

# LAPRAAC

## CLUB NEWS

Summer 2019

**2019  
LAPRAAC  
EQUIPMENT  
EXPO**



See page 11 for  
Expo coverage!

[WWW.LAPRAAC.COM](http://WWW.LAPRAAC.COM)

## About LAPRAAC

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 is located at the Los Angeles Police Academy in Elysian Park and is full of Los Angeles Police Department history. It 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.

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LAPRAAC operates the LAPRAAC stores (Westchester and Elysian Park) including the gift shop, gun shop and uniform shop. We also operate our café and catering service as well as the rock garden and lounge. Our athletic and recreational workout facilities are available 24 hours a day and include: weight room, swimming pool, locker rooms and showers, steam bath, 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 major annual athletic events: Baker to Vegas challenge cup relay and the police memorial relay race.

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### LAPRAAC BOARD OF DIRECTORS

Rick Santos, President.....714.313.0048  
 Ruben Gonzalez, Vice President.....424.219.2326  
 Kathy Meek, Treasurer.....818.422.7851  
 Ivan Ramos, Secretary.....626.372.1320  
 Tim Colomey.....213.305.4528  
 Bryan Dameworth.....818.631.9001  
 Ruben Holguin.....626.695.9386  
 Martee Miyakawa.....213.822.6131  
 Vic Su'apa'ia.....805.368.6659  
 Lily Vizcarra.....562.842.6658  
 Chris Yamate.....626.624.3444  
 Ruben Crane, General Manager.....323.221.5222 ext204

## Committee Assignments

**ADMINISTRATIVE**  
 RUBEN GONZALEZ

**ATHLETICS**  
 TIM COLOMEY

**MEMBERSHIP & MARKETING**  
 VIC SU'APA'IA

**FIREARMS AUDIT & COMPLIANCE**  
 IVAN RAMOS

**FINANCE & AUDIT**  
 KATHY MEEK

**BY-LAWS**  
 KATHY MEEK

**LEGAL**  
 MARTEE MIYAKAWA

**BAKER TO VEGAS**  
 RUBEN GONZALEZ

**SHOOTING ACTIVITIES**  
 CHRIS YAMATE

**ELECTION**  
 RUBEN HOLGUIN

**PROJECTS**  
 IVAN RAMOS

**MEMORIAL RUN**  
 BRYAN DAMEWORTH  
 LILY VIZCARRA

### HOURS OF OPERATION

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-Thu 8:00 am - 3:30 pm Fri 7:30 am - 12:00 pm
Café and Coffee Bar	Mon-Fri 6:00 am - 2:00 pm

### EXTENSIONS

Gun Shop.....	ext 206
Gift & Uniform Shop.....	ext 231
Athletics.....	ext 219/228
Café.....	ext 224
Catering.....	ext 226
LAPRAAC West.....	310.649.5459

### EMAIL ADDRESSES

General Manager: rcrane@lapraac.com  
 Retail Operations Manager: drhodes@lapraac.com  
 Gun Store Manager: aduenas@lapraac.com  
 Athletic Director: abarragan@lapraac.com  
 Member Services Coordinator: bginn@lapraac.com  
 Marketing Coordinator: tadams@lapraac.com  
 Food Service Director: quezada-michael@aramark.com  
 Catering Manager: Kirokian-maida@aramark.com

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## A message from the President Rick Santos

Happy New Year! Yes, it is August but for LAPRAAC, summer marks the beginning of the new fiscal year and a new LAPRAAC Board of Directors. The election results are in and we have two new members joining our team- Bryan Dameworth and Lilly Vizcarra. Both are from Metropolitan Division and bring new ideas and excitement to the Board of Directors. Remaining on the Board will be Ruben Gonzalez (Vice President), Kathy Meek (Treasurer), Ivan Ramos (Secretary), Ruben Holguin, Martee Miyakawa, Vic Su'apa'ia, Chris Yamate and Tim Colomey. As we welcome two new members we also say good bye and thank you to Jeff Bert and Raymond Maltez. Jeff and Ray, your dedication and hard work set the standard for current and future Board Members. Your hard work and dedication are truly appreciated. As you move on to other challenges we all wish you Godspeed.

