

# The Guardian

Los Angeles Police Relief Association, Inc.



Volume 31, Number 4

Fourth Quarter 2012

## LAPRA 2012 Fitness Challenge Shows Strength in Numbers

A crisp fall day under slightly overcast skies was the perfect backdrop for the 2012 Los Angeles Police Relief Association (LAPRA) Fitness Challenge awards ceremony held October 18 at the Elysian Park Police Academy. In his welcoming remarks, Chief of Police Charlie Beck congratulated Fitness Challenge participants on their commitment, perseverance and success in losing more than 13,000 pounds. "There's nothing better we can do than take care of ourselves and help each other stay fit," he said. "For your own good health and for our community, I encourage each one of you to continue your wellness journey."

Emceeding the event for the fifth straight year was Captain Ivan Minsal. He noted the value of team participation in the Fitness Challenge and said having the support of teammates in any endeavor heightens the opportunities for success.



**Captain Ivan Minsal, Emcee of the LAPRA 2012 Fitness Challenge awards event.**

Representatives from Anthem Blue Cross and Kaiser Permanente were on site to answer questions about LAPRA medical benefits. Raffle tickets were distributed for a variety of prizes, including a bicycle and gift cards. A heart-healthy lunch of turkey, chicken, salad, grilled vegetables, fruit and yogurt was served.

The LAPRA 90-day Fitness Challenge is open to all LAPD sworn and civilian employees each year at no cost. ■



**Chief of Police Charlie Beck welcomes Fitness Challenge participants, family members and friends to the 2012 LAPRA Fitness Challenge awards event.**

## Annual Holiday Open House Luncheon

The Directors and Staff of the Los Angeles Police Protective League, Los Angeles Police Relief Association, and Los Angeles Police Retirement Benefit & Insurance Association, Inc., invite you to join us for our **Annual Holiday Open House Luncheon**:

**Date:** Wednesday, December 5, 2012

**Time:** 11:00 a.m. to 3:00 p.m.

**Location:** Los Angeles Police Protective League  
1308 West Eighth Street  
Los Angeles, CA 90017

# LAPRA

LOS ANGELES POLICE RELIEF ASSOCIATION, INC.



## Grand Prize Team Winner, 2012 Fitness Challenge

# Success on a Grand Scale for Training Division Team

“The Training Division team has spirit, determination and two amazing co-captains,” says Captain III Michelle Veenstra, Training Division Commanding Officer. “Through education, positive reinforcement and peer support, co-captains Senior Clerk Typist Cynthia Morales and Sergeant Sam Gong wore many hats and offered the right mix that guided the team to an impressive second-year victory. Most importantly, they kept it fun,” she said. As Grand Prize Team Winner, with a cumulative loss of 15.06%, the Training Division team earned \$10,000 for their station fund for the second year in a row. ■



**The Training Division – Elysian Park team proudly displays their grand prize award at the LAPRA 2012 Fitness Challenge awards event.**

## 2nd Prize Team Winner, 2012 Fitness Challenge

### SOD Team Used Tech with the Right Touch

When the Special Operations Division (SOD) team signed up for the 2012 LAPRA Fitness Challenge, they knew they would have to work harder and smarter than other teams to achieve their goal of five percent body fat loss per team member. As Second Prize Team Winner, with a cumulative loss of 10.28%, they surpassed their goals and earned \$5,500 for their station fund.

As team co-captain Hugo Gutierrez explained, “Many of our team members were scattered all over the city. We didn’t have face time every day to offer each other the personal support and encouragement that’s essential in this type of challenge. We had to find another way to keep each other engaged and motivated so we wouldn’t lose sight of our goals.”

Team co-captain Adrian Sanabria stepped in and developed a high-tech solution with just the right personal touch—a user-friendly Excel spreadsheet that team members could access from any location. Sanabria says the spreadsheet literally kept them all on the same page. It even had messages that were triggered at certain weight thresholds. According to Sanabria, the spreadsheet enabled team members to stay connected with each other and with their personal weight loss goals. “When combined with a bit of positive peer pressure,” he said jokingly, “it was a recipe for success.” ■



**John Kong, co-captain of ITB Team Rock**

## 4th Prize Team Winner, 2012 Fitness Challenge

### ITB Team “Rock” Still On a Roll

John Kong, co-captain of ITB Team Rock, says his tight-knit team stayed focused on creating sustainable lifestyle changes that would last long after the Fitness Challenge ended. “We were looking beyond the weight loss,” he said. “Our goal was to keep it fun and develop healthy habits that would have long-term payouts. “The weight loss was a bonus,” added

team member Scott Rate who dropped 22 pounds in the challenge. With a cumulative percent loss of 8.31%, ITB Team Rock earned fourth prize this year, and \$3,500 for their station fund. This is the third consecutive year they have received special recognition for their efforts. ■

