



# LAPRAAC

*CLUB NEWS*

WINTER 2019  
[www.lapraac.com](http://www.lapraac.com)

## **2019/2020** **LAPRAAC** **BOARD OF DIRECTORS** **ELECTION**

**GET INVOLVED IN YOUR**  
**CLUB'S ELECTION**

*(SEE PAGE THREE FOR INFORMATION)*





## MESSAGE FROM THE PRESIDENT

By Rick Santos

### Greetings LAPRAAC members,

As we say goodbye to 2018, I would like to wish everyone a happy, healthy, and successful New Year.

Traditionally the start of a new year brings with it a sense of renewal and the opportunity to make positive changes in one's life. This typically starts with the creation of New Year's Resolutions. Maybe you want to lose some weight, or get

back in shape. Perhaps you want to save more money, or read more books, go back to school, or learn how to play an instrument. Whatever your New Year's Resolution(s) are, I wish you the best of luck in your endeavors. Be that as it may, you already know it will take more than luck because life will always get in the way of the best of intentions. Most will start out strong, but their motivation quickly dwindles. Remember in order to achieve your goals you must implement Discipline and Consistency. It is the small, seemingly inconsequential daily actions and decisions that will determine your success or your failure. Rome was not built in a day. Look for small victories. If your goal is to lose weight and you resist the temptation to hit the drive through, or skip that second helping, that's a small victory. Celebrate those moments. And the more of those moments that you can string

together the more likely your success. Stay disciplined and consistent.

As the year progresses in April members will have the opportunity to make a difference in LAPRAAC. April showers may bring May flowers but for us it's the month that applications for those who wish to run for our Board of Directors (BOD). If you are someone who is dedicated to LAPRAAC and wants to be a voice for membership please consider joining the BOD. Your first step starts with contacting Barbara Ginn at [bginn@lapraac.com](mailto:bginn@lapraac.com) for further information.

When this letter is published, we will be approximately four weeks away from Baker to Vegas; our biggest event of the year! Further, B2V 2019 will also have two milestones – It's Chuck Foote's final year as race coordinator and West Gates' final year hosting the finish line

ceremonies. Additionally, the LAPD Department Team will be defending their title. If you happen to know any of those amazing athletes be sure to show them your support and appreciation for their dedication.

Personally, I believe that 2019 will be another great year for LAPRAAC and its members. Currently the BOD is in the planning stages of a number of great events such as: Dodger Opening Day Tailgate, Wellness Expo and of course our Memorial Run. If any of you would like to share your ideas, thoughts, concerns or just want to say hello you may always reach me by email or my cell phone: [rick.santos32900@icloud.com](mailto:rick.santos32900@icloud.com) or text/call (714)313-0048.

Until next time, thank you for your service and stay safe!



## MESSAGE FROM THE GENERAL MANAGER

By Ruben Crane

name, e-mail and serial number (if applicable). After that we do all the work. You will receive all of our event updates, sales information, giveaways, news updates, newsletter and more. Don't be the last to know, sign up today!

<http://lapraac.org/contact-us/get-connected/>

### Softball

Softball season is just around the corner. **Notice to All Team Captain's:** please mark your calendar for the Annual Softball Team Captain's Meeting scheduled for Monday, March 4, 2019, at 11:30 am. Please RSVP to Alex Barragan at [abarragan@lapraac.com](mailto:abarragan@lapraac.com) or call 323.221-5222 Ext. 228. If

your division is interested in fielding a team, please contact our Athletic Department at 323-221-5222 x219 or 228.

### Annual Team Captains Meeting

Our Annual All Sport Team Captains Meeting is scheduled for Wednesday, April 3, 2019, at 11:00 am. If you have a team or plan on starting a team for the 2019/2020 fiscal year, you need to be in attendance. Rules, guidelines and budgeting information will be discussed. Please RSVP with our Athletic Department at 323-221-5222 x219 or x228.

### 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 election notice inside this issue of the newsletter for additional details.