I am humbled by the opportunity to serve the membership as your President for this upcoming year. I am committed to you, the members, to do what is best, and uphold the traditions of our institution. To all members, I am committed to listening to any and all feedback, ideas, and suggestions. On behalf of the Board, we are re dedicated to the success and wellness of our members.

Although we are right in the middle of summer, fall is right around the corner, and September is National Suicide Prevention Awareness Month. This is a tough topic to discuss because we are all impacted by officer suicide. Most of us choose to avoid discussing this topic as to not shine a negative light on an Officer who took his or her life.

We have always been taught the importance of taking care of ourselves during violent encounters. We were all taught about the 1%, who would not hesitate to kill us if we gave them the opportunity. However, nationwide data show that a Police Officer is more likely to die at his or her own hands than by the hands of a suspect. In 2018 there were 167 police officers nationwide who took their own life compared to 145 who died in the line of duty. To date we have had 106 Officer's die by their own hands (bluehelp.org) compared to 66 line of duty deaths (Officer Down Memorial Page). These line of duty deaths include killed by suspect, traffic collision, heart attack and other means.

Research completed by Dr. John Violanti (Department of Epidemiology and Environmental Health, University of Buffalo) indicates that officers are at a 69% higher risk of committing suicide than the public at large. No doubt officers are exposed to more trauma than most people. The public does not call us when things are going well. Our calls for service will at times take us to horrific and tragic scenes. How many times have you seen a victim's dead body? Or the body of a deceased child? Or a horrific traffic collision? Officers from around the world experience death and tragedy at a rate that is unnatural. And those exposures take their toll, even if you don't recognize it. Shift-work, lack of sleep, overtime, mandated court appearances all compound to wear down your physical, mental, and emotional well-being.

We should not be uncomfortable talking about something that is literally killing us! We must also start taking better care of one another. Finding healthy outlets to deal with the demands of the profession is essential. We all chose this profession to make a difference in the lives of others, and answer the call for help. Let's make sure we also look out for each other so that we can continue to respond to those calls. Remember, the Department provides peer counselors Behavioral Sciences Section. We also have Managed Health Network (MHN) which gives all sworn employees and their families 12 counseling sessions annually.

LAPRAAC is also another great resource. We were committed to not only build camaraderie, but to build a healthy officer. Staying fit and participating in activities is a great way to keep yourself ready for the demands of the job. LAPRAAC offers several different sports and activities for all of our membership. We have men's and women's softball, baseball, football, powerlifting, CrossFit, triathlon, fitness team, Corn-Hole, women's football and many others. If we don't have your activity come talk to the LAPRAAC Athletic Dept.

It all comes down to this – please take care of yourself and one another. And let us know how we can help.

If any of you ever have questions or concerns do not hesitate to reach out to me, [rick.santos32900@icloud.com](mailto:rick.santos32900@icloud.com) or if you see me on the grounds here at Elysian Park just pull me aside and let me know what is on your mind. I thank all of you for making our Club great and I look forward to serving as your President.







## **MESSAGE FROM THE GENERAL MANAGER BY RUBEN CRANE**

Board of Director Elections – The election results for the 2019/2020 LAPRAAC Board of Directors are in, and the winners are Bryan Dameworth, Ivan Ramos, Lily Vizcarra and Chris Yamate. We thank you for your participation in the election. In addition, at the Board Meeting immediately following the election, the Board of Directors voted to establish Officers of the Board for the 2019/2020 term. Below is your 2019/2020 LAPRAAC Board of Directors:

President – Rick Santos  
Vice President – Ruben Gonzalez  
Treasurer – Kathy Meek  
Secretary – Ivan Ramos  
Director – Tim Colomey  
Director – Bryan Dameworth  
Director – Ruben Holguin  
Director – Martee Miyakawa  
Director – Vic Su'apa'ia  
Director – Lily Vizcarra  
Director – Chris Yamate

Recent Events – Our 3rd Annual Equipment Expo took place on August 10th. This event featured numerous vendors as well as the live fire experience. What is live fire experience? Firearms vendors such as Smith & Wesson, Glock, Springfield, STI, CZ, Ruger and numerous others brought their guns for the participants to test – live! Yes, they actually got to shoot them. We even had full auto firearms! Again this year we featured a sidewalk sale with blow out priced merchandise and a huge firearms auction.