**TOP SIX TEAMS**

Team	Prize	Award	Cumulative Percentage Lost
Training Division – Elysian Park	Grand Prize	\$10,000	15.06%
Commercial Crimes Division	1st Prize	\$7,500	11.71%
Special Operations Division	2nd Prize	\$5,500	10.28%
Rampart – Team 2	3rd Prize	\$3,500	10.06%
ITB – Team “Rock”	4th Prize	\$2,500	8.31%
Hollenbeck Division – Team 2	5th Prize	\$1,500	8.25%



**2nd Prize Team:  
Special Operations Division**



**1st Prize Team:  
Commercial Crimes Division**



**3rd Prize Team:  
Rampart – Team 2**



**4th Prize Team:  
ITB – Team “Rock”**



**5th Prize Team:  
Hollenbeck Division – Team 2**

## 2nd Prize Winner in LAPRA 2012 Fitness Challenge

# Kim Heng Learned Lessons for Living Well

This is a year of milestones for Kim Heng. He recently turned 40 and will soon celebrate his fifth anniversary with the LAPD Property Division. What's notable about this year is that he's lighter and tighter than he was five years ago and feeling better than ever. He credits his improved health and positive outlook to participation in the 2012 LAPRA Fitness Challenge. As a member of the PRD/Property Division, Heng won second prize in the individual competition with a cumulative percent loss of 25.41%.

*"My team was there for me when things got difficult, and they helped me break the 25-pound barrier, which I've never been able to do on my own."*

What kept him going? Heng says the support of teammates kept him focused and motivated. "Losing weight is about changing behaviors, including what you eat and how much you exercise," Heng said. "Old habits



**Kim Heng  
2nd Prize, Individual**

are hard to break. My team was the support system that enabled me to make the right food choices and stick to my workout routine. They were there for me when things got difficult, and they helped me break the 25-pound barrier, which I've never been able to do on my own."

*"When I look in the mirror it's a new me and I like what I see."*

*"Losing weight is about changing behaviors, including what you eat and how much you exercise,"*

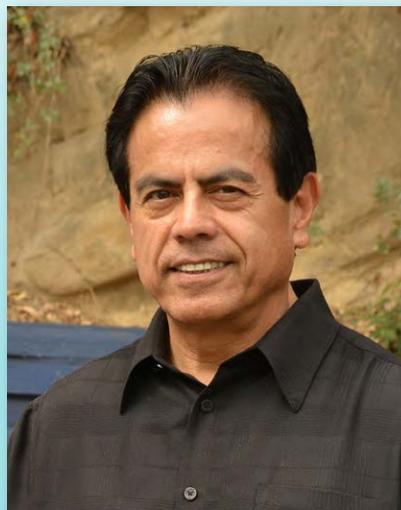
Heng says his life has changed all for the better. He still enjoys Chinese and Mexican food, but now in smaller portions. He's more cautious about what he eats—eating less, but more often. He starts each day with a healthy breakfast and ends with a cardio workout on the elliptical or stair master. "I have the second half of life ahead of me," says Heng, "and I'm taking it on with a fresh outlook, tighter waistline and whole new wardrobe. When I look in the mirror it's a new me and I like what I see." Heng thanks Rolanda Dowd for encouraging him to join the Fitness Challenge, and Aiza Nichols for connecting him with his PRD teammates. ■

**TOP FIVE INDIVIDUALS**

Name	Prize	Award	Cumulative Percentage Lost
Gene Arreola—CCD	1st Prize	\$5,000	31.06%
Kim Heng—PRD	2nd Prize	\$4,000	25.41%
Tarek Ismail—Van Nuys	3rd Prize	\$3,000	25.33%
C. Diamond Gentry—West Traffic Division	4th Prize	\$2,000	24.78%
Juan Martinez—CCD	5th Prize	\$1,000	24.75%



**2nd Prize Individual:  
Kim Heng**



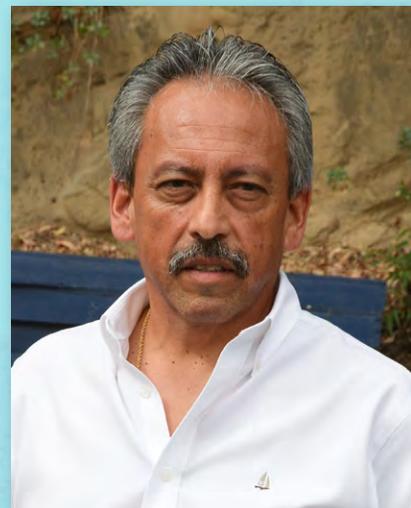
**1st Prize Individual:  
Gene Arreola**



**3rd Prize Individual:  
Tarek Ismail**



**4th Prize Individual:  
C. Diamond Gentry**



**5th Prize Individual:  
Juan Martinez**

## Fitness Challenge Tips

# First Timers Discover It's Not All About the Weight

### Stay Positive

This was Karen Wright's first Fitness Challenge. A member of ITB - Team "Roll", she says her 90-day fitness journey brought her more than just weight loss. "The weight loss is great," she explains, you never get a second chance to make a first impression, but for me the experience was much more than that. It was about connecting with the people I work with, reaching out to my community and finding ways to make life better—not just for myself, but also for others."



