

# The Guardian

Los Angeles Police Relief Association, Inc.



Volume 33, Number 3

Third Quarter 2014

## LAPRA 2014 Fitness Challenge Ends September 30

The LAPRA 2014 Fitness Challenge ends on Tuesday, September 30. This year 65 teams are participating, showing drive, commitment and dedication to losing weight and getting healthier. Cash prizes will be awarded to the top six teams that lose the greatest percentage of total team weight with prizes ranging from \$1,500 to \$10,000 that goes toward the team's Division Station Fund. This year, an additional team prize of \$2,000 that goes toward the team's Division Station Fund will be awarded to any team who wins one of the top six team prizes and whose final 20 members are all sworn officers assigned to a field position (as defined by the LAPPL MOU, Article 5.4 Uniform Field Officer Incentive). Teams that don't take one of the top six prizes can still earn a \$500 prize toward their Division Station Fund if the team (final 20 members) loses five percent or more of their total team weight.

Individual prizes are also awarded for the greatest percentage of individual weight loss over the course of the Fitness Challenge. Individual prizes range from \$1,000 to \$5,000.

### Ending Weigh-in Reminder

Each team's final ending weigh-in must be completed between Wednesday, September 24 and Tuesday, September 30. A Fitness Challenge Application must be completed with each team member's name (up to 25), serial number, Division of assignment and ending weight listed. The application must be signed by the team captain or co-captain and Commanding Officer and delivered to LAPRA no later than 5:00 p.m. on Tuesday, September 30. Late applications will not be accepted. ■

## Fitness Challenge Awards Luncheon Tentatively Set for October 22

The winners of the 2014 Fitness Challenge will be announced at the awards luncheon tentatively set for Wednesday, October 22 from 11 a.m. to 12:30 p.m. Check the LAPRA website ([www.LAPRA.org](http://www.LAPRA.org)) in early October for confirmation of the awards luncheon date, time and location. All Department personnel are invited to join us for a heart-healthy lunch and to find out who this year's top teams and individual winners are. Raffle tickets will also be distributed with a variety of prizes available.



**LAPRA**  
LOS ANGELES POLICE RELIEF ASSOCIATION, INC.

Each team's final ending weigh-in must be completed between  
Wednesday, September 24 and Tuesday, September 30.

## 2014 LAPRAF Academic Scholarship Winners Announced

July 24th brought an opportunity to honor another batch of talented and hardworking youth as the Los Angeles Police Relief and Assistance Foundation (LAPRAF) presented scholarships to four deserving applicants at an awards luncheon. Each year the scholarship committee considers the academic qualifications, service engagement, and leadership development of all applicants for the LAPRAF Academic Scholarship. This year's winners, selected from over 30 applications, have already proven that they understand the meaning of hard work and have made a commitment to serving others. It is a pleasure to introduce you to the 2014 LAPRAF Academic Scholarship recipients, each of whom will receive \$10,000 (awarded \$2,500 annually for four years, as long as they maintain an acceptable grade point average and a full load of college classes).

**Nathan Peters** of Valencia High School focused on service and community engagement. Even Nathan's involvement in varsity and travel soccer programs did not overshadow his focused service to others. Nathan took every opportunity he had to use his talents to lift up those around him that struggle in one way or another. His experience of leading many of his friends in creating and delivering a prom event for students with disabilities was a highlight of his busy service schedule. He maintains that his service ethic comes directly from being part of a large family where he learned early that "the world does not revolve around me." Nathan's focus on compassionate leadership will be further supported as a member of the Honors Program at the University of San Diego where he plans to study Biology with an eye towards medicine.



*Our 2014 LAPRAF Academic Scholarship winners pictured from left to right are Nathan Peters, Nicholas Riemen, Lauren Castro and Camila Reyes-Martinez*

**Camila Reyes-Martinez** of Warren High School is a natural story teller. She weaves together the threads that explain her passion for biology, she outlines the steps she took founding and leading her school's Mock Trial program, she explores the meaning of her hard earned "B" in AP calculus, and she provides a detailed account of her work with the Glamour Gowns project. It is the narratives that provide the evidence of a commitment to hard work and making a difference. Camila will continue her story at UCLA where she will lay the groundwork for a career in medicine. Camila also plans to apply

to be a counselor at Camp Kesem to work with children who have a parent impacted by cancer. Camila has both the ability to lead and the willingness to be mentored. Her stories reveal great possibilities for her future.