New LAPRAAC Staff – We have 3 new team members on board to help the Club and our membership. Benjamin Jimenez, our new sales clerk in the Store, Tyler Adams, our new Marketing Specialist and Astyne Price, our new Assistant Athletic Director. These three bring a wealth of knowledge, experience and energy to help us serve you better. We are excited about having them on board and look forward to the great service they will provide to the Club.

Baker to Vegas – April 4th & 5th may seem far away, but will be here before you know it. This year is going to be a big one. With a new Race Coordinator, Tony Adler, and a new race course to accommodate the new host hotel, the Rio All-Suites Hotel and Casino. We are also working on something we think is going to be really big for Friday night, April 3rd, in Vegas. I cannot disclose the details yet, but you are not going to want to miss this. Our room block last year sold out before the early bird pricing ended, so when this addition to the race is announced, we anticipate rooms to go even faster. Do not wait, book early and don't miss out on the great event and great pricing.



## MESSAGE FROM THE ACADEMY CAFÉ TEAM

### DEAR SUMMER

To one of our favorite Season of the year, thank you Summer for arriving and providing us with hot weather. Nature is busy growing plants, fruits, herbs and vegetables giving us great quality of ingredients to share with you. From arugula, bell peppers, corn, endives, radishes, and Yukon gold potatoes. Enjoy all these great summer vegetables that you can find in our café menu. We take great pride to ensure you are given the best quality of vegetables from our approved vendors. We support our local farm growers that have safe sustainability practices.

### FRESH AND NEW

Check out our weekly café specials on the LAPRAAC website! Our daily specials have become a sensation and it's a good way to bring in new ideas and making sure we are keeping it with the season. From our special Baja grilled Romaine salad to our café menu BBQ Tri Tip Salad, we have many choices that cover your palette for the day.

### ACADEMY CAFE MENU

It's time to introduce new menu ideas again, don't worry your favorites are not going anywhere! We will be changing our Café menu design and also introducing some healthier and customizable options. Anything you want to see on the menu please don't hesitate to let us know with our Voice of Consumer survey! It provides us with instant feedback and keeps us accountable with any comment, concern or request.

### ACADEMY CATERING

For the past 2 years, Maida Kirokian has been bringing her best experience to all our catering events. From Retirements, Quinceñeras and weddings, Maida provides you with her expertise and passion. The Academy Catering team is available for corporate events, social gatherings, celebrations and occasions of all kinds. Whether you're planning a gala or an intimate dinner party, our experienced and gracious professionals can create an event that is delicious and unforgettable.

### WEDDINGS

You've reached one of the most joyous milestones in your life. There are both big decisions and little details to attend to as you plan your big day. Academy's Catering expert services will ensure that your wedding is a reflection of your love, your journey and more importantly, your personality.

### START PLANNING YOUR EVENT WITH US

Reach out to Maida Kirokian for any questions you have about catering. Please don't hesitate to request a walk through of our event room or hidden gem the Rock Garden.  
323-221-5222, ext. 226



## MESSAGE FROM THE ATHLETIC DIRECTOR ALEX BARRAGAN

I would like to thank all the athletes who were committed to preparation with their training regime for the US Police & Fire Games. This year it was the rebirth of hockey and the consistency of dominance from the LAPD Blue Men's Basketball Team.

Out of 44 sporting events the LAPD participated in 28 as either an individual or team. The City of San Diego and its community were great hosts with their hospitality and sporting venues. We would like to encourage all athletes to continue to participate and engage in LAPRAAC Intra-Departmental Sports/Budgeted Teams.