**Karen Wright**  
ITB - Team "Roll"

*"It's about connecting with the people I work with, reaching out to my community and finding ways to make life better."*



**Alessandra Moura**  
Community Affairs Group (MCG)

*"I now shop more selectively for organic, nutritional foods, and I read every label I put in my grocery cart."*

### Read Labels

First-time participant Alessandra Moura from the Community Affairs Group (MCG) credits the Fitness Challenge for encouraging her to read food labels. "It's been a great education," she says. "I now shop more selectively for organic, nutritional foods, and I read every label I put in my grocery cart. Learning about preservatives and artificial ingredients has changed what I buy, what I eat, and what I serve my family. My kids still fight for the occasional bag of Cheetos, but we're more mindful of what we eat than we used to be and we're healthier because of it."

### Persevere

Through diet, exercise and perseverance, Brandy Arzate of FID Station—Team 1 earned a \$500 cash prize for a cumulative loss of 23.24%. "Not bad for a first-time participant," she says humbly. "I started by taking baby steps so I wouldn't get discouraged," she explains. "I gradually made my workouts more challenging and kept myself accountable by posting my weight on a sticky note on my mirror every day. I gave up soda, carbs and sugar, exercised faithfully, and drew upon the amazing support of family and teammates to get the results I wanted. Our fearless team leader, Sara Yao, kept me going!" ■

*"I gradually made my workouts more challenging and kept myself accountable by posting my weight on a sticky note on my mirror every day."*



**Brandy Arzate (left), FID Station—Team 1, with team leader Sara Yao**

### 2012 LAPRA Fitness Challenge Team Special Recognition (Cumulative Percentage Weight Loss of 5% and Above)

Team	Award	Cumulative Percentage Loss
Rampart - Team 1	\$500	8.15%
VTD	\$500	8.06%
PRD	\$500	7.99%
ITB - Team "Roll"	\$500	7.67%
Juvenile Division	\$500	7.56%
Topanga - Team "Red"	\$500	7.17%
PSB	\$500	7.07%
WTD - Team 2	\$500	7.01%
GND - Team 1	\$500	6.92%
GND - Team 2	\$500	6.86%
Topanga - Team "Blue"	\$500	6.81%
West Valley	\$500	6.75%
RHD - Team "Heavy Deployment"	\$500	6.73%
WTD - Team 1	\$500	6.72%
FID - Team 2	\$500	6.60%
Hollywood Division - Team 1	\$500	6.57%
DSVD	\$500	6.54%
STD - Team 1	\$500	6.50%
Southeast	\$500	6.25%
Jail Division - Team 1	\$500	6.19%
CID (OIG)	\$500	6.15%
STD - Team 2	\$500	6.12%
Van Nuys	\$500	6.08%
RMD	\$500	5.87%
RACR	\$500	5.58%
Hollywood Division - Team 2	\$500	5.46%
FID - Team 1	\$500	5.46%
MCG	\$500	5.28%
RHD - Team "Light Weights"	\$500	5.18%
Mission Area	\$500	5.18%
Hollenbeck Division - Team 1	\$500	5.07%

### 2012 LAPRA Fitness Challenge Individual Special Recognition (Cumulative Percentage Weight Loss of 20% and Above)

Name	Award	Cumulative Percentage Loss
Kathlene Matthews - PSB	\$500	24.62%
Jerry Chaney - Training Division (EP)	\$500	23.85%
#51 - Detective II - SOD	\$500	23.81%
Ralph Acosta - Hollenbeck Division - Team 2	\$500	23.67%
John Goines - WTD - Team 1	\$500	23.64%
Brandy Arzate - Fid Station - Team 1	\$500	23.24%
Carlos Sanchez Jr - Gang & Narcotics Div - Team 1	\$500	22.92%
Nancy Cammarata - ITB	\$500	22.68%
Susanne Gras - Rampart - Team 2	\$500	22.37%
Edward Lozon - VTD	\$500	21.72%
Sam Gong - Training Division (EP)	\$500	21.51%
Connie Lee - Training Division (EP)	\$500	20.77%
Patricia Braendle - Rampart Team 2	\$500	20.62%
Michelle Richards - Training Division (EP)	\$500	20.45%
Claudia Echavarri - 00 Station	\$500	20.11%
Jenny Wong - Training Division (EP)	\$500	20.00%

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## Your Donation Helps Us Take Care of Our Own

The Los Angeles Police Relief and Assistance Foundation (LAPRAF) provides financial assistance and other support to active and retired officers and family members in need. Help the foundation take care of its own by making a donation today. For information on how you can make a donation, please call (213) 674-3724.

The GUARDIAN is a quarterly publication for members of the Los Angeles Police Relief Association. All rights reserved. If you have an idea for a future newsletter article, send an email to [guardianeditor@lapra.org](mailto:guardianeditor@lapra.org). Members with specific concerns are urged to contact the appropriate Board member at the number listed below.

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See inside for  
2012 LAPRA Fitness  
Challenge Results!

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