office

As some of you have noticed the male locker room showers were closed again. We are in contact with the City and are in talks with who's going to fix and pay for the showers. Your Club has fixed many items we feel that the City was supposed to get done under contract and we are now pushing back to get them done. The pool should be ready to go as of this writing. We had a heater problem, but that has been rectified.

December was a great month for the Club in gun sales. Due to the new California laws that were started but then retracted as of January 1st, we had a rush in sales of assault rifles, pistols, magazines and ammunitions. Your Board of Directors would like to thank you for your patience in the gun store during your purchase. Archie and his crew were working hard and we had many positive comments during the busy weeks of December.

LAPRAAC is in full Baker to Vegas mode. March 1, 2017, was the last Baker to Vegas Team Captain's meeting at the Elysian Park GYM. We live stream the meetings so you can go on the BV web site and check out anything you might have missed. Time is flying by so get your team situated, the race will be here before you know it. Chuck Foote is in full BV stride and moving to make this another great race.

LAPRAAC has teamed up with 911 Entertainment to bring the "Official Baker to Vegas Race-After Party" to the Wynn and Encore Resorts during the race weekend. Three days of pool festivities and night life at the great Wynn resorts for the price of one. Your Club will be selling wrist bands at the LAPRAAC Gift Store and at our Merchandise Booth in Las Vegas. Check out the 911 Entertainment web site for further information.

The Los Angeles Police Federal Credit Union has moved back to the main building to serve our membership. The LAPFCU has also agreed to be the Baker to Vegas race "Title Sponsor" for the 2017 event and we are truly grateful for their continued support to our Club.

See you at the 2017 Baker to Vegas Challenge Cup Relay Race in March.

To the men and women in the Black and Whites, stay safe, nothing is routine out there, never has been.

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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



On-line - We know there are many Officers that would like to buy LAPD and Baker to Vegas items but just can't make it into the store for various reasons. One solution to this is our web store. Through our sister organization, LAPARA, we offer numerous LAPD and B2V items. Please take a look at www.thelapara.com/shop and see our wide selection of items. We do not offer guns or ammunition for sale, but we do offer cleaning items as well as accessories.

Facilities – Now that we have moved back into the main building we are starting to reserve the various facilities around the campus. If you are looking to book the picnic area, field or basketball court, please call Barbara Ginn at 323-221-5222 x202. If you would like to book the catering facilities or book catering, please contact Brittany Nellie at 323-221-5222 x226.

Elections - Our annual election for available Board of Director positions will be taking place in just a few short months. If you are interested in running for an open position, please review the letter inside this issue of the newsletter for additional details. We will have 4 positions available, one for the retired position and the other three for active duty. All incumbents will be re-running for their positions.

Message from the Athletic Department

Hello everyone I hope everyone had a great Holiday and a safe and happy New Year.

Well let me get everyone caught up on our athletic activities since last November. Our Flag Football this season had a total of 10 teams with Metropolitan Division participating with a total of 3 teams. The games were held on Wednesdays at the Glendale Sports Complex. It was a tough season but all the teams played their hearts out. The two teams that made it to the championship game were Southeast and 77th Division. This game was a nail biter with Southeast coming up on top as the champions.

Basketball season started in October and has been going well. We have over thirty teams playing and all are competing at their best. There have been a few cancellations due to the recent protests going on. Overall this season has been an exciting one thus far. Playoffs will start late February and continue through the month of March.

In conclusion, for LAPRAAC team captains, please get your budgets in before May. We will be sending out proper forms for budgets to you all. For any questions please contact the Athletic Director Danny Roman at 323-221-5222 ext. 219, droman@lapraac.com. Assistant Athletic Director Alex Contreras at 323-221-5222 ext. 228, acontreras@lapraac.com.