# LAPD HOCKEY TEAM



The team made a strong presence in numbers sending three teams to the tournament. Team #1 came in third place in the upper bracket while the other two teams competed hard to the end.





# WOMEN'S SOCCER



Women's soccer team The Strikers was led by Team Captain Michelle Loomis against their fierce rival LASD. It was a hard fought elimination game till the second half where LASD pulled away with a 3-1 victory.



# WOMEN'S BASKETBALL



Their team was led by USPFC hall of fame inductee Brenda Crump in their route to championship gold.





# USPFC LAPD BASEBALL TEAM



Ageless pitcher and workhorse Juan Soriano pitched a strong game to get a 5-3 victory over the Chicago Knights.



## WOMEN'S FLAG FOOTBALL



The LAPRAAC sponsored LAPD Women's flag football team participated in the United States Police and Fire Championships which were held in San Diego in June. This was the first time women's flag football was played at these games and was well participated. The LAPD beat LASD and San Bernardino Combo and tied Riverside PD in head to head competition. This led to the championship game where LAPD and Riverside faced off again to see who would become victorious. LAPD put points on the board first and held Riverside until the final minutes when Riverside pulled through with a few desperation plays. LAPD walked away with the Silver medal.



## MEN'S SOCCER TEAM





# LAPD POWERLIFTING TEAM



Athletes displayed their power lifting dominance sweeping most of the flights and bringing home gold. Team members were Jesus Carrillo, Matthew Okubo, Maricela Corral, Shannon Paulson, Dominic Licavoli, Big Joe, and John Baker.

# LAPD SWIM TEAM



(Left to Right) Team Captain Brian Espin, Daniela Cordoba, John Rogers, Gustavo Reyes, Matthew Wong, John Wong

# 2019 UNITED STATES POLICE & FIRE CHAMPIONSHIPS



Tom Connolly, Elyes Messaoudi, Chuck Foote, Phil Peery, Eli Villatorochavez, Eric Esturban, Brian Owen



On June 29th, the 2019 USPFC Biathlon event was held at the Police Safety Training Center in the beautiful beach town of Carlsbad. The biathlon combines running and shooting for which the competitor with the shortest time wins. Competitors start with a one-mile run then shoot 12 rounds, run one mile, shoot 12 rounds and complete the event by running the final mile. Time penalties are added to competitors overall time for each missed shot out of the scoring target strip.

This year six members of the biathlon team competed, five of which were also members of our Department Elite B2V Running Team. Each team member did exceptional, having extremely fast running times and accurate shot placement. At the conclusion of the event, a total of 11 medals were awarded to team members.





# LAPRAAC EQUIPMENT EXPO

# THE LARGEST EXPO IN LAPRAAC HISTORY!

This year's Equipment Expo was an even larger success than we could have imagined! With over 700 attendees, 50 vendors and literally thousands of rounds of ammunition, The 2019 Expo was the largest Equipment Expo in LAPRAAC history! It wouldn't have been possible without our extremely hard working staff, the incredible support of our vendors such as Geissele, CZ, Glock and STI, and every single person who made it out on a Saturday whether it was solo or with their families. We can't wait for next year's show where we hope to have an even larger turnout!







Chris Yamate and Ruben Gonzalez picking the winners of the raffle.



Some very special guests showed their support for the Expo!  
Taran Butler and crew with the CZ team!





**CONGRATULATIONS TO ALL OF OUR RAFFLE WINNERS!**





# TRIATHLON TEAM



Pictured from left to right:  
 Brian Owen – Retired – Silver  
 Susan Garcia – Olympic Division - Gold  
 Timothy Colson – Southeast Division - Silver  
 Mike Barragan – Commissions Investigations Division  
 Thomas Onyshko – Metropolitan Division - Gold

The 2019 United States Police & Fire Championships Triathlon event was again held in conjunction with the San Diego International Triathlon, on June 23rd at Spanish Landing Park. USPFC competitors joined 800 other competitors in one of the longest standing triathlons.