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### LAPRAAC Updates

Do you hate missing a great deal, a fun event or the latest news? If so, you will definitely want to sign up for our constant contact updates. It is super easy and only requires you give us 3 pieces of information, your

# BAKER TO VEGAS

## OFFICIAL LAPRAAC-BAKER TO VEGAS RING DESIGN



**balfour**  
balfour.com

2/5/19

1805"XXL"... W/ DRK BLUE, DRK RED, YELLOW EPOXY

Version # 1

© 2019 Commemorative Brands, Inc.

### BAKER 2 VEGAS CHALLENGE CUP

#### PARTICIPANT RING DESIGN

(RUNNER, WINNER, STAFF, SUPPORTER, ETC.)



DESIGNED EXCLUSIVELY FOR BAKER TO VEGAS-2019 CHALLENGE CUP BY JOHN DOERSAM & balfour

The **Baker To Vegas Challenge Cup** has created two official custom rings. The rings reflect the long standing, rich tradition and pride of the **LAPRAAC Organization** and the **B2V Event**. The rings are available to all past, present and future members, supporters & participants of the organization/event.

The rings will be personalized with your name and/or other personalization of choice on the flag/runner side of the ring.

#### Pricing Information

	<u>Medium</u>	<u>Large</u>	<u>Extra Large</u>
Silver Celestrium	\$295.00	\$305.00	\$ 315.00
Gold Tone	\$310.00	\$325.00	\$ 340.00
10k Gold	\$835.00	\$940.00	\$1070.00
14K Gold	Available Upon Request		

The ring is available in either silver or gold tone, 10K or 14K gold with stone color of choice.

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**All rings will have a Lifetime Warranty!**

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AREA AT  
THE EVENT**

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# LOS ANGELES POLICE REVOLVER AND ATHLETIC CLUB

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

Rick Santos  
President

February 15, 2019

Martee Miyakawa  
Vice President

TO: All LAPRAAC Members

Kathy Meek  
Treasurer

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

Ivan Ramos  
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 25, 2019, 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 **Active Duty** positions.

Tim Colomey  
Director

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

Ruben Gonzalez  
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. The official *Absentee Nomination Petitions* can be obtained from the LAPRAAC Administrative Office, or the LAPRAAC website; <https://lapraac.org/lapraac-board-of-director-elections/>

Ruben Holguin  
Director

The member being nominated in this manner need not be present on the day of the Annual Meeting.

Raymond Maltez  
Director

**PLEASE NOTE: BOTH ORAL OR WRITTEN NOMINATIONS ARE DUE BY THE CLOSING OF THE ANNUAL MEETING OF APRIL 25, 2019. NO NOMINATIONS WILL BE ACCEPTED PAST THIS DATE AND TIME.**

Vic Su'apa'ia  
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 1, 2019.

Chris Yamate  
Director

For more information contact Barbara Ginn at [bginn@lapraac.com](mailto:bginn@lapraac.com) or 323-221-5222 Ext. 202.

Ivan Ramos, Secretary  
Board of Directors  
LAPRAAC



*Michael Quezada  
Food Service Director*

## MESSAGE FROM OUR CAFE & CATERING

ful and hope we can continue to provide you with excellent service.

**Cafe** - Want to kick off the New Year with a healthy start? Look out for our healthy and yummy specials our Chefs are creating and don't forget about our tasty salads we have on our menu. You can find our menu and specials on the LAPRAAC website under café and catering or stop by our café and ask one of our friendly servers.

Also, look out for promotions we will be having for the Big Game/Super Bowl, Valentine's Day, Clam Chowder Day and Mardi Gras. Don't miss out on the special treats we will be raf-

fling and our special menus.

**Got a Minute?** - Tell us what you think by filling out a quick survey on our Ipad.

Our goal is to understand the need of our consumers and gather real time feedback on their dining experiences.