**Lauren Castro** will be heading to NYU this fall to study Global Business and Journalism. Lauren attended Charter Oak High School and participated in volleyball, Business Academy, and various service clubs. Lauren acted as the Chief Operating Officer for her school's company during a time of transition and was named to just

about every academic society available while she pursued her IB diploma. Several service clubs tapped her for fund raising roles, so her interest in business administration comes as little surprise. She was also honored with a 2013 Rotary Youth Leadership Award. This perhaps stemmed from her work to bring clean water to communities in developing countries through the "Sharing Our Humanity" program and "The Water Project." Lauren has an eye on the ripple effects one person's actions can have on local and global communities. Lauren credits her experience in journalism class for pushing her out of her comfort zone and into the center of asking questions, finding solutions, raising her voice, and taking action.

**Nicholas Riemen** attended Thousand Oaks High School and kept himself busy with wrestling, track, and AP coursework. Nicholas volunteered at a local hospital's surgery information desk where he learned the art of multi-tasking and handling the delicate needs of folks whose family members were undergoing surgery. A clear highlight of Nicholas's high school experience was his selection and participation in the Boys' State program. Nicholas will attend Northeastern University in Boston where he was selected to participate in their International Business program. This unique curriculum will provide Nicholas with many opportunities to study internationally, beginning with four months in London in his very first semester! ■

## Foundation Happenings

The Los Angeles Police Relief and Assistance Foundation (LAPRAF) was established in 2007 to provide financial assistance and other support to active and retired officers and their families who find themselves in dire financial circumstances.

Thanks to generous donations from members, spouses of deceased members and a positive investment climate, the Foundation is flourishing. In addition, the Foundation recently received a \$35,903 donation from the Los Angeles Retired Fire and Police Association (LARFPA). This was a welcome donation to the Foundation fund, and the generosity of the LARFPA is deeply appreciated. **Thank you President Paul Enox and the entire LARFPA Board.**

Currently, we have seven college students who are receiving scholarships from the Foundation. The four \$10,000 academic scholarships for 2014 were awarded last month with the winners featured in this newsletter.

Since 2007, the LAPRAF has helped a number of members and their families with financial assistance resulting from the death or serious illness or injury of

an officer or family member. The last crisis donation was given to a retired officer in need several months ago.

For the Foundation to continue to thrive, we are reaching out to our members for their support.

Here are some ways you can make a donation:

- Active members can contribute a small ongoing amount through charity deductions from your paycheck.
- **New for retirees...** contribute a small ongoing amount through charity deductions from your pension check.
- Make a tax-deductible direct donation to the Foundation.
- Through estate planning, add the Foundation as a beneficiary to your trust or will.
- Reach out to your contacts who have the means and the desire to offer financial support to the Foundation.

For more information on how you can make a donation, please call (213) 674-3724. ■





Los Angeles Police Relief Association, Inc.  
 600 North Grand Avenue  
 Los Angeles, California 90012

PRESORTED STD  
 US POSTAGE  
 PAID  
 PERMIT # 475  
 ESCONDIDO, CA

**Come to the 2014 Fitness  
 Challenge awards  
 luncheon. Look inside  
 for details.**

*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.

**Los Angeles Police Relief Association  
 Board of Directors – 2014**

**President**  
 Kevin McCarthy 213-972-2460

**Vice President**  
 Ivan Minsal 818-374-1970

**Secretary**  
 Connie Dial, Insurance, Benefits & Membership 213-674-3701

**Treasurer**  
 Tim McBride, Finance/Audit 213-674-3701

**Directors/Committee Chairs**

Ruby Malachi 213-216-3973  
 Dana Berns, Emergency Relief 213-485-6588  
 John Shah 213-486-6043  
 Sandy Jo MacArthur 213-486-8410  
 Gerald Woodyard 213-486-6000  
 Paul Enox, Retired Liaison 310-265-4512  
 Jorge Villegas, Administration 213-486-0110

**Join Us at the Fitness  
 Challenge Awards Luncheon  
 Tentatively Set for October 22**

The winners of the 2014 Fitness Challenge will be announced at the awards luncheon tentatively set for Wednesday, October 22 from 11 a.m. to 12:30 p.m. Check the LAPRA website ([www.LAPRA.org](http://www.LAPRA.org)) in early October for confirmation of the awards luncheon date, time and location. All Department personnel are invited to attend.

LAPRA 2014 Fitness Challenge Ends September 30..... 1  
 2014 LAPRAF Academic Scholarship Winners Announced ..... 2  
 Foundation Happenings..... 3

**Inside This Issue**