

The Guardian

Los Angeles Police Relief Association, Inc.



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2010 A Banner Year for LAPRA Fitness Challenge



Captain Ivan Minsal addresses Fitness Challenge participants, family members and friends at the 2010 LAPRA Fitness Challenge awards event.

2010 marks the third year for the LAPRA Fitness Challenge and according to Captain Ivan Minsal who emceed the October 14th awards event, this year's challenge was the best ever, with 51 teams participating. Participants collectively dropped more than 12,000 pounds, roughly the weight of three police cruisers, and approximately 3,500 pounds more than last year's challenge. Individual prizes ranged from \$1,000 to \$5,000 and team prizes ranged from \$1,500 to \$10,000.

Some 450 people attended the awards event on the athletic field at the Elysian Park Police Academy. LAPRA treated participants to a healthy lunch of smoked chicken and turkey, grilled vegetables, salad, yogurt and fruit. LAPRA's health care providers, Anthem Blue Cross and Kaiser Permanente, were on site to provide employees with health plan information. Raffle tickets were distributed for a variety of prizes, all in an effort to promote good health and wellness among LAPD employees, families and friends. The LAPRA 90-Day Fitness Challenge is open to all LAPD sworn and civilian employees each year at no cost. ■

Happy Holidays

The Directors and staff of the Los Angeles Police Protective League, Los Angeles Police Relief Association, Inc., and Los Angeles Retirement Benefit & Insurance Association, Inc. invite you to join us for our

Annual Holiday Open House Luncheon

**Friday, Dec. 3, 2010 , 11:00 a.m. to 3:00 p.m.
Los Angeles Police Protective League
1308 West Eighth Street
Los Angeles, California 90017**

We Hope You Will Join Us!

**R.S.V.P. on or before November 29th
(213) 251-4554 or leaguemail@lappl.org**



Grand Prize Team Winner in LAPRA 2010 Fitness Challenge

Patience Pays Off for CCD Team

The Commercial Crimes Division (CCD) Team could easily be spotted by their faded, well-worn brown tee shirts. Their camaraderie and team spirit were unmistakable. Even before Captain Ivan Minsal called them to the stage to accept the Grand Prize for the 2010 LAPRA Team Fitness Challenge, there was energy. While they crowded around a single table for a power lunch of grilled chicken, salad, and strawberries, Sharen Stallworth, the team's co-captain, talked about their three-month fitness journey.

"It started with a commitment."

"It started with a commitment," Sharen explains. "Each of us set a personal goal to lose 10% of body fat. The goal seemed ambitious at first, but as co-captain I took it very seriously. I then helped convince other teammates that we could do it if we worked together and stayed focused. By the end of the challenge,



Sharen Stallworth, Co-Captain, CCD Team



The Commercial Crimes Division (CCD) team proudly displays their grand prize award at the LAPRA 2010 Fitness Challenge awards event.

every teammate had lost at least 5% body fat, and about half of us achieved the 10% goal, which is a huge accomplishment."

On their own time, juggling vacation schedules and personal commitments, members of the CCD team biked, swam, ran, walked, worked the elliptical and pounded the treadmill for an hour or more each day. They gave up beer and junk food. They shared salads, egg whites and apples at lunchtime. Every two weeks when they weighed in, they celebrated each other's successes. For three months, they kept the momentum going. It wasn't always easy, Sharen explains, "but we never gave up and were always there for each other. Sharing the experience made all the difference."

"Sharing the experience made all the difference."

"Stay focused and the results will be there."

Erin Camphouse, who had a cumulative weight loss of 16.13% in the challenge, credits much of the CCD team's success to their team captain, Gene Arreola. "He led by example," explained Erin, and "he stressed the importance of patience. Now it's up to us to apply what we've learned. If you don't see the results you want in three weeks, don't give up. Stay focused and the results will be there." ■



Erin Camphouse, CCD Team Member

TOP SIX TEAMS

Team	Prize	Award	Cumulative Percentage Loss
Commercial Crimes Division (CCD)	Grand Prize	\$10,000	12.57%
Professional Standards Bureau (PSB)	1st Prize	\$7,500	9.67%
Information Technology Division (ITD)	2nd Prize	\$5,500	9.51%
Hollenbeck Division, Team 1	3rd Prize	\$3,500	8.53%
Mission Area	4th Prize	\$2,500	7.96%
TEAMS II Development Bureau	5th Prize	\$1,500	7.69%



**Information Technology Division (ITD)
Second Prize**



**Professional Standards Bureau (PSB)
First Prize**



**Hollenbeck Division
Third Prize**



**Mission Area
Fourth Prize