**Brew for Crew** - To all of our Classroom Instructors out there don't forget about our Brew for Crew program we have. It is a quick an easy way to have coffee deliver to you classrooms and have your students alert with a jolt of caffeine. Place your orders at Peet's Coffee or for any additional information talk to our friendly Peet's Barista Carlos

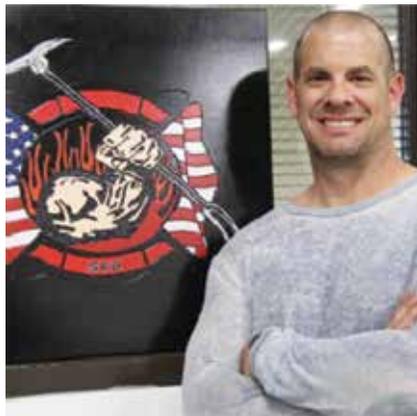
extension 224 or asked for our Manager's Mike and Maida extension 227, 226.

**Are you in a hurry for lunch?** - Call extension 224 to place your to- go order, and it will be ready for pick up at Peet's when you arrive.

**Graduations  
Weddings  
Promotion Parties  
Retirements  
and more . . .**

**Contact Maida for all of your Event Planning at 323.221.5222 Ext. 226.**

With the New Year Approaching LAPRAAC Academy Café & Catering want to say a big "Thank You" to everyone that has dined in our café and also has booked an event with us. We are thank-



## WELLNESS CORNER -

### *Tactical Sports Medicine Fit For Duty - Fit For Life*

By John Hofman

In 2014, an Executive Order established the "Presidents Task Force on the 21st Century Policing" and one of the pillars focuses on Officer Wellness and Safety. But what does that mean? For over a decade I have often asked the same question and after spending countless hours reconditioning those injured, training recruits in the academy, and being there to help our officers; it has become clear to me what "Officer Wellness and safety" actually means. For the most part we are trying to reverse the negative side effects of what the job WILL do to you physically, emotionally, hormonally, and/or psychological. Simply put, it is about LONGEVITY. It is not a question of "if you get hurt, but rather WHEN" and that could create more problems. If we look at some of the health risks associated with Law Enforcement, it is not absurd to understand why there is a huge push for Officer Wellness.

#### Officer Health Risks:

1. LEO are high risk for early deaths, heart attacks, and other health-related problems.
2. LEOs have greater morbidity and mortality rates than the general public principally due to cardiovascular disease, colon cancer, and suicide.
3. 40 percent of officers were obese as compared to 32 percent of the general population.
4. 25 percent of officers demonstrated signs of metabolic syndrome compared to 18.7 percent of the general population.
5. Suicide rates were eight times higher among active duty law enforcement officers as opposed to those who had retired or resigned from the police.
6. One study of a major metropolitan police agency indicated that almost 50% of its officers had at least three of the five major risk factors for coronary heart disease - high cholesterol, smoking, obesity, inactivity, poor cardiovascular fitness, or high blood pressure.
7. Surveys suggest heart disease accounts for 20 - 50% of early retirements.
8. Surveys suggest back problem accounts for 15 - 35% of early retirement.

- continued on page 5

## *Fit For Life* - continued from page 4

9. Younger officers, under the age of 35, have a lower risk of medical problems than the average American, but those 35 and over have a higher risk
10. Sleep patterns and disorders, which are often twice as high among police officers compared to members of the general public

These health risks will only be compounded by issues associated with recruitment and retention of future officers. According to the North Carolina Criminal Justice Analysis Center the attrition rate for police officers is 14% higher than both nursing and teaching. Don't forget the candidate pool continues to shrink thus placing more demand on current officers. In my experience an Officer Wellness Program is more than just fitness standards or a policy. Rather it is a comprehensive program that applies a sports medicine model vs. the traditional occupational medicine model – which was established to manage a wide variety of injuries: from steel workers to the officer worker. The traditional model has shown to be ineffective for law enforcement officers leading to prolonged disability and deconditioning. These problems could make things even more complicated by leading to increased frustration. The added frustration makes it more difficult to return to duty or improve on the officers well being. Cost estimates associated with an injured law enforcement employee varied from \$2500 to \$12,000, depending on the area injured. An in-service heart attack costs between \$400,000 and \$750,000, and early disability is estimated at 165% of an officer's salary. Finally, it has been estimated that back problems account for 15 – 35% of early retirement.

For the department, Officer Wellness also represents a sound investment. Studies of law enforcement officers indicate more fit and active officers have 40 – 70% less absenteeism than less fit officers. The cost savings associated with disability are manifold:

- Partial disability means a loss of flexibility in assignments;
- Total disability results in a loss of valued personnel;
- The expense of disability payments; and
- The expense of rehiring and retraining.

It is very clear why Officer Wellness is needed, but just stating the problems is half the battle. Relying on traditional models does not work. It needs to be developed in a manner that is proactive, supportive, and efficient. Here at Southern California University our Tactical Sports Medicine Program places an emphasis on return to work by focusing on the early diagnostic accuracy and the ability to include additional medical support within one campus which utilizes a vertical integration care approach. This model improves outcomes and reduces costs. More important we understand that no one calls 911 on a good day and have experience working with LEO - that is why our motto is "Fit for Duty, Fit for Life."

Last, I am honored to be able to write for the LAPRAAC newsletter. My goal is to share my knowledge and experience with you so we can help you get to retirement healthy. Future articles will focus on different topics that revolve around Officer Wellness: exercise, nutrition, sleep, recovery etc. Over the past 10 years I have worked specifically in the tactical (Law, Fire, Military) industry which has given me access into a world unknown to most, but more importantly it has provided me the opportunity to apply my knowledge to help those serving our communities.

**BIO:** Mr. John Hofman holds a Master's degree in kinesiology, is a Certified Tactical Strength and Conditioning Facilitator with Distinction (TSAC\*D) and Certified Strength and Conditioning Specialist with Distinction (CSCS\*D) both from the National Strength and Conditioning Association (NSCA). He currently serves as the Director of SCU Tactical Strength and Conditioning. He has served as SME for CA POST and developed the current PT for the Academy Instructor Course and was the recipient of the 2018 NSCA TSAC Practitioner of the Year award. He currently serves as the Director of Tactical Strength and Conditioning for Southern California Health Systems.

If you would like to contact Coach Hofman or would like to know more about Southern California University Tactical Sports Medicine Program go to <http://scuhealth.org/tactical-sports-medicine/>  
 Phone: (562) 475-5192 Tactical Sports Medicine direct line  
 Email: Johnhofman@scuhs.edu





## MESSAGE FROM THE ATHLETIC DEPARTMENT

By Alex Barragan, Athletic Director

I would like to thank all 29 basketball teams that made this year fun and exciting for

the entire regular season. I would personally like to thank all the team captains for their flexibility and understanding in rebuilding the league through this process. Playoffs will begin the second week of January, bringing even more energy and competitive play. Representing the D-League with the number one seed will be Southeast with a record of 7-1, lead by their tenacious team captain Ruben Gonzalez.

USC was awarded the number one seed in the C-League with a record of 8-1, guided by the 2018 LAPRAAC Hall of Famer Ed Palmer. In the B-league, Olympic was awarded the number one seed with a record of 6-1, spearheaded by team captain Oh Gwan. A-League number one seed will also be represented by USC with a record of 4-1, composed of size, speed, and athleticism there is a team to be reckoned with. Special recognition to the COA, that will be entering the playoffs with a 4-game winning streak led by sharp shooting captain Mike Rimkunos and crafty guard Brenda Crump.

Please be on the look out for our softball captains meeting and Spring Bench Press Competition coming soon.