This year we had five team members compete on an overcast yet balmy day in San Diego. The water was a temperate 68 degrees at the 0640 hour start time, making the 1000-meter swim in the harbor very pleasant.

Cycling to the top of Point Loma and twice circling Rosecrans National Cemetery and Cabrillo National Monument was an honor. Spectacular views of downtown San Diego and the Coronado Bridge were also amazing sights while atop of the Point..

After 30 kilometers on the bike, competitors began their 10-kilometer running trek along the flat and busy waterfront Embarcadero, which also led past the iconic aircraft carrier, USS Midway, finally finishing at the Seaport Village peninsula.

Triathlon team members compete in races around the world during the season and members will be traveling to China to compete in the 2019 World Police & Fire Games.

If you are interested in joining the team, contact Mike Barragan at [Mikebarragan562@gmail.com](mailto:Mikebarragan562@gmail.com) or Brian Owen at [brianowen587@gmail.com](mailto:brianowen587@gmail.com)

## MEN'S BASKETBALL

LAPD BLUE continued building its gold medal collection by showing resilience and endurance with only six players for the whole entire tournament. They were lead by high flying guard James Douglas and sharp shooter Aaron Thompson.





# LAPD SHOTGUN DINOSAURS ARE GOLD MEDAL WINNERS IN WORLD GAMES!

BY JIMMY L. TRAHIN, #16387, DET RET

No question about it. The competition at the World Police & Fire Games was definitely TOUGH in the trap & skeet shooting events .....and I mean TOUGH with a capital "T". Teams from NYPD, England, Australia.....everyone wanted that precious gold medal.

No matter. The elite LAPD shotgun maniacs were geared up at maximum throttle to take on the challenge. Six highly trained, dedicated, deranged, & certifiable shotgun experts were given the special task to bring that valuable gold medal to the Department. Failure was not an option.



The "cream of the crop" dinosaur squadron included GREG DEWITT #17690, DAVE HERRICK #16272, BOBBY LUTZ #13561, WALT ALLEN #21089H, DARRYL ITO #27308, and yours truly, JIMMY TRAHIN #16387. Darryl acted as a backup shooter and he came through for us when it was most needed....congrats.

Although the Games were held in China, it was decided that it would be best if the shotgun events were held in the U.S. Consequently, the venue chosen was in our very own backyard at the local Triple B Clays Shooting Range in El Monte .....and no passports were needed.

The six event, four day marathon shoot was intensely grueling and required "mucho" blasting from sunrise to sunset. Bloodshot eyes and super sore shoulders were the norm by the final day. When all of the thousands upon thousands of dead & bloody claybirds were finally added up at the end, the LAPD Trap & Skeet Team was standing tall and triumphant.

We took the team Gold medal in Skeet and the Silver medal in both 16 yd Trap & Sporting Clays. Individual medals went to TRAHIN, Gold in Skeet; ALLEN, Silver in both 16 yd Trap & Skeet; and LUTZ with a Bronze in High Overall (HOA) Skeet. ITO captured a Gold, Silver, & Bronze. Another tremendous victory for LAPD & LAPRAAC.

That concludes our competition for the year. Those dinosaur bones need a well deserved rest and overhaul. It is now time to give some pampering & tender loving care to our shotguns that have served us so well during this past year. They will be given a thorough cleaning and then be allowed to rest peacefully in their velvet & sheep skin lined cases.

ALWAYS REMEMBER: IF YOU LOVE YOUR SHOTGUN.....IT WILL LOVE YOU!





## LAPD SUBMISSION GRAPPLING TEAM

Officers Chas Maloch (Pacific Division) and Elijah Lim (Pacific Division) represented the Department and the United States at the 2019 World Police & Fire Games, which were held in Chengdu China on August 13. This event had athletes from around the world competing. Both officers won Bronze medals in their Divisions.



## SAVE THE DATES

Basketball Team Captains Meeting	September 5
Interdepartmental Basketball Season Starts	October 7
Bench Press Competition	November 1

# LAPRAAC



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