LOS ANGELES POLICE REVOLVER AND ATHLETIC CLUB

PO BOX 861148, Los Angeles, CA 90086-1148
Telephone 323-221-5222 • Fax 323-222-5949

Steve Estrada
President

February 24, 2017

Vic Su'apa'ia
Vice President

TO: All LAPRAAC Members

Kathy Meek
Treasurer

FROM: Secretary, Board of Directors
Los Angeles Police Revolver and Athletic Club

Martee Miyakawa
Secretary

SUBJECT: ANNUAL MEETING AND NOMINATION OF CANDIDATES
FOR BOARD OF DIRECTORS, LOS ANGELES POLICE
REVOLVER AND ATHLETIC CLUB

Jeff Bert
Director

The Annual Meeting for the Los Angeles Police Revolver and Athletic Club will be held on Thursday, April 27, 2017, at 1100 hours, in the Daryl F. Gates Lounge & Dining Center, at the Los Angeles Police Academy, Elysian Park. The Board of Directors will update the membership of last year's operation and nominations will be accepted for four expiring positions: **three Active Duty** positions and one **Retired** position.

Ruben Gonzalez
Director

LAPRAAC members seeking to run for office can be nominated by one of the following;

Ruben Holguin
Director

1. Nominated & seconded by members who are present at the Annual Meeting.
 - a. The member being nominated in this manner must also be present at the meeting.
2. Submit an **Absentee Nomination Petition** prior to or on the day of the Annual Meeting.
 - a. The official *Absentee Nomination Petitions*, can be obtained from the LAPRAAC Administrative Office.

Raymond Maltez
Director

PLEASE NOTE: BOTH ORAL OR WRITTEN NOMINATIONS ARE DUE BY THE CLOSING OF THE ANNUAL MEETING OF APRIL 27, 2017. NO NOMINATIONS WILL BE ACCEPTED PAST THIS DATE AND TIME.

Ivan Ramos
Director

Once nominated, a computer graphic photograph of the nominee, and a written description of the nominee's objectives and qualifications, not to exceed 750 words, shall be submitted to the Election Committee no later than 3:00 pm, Wednesday, May 3, 2017.

Rick Santos
Director

For more information contact Barbara Ginn at bginn@lapraac.com or 323-221-5222 Ext. 202.

Chris Yamate
Director

A handwritten signature in black ink, appearing to read "Martee Miyakawa".

Martee Miyakawa, Secretary
Board of Directors
LAPRAAC

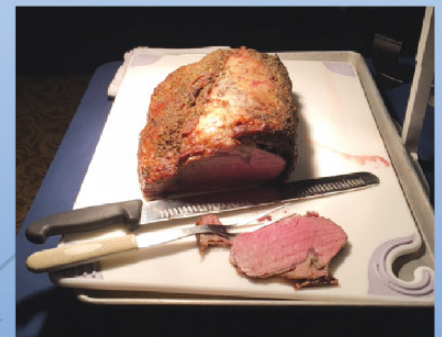
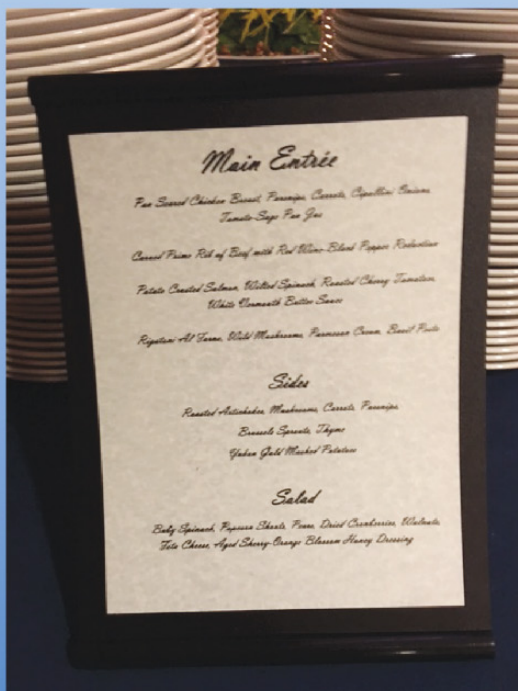
Message from the Executive Chef/Food Service Director *Tom Beres*

Catering here at the Academy is a seven day operation, we focus on providing our customers with exceptional quality in both the food that we serve and the level of service our staff provides. All of the food for your event is prepared fresh on-site to ensure the highest quality. Executive Chef Tom Beres and Catering Director Brittany Nelli will work closely with you to provide detailed estimates to meet your event needs whether it's a retirement party for a thousand, a simple business meeting for six or a cocktail reception for two-hundred we are here to exceed your expectations.



Our venues include; the newly renovated Lounge and Bar area where you can hold a party up to 200 guests, the Rock Garden able to accommodate 175 people, the Gymnasium which can hold up to 400 people or any combination of the above to accommodate your event.

Set an appointment to meet with our Catering Director Brittany and Executive Chef Tom so they can tailor a menu to meet your budget needs from a traditional barbecue to a full on high end wedding. Let us help you plan your next event.



Keeping the Weight Down When You Can't Exercise

When you're injured or sick, waiting for or recovering from surgery, you can't exercise like you used to. Or, maybe it's a convenient excuse not to exercise! With less activity and more down time (more time to eat), it's easy for the pounds to start piling on. And weight gain could drag out recovery time.

To prevent weight gain, even when you can't exercise, try these tips:

1. Eat enough, but not too much. Eat too little - you won't heal and recover well. Eat too much - and you'll put on weight. So how much should you eat? It really depends on the type and severity of illness or injury. For a personalized guideline, check out: <http://www.calculator.net/calorie-calculator.html>.
2. Track your food intake. This is one of the most effective tools to manage weight and stay on track. Download a free tracking app like MyFitnessPal or LoseIt, and use it consistently.
3. Go lower carb. Carbohydrates mainly serve as an energy source, and without exercise, you won't need as much. Choose carbohydrates that have the most nutrients: vegetables and fruits, and small amounts of whole grains, milk and yogurt. Avoid added sugars and processed foods.
4. Eat anti-inflammatory foods. Veggies, fruits, fish, nuts and seeds, herbs and spices, avocado, and olive oil contain important nutrients that may help with inflammation and boost the immune system.
5. Avoid alcohol. Or drink only in moderation- that's 1 drink/day for women and 2 drinks/day for men)

Take advantage of the time away from exercise to focus on resting and eating as healthy as possible! And if there is any exercise you can do, DO IT.

Rana Parker

LAPD Dietitian Nutritionist

Individual nutrition counseling is available to all LAPD employees and spouse/significant other.

Call 213-486-0790 for more information or to schedule an appointment.



Six Flags
MAGIC MOUNTAIN

EMERGENCY SERVICES PRIVATE PARTY MAY 5th, 2017

PARK HOURS: 10:30AM - 6PM • PRIVATE PARTY: 6PM - MIDNIGHT • MEAL TIME: 7pm - 9PM

ADMISSION ONLY \$37⁹⁹* PER PERSON	ADMISSION + BUFFET \$47⁹⁹* PER PERSON
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* TICKET PRICES WILL INCREASE ON MAY 1st, 2017

TO PURCHASE TICKETS VISIT: www.sixflags.com/magicmountain
USE PROMO CODE: **MAY4**

HIT THE BIG LEAGUES

With Our Financial Tools!



Your financial bases are covered with our retirement planning and savings resources:

- ⚾ Get free “financial coaching” with **KOFÉ¹**! Sign up for your personal “coach” at www.kofetime.com/lapfcu
- ⚾ Slide into savings with a **5-year traditional or Roth IRA Share Certificate 0.40% APY² bonus rate with Member Benefits!**³
- ⚾ Get Major League guidance for your investments! Make a complimentary appointment with CUSO Financial Services, L.P. (CFS)⁴ investment and financial planning services.

Visit **lapfu.org** for more details or call **877-MY-LAPFCU** (877-695-2732) to learn more!



¹KOFÉ (Knowledge of Financial Education) is not insured by the NCUA or any other governmental agency, is not Credit Union guaranteed, is not a deposit, and is not a condition to any banking service or activity. KOFÉ provides financial coaching and educational instruction services for consumers by using online tools and personal interaction. For additional information, please visit lapfcu.org/KOFÉ. ²APY= Annual Percentage Yield. ³The 0.40% APY IRA Share Certificate bonus promotion is available January 1, 2017 through March 31, 2017, to members 18 years and older. Member must fulfill Member Benefit Program requirements to receive the bonus. 0.40% APY bonus is an incentive rate of 0.15% APY bonus combined with 0.25% Member Benefits APY bonus. Only applies to traditional and Roth IRAs. Minimum deposit of \$500 and maximum deposit of \$49,999.00. Offer applies to new or existing deposits. Jumbo and Super Jumbo IRA Share Certificates are excluded from this promotion. Consult your tax advisor as to which IRA would suit your specific situation. Certificate automatically renews at a five-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 account. Early withdrawal penalty may apply. LAPFCU reserves the right to rescind this offer at any time. Restrictions apply, ask for complete details.

⁴Non-deposit investment products and services are offered through CUSO Financial Services, L.P. (“CFS”), a registered broker-dealer (Member FINRA/SIPC) and SEC Registered Investment Advisor. Products offered through CFS are not NCUA/NCUSIF/ASI or otherwise federally insured, are not guarantees or obligations of the Credit Union, and may involve investment risk including possible loss of principal. Investment Representatives are registered through CFS. Los Angeles Police Federal Credit Union has contracted with CFS to make non-deposit investment products and services available to credit union members. 1216-16

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



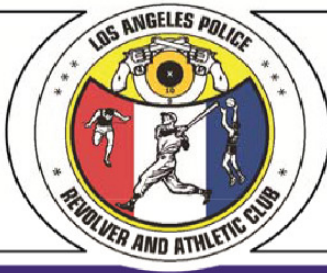
The Chief Daryl F. Gates Perpetual Trophy goes to
the Division with the Most Entrants

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

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*



Magazine M1A
20 rds

\$35.99



Red Army
AK Round
180rds—7.62 x 39

\$84.00



SUREFIRE.

XC1A Comp Gunlight

\$206.10



SUREFIRE.

Titan B 300 Lumens

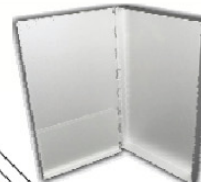
\$85.50



STREAMLIGHT

88040 Pro Tac HL

\$64.79



\$19.80

Posse Box CHP50 Clear

88060 Pro Tac

\$108.00



STREAMLIGHT



Posse Box
CHP50—Black



\$23.40

Remington Range Bucket
9mm 350 rds

\$78.00



Posse Box
PJ32D
Black

\$26.99



MagPul D60 AR
60 rds

\$112.49



TRUE UTILITY
...IN YOUR POCKET

LifeLite TU288

\$8.99



LOW PRICE GUARANTEE FOR LAPRAAC MEMBERS*

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



GIFT & UNIFORM SHOP

Childrens Items

**Future Officer
Pink 2T-5T**



\$10.99

Retired Items

"Retired" Mug



\$14.95



**Infant Onsie
6 mos—24 mos.**

\$15.99



Bulletin Hot Sheets

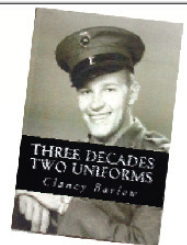
\$31.99

**Icon Toddler
Navy 2T-5T**



\$10.99

**Three Decades
(Book)**



\$18.00

**Enter
LAPRAAC'S
Quarterly
Drawing**

**SEE BELOW FOR
DETAILS**

**Retired Badge T
Sm—XXL**



\$15.99

**LAPD Daddy
Navy 2T-5T**



\$10.99

Baby Bib—Blue



\$7.99

Blue Baby Beanie



\$12.99

**Mini Badge
Sunflower**

\$2.50



**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

Presorted
First Class Mail
U.S. Postage
PAID
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Systems Inc.

911entertainment BAKER2VEGAS WEEKEND 2017 MARCH 24TH-26TH IT'S MORE THAN JUST A RACE NOW!

	3 NIGHTS	5 EVENTS	1 PRICE	
 Surrender <i>at Encore</i> FRIDAY MARCH 24	 <i>Encore</i> BEACH CLUB SATURDAY MARCH 25	 XS THE NIGHTCLUB AT ENCORE SATURDAY MARCH 25	 <i>Encore</i> BEACH CLUB SUNDAY MARCH 26	 OFFICIAL AFTER RACE Party INTRIGUE SUNDAY MARCH 26

Discounted Rooms at Encore & Surrounding Hotels:
(407) 809-5569, Group "911 Entertainment"

Discounted Rooms at Palms: 888 942-7770, Group "911 Entertainment"

Wristbands available @ Wantickets.Com/B2V17
LAPRAAC or 323 960-5649



f t i 911entertainment