LAPRAAC/LAPD  
INTRA-DEPARTMENT



# SPRING BENCH PRESS CONTEST

**Friday, April 26, 2019**

**Elysian Park Academy Gym**

**Time: 0830-1400 hours**

**Individual & Team Awards - 1st — 3rd Place**



**2 Weigh-In Days**

*Wed-April 24 (1500-2030)*

*Thurs-April 25 (0730-1600)*

**Weigh-In Location: Athletic Office**

RSVP to the LAPRAAC Athletic Director Alex Barragan

Email: [abarragan@lapraac.com](mailto:abarragan@lapraac.com) - Phone: 323.221.5222 Ext. 228

**Entry Fee: \$20.00**

(Make Checks Payable to LAPRAAC—All participants must be active members)

**Weigh In Clothing:** Fitted shorts/pants and T-shirts Only, No Boots, Vests, Sam Browne, ETC.

**Competition Clothing:** T-Shirt, Fitted Shorts, Capris, Long Tights and Shoes

**Other Approved Items:** Wrestling singlet, conventional lifting suit, wrist wraps, belt (belt no greater than 10cm wide)

**INFO & RULES:** A briefing will take place at 08:30 hrs the day of the contest. If a competitor can make only one of the three attempts (court or other reason), that attempt will count as official. Flights will be posted the morning of the competition. Teams shall consist of full-time sworn officers assigned to that division the day of competition and must be a LAPRAAC member entering the competition. Teams shall consist of no more than 40 competitors. A division may enter more than one team. NO CHANGES to the team roster will be allowed on the day of competition.

## LAPD WOMEN FLAG FOOTBALL TEAM

By Susie Gras

On 01/26/19 the LAPD women's flag football team participated in a charity flag football tournament hosted by Riverside PD. The LAPRAAC Sponsored LAPD teams represented "Ghetto Rescue FFoundation" which is a non-profit organization founded by local police to serve communities in the Los Angeles area that are saturated with homeless, abandoned and abused "street" dogs. The LAPD women's flag football team split their 28-player roster into two 14 player teams to participate in the tournament. Both

LAPD Black and LAPD Blue would like to thank the coaching staff who volunteered their time and everyone who came out to support as well as those who purchased tickets for this charity event but were unable to attend. The Women's flag football team raised approximately \$3000 for "Ghetto Rescue FFoundation."

If you are a LAPRAAC member and are interested in being a member of the LAPD Women's Flag Football team please contact Susie Gras via email at [35059@lapd.online](mailto:35059@lapd.online)



LAPD Women Flag Football Team

## LAPD BASEBALL TEAM

By Mike Scott

Our Los Angeles Police Baseball Foundation (LAPD Baseball Team) had a very successful Toy Drive and Baseball Series on Sunday, December 02 at Bishop Canyon Fields above Elysian ParkAcademy. Our Team would like to thank Poland National Team, Diamond

Dawgs 18U Team, Northeast Little League, a special guest appearance from our LAPD Chief Michel Moore, and all the family members, friends and fans for coming out to support our cause. The team hosted their Holiday Toy Giveaway Event on December 19 For over a thousand needy kids at

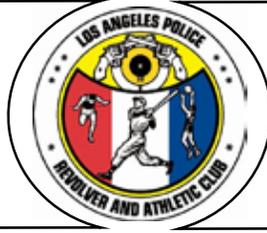
Art's Chili Hotdog Stand on the corner of Florence Avenue and Normandie Avenue in South Central. This location is known as one of the starting spots of the 1992 LA Riots. Our team brought together sponsors, partners, volunteers, and 77th Division Community Police Station to turn this memorable

location into Winter Wonderland for so many disadvantaged families. For more information about joining the LAPD Baseball Team contact Officer Mike Scott at 818-912-0561 or [34948@lapd.online](mailto:34948@lapd.online)



LAPD Baseball Team

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



**GIFT  
AND  
UNIFORM SHOP**



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**NEW**



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RUNNERS  
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**(Must Be A LAPRAAC Member To Win – One Coupon Per Member)**

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A new level of the Patrol Bag for a new era of Patrol. Designed from the ground up, this P.R.B. bag has the needed cubic space, pockets and pouches for all the necessities an officer will need from an "Active Shooter" call to qualification.

Colors: Black, Dark Navy



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 Lanyard Wallet

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PRICES VALID THROUGH 4-30-19



## LAPRAAC News

Los Angeles Police Revolver & Athletic Club, Inc.

P.O. Box 861148

Los Angeles, CA 90086-1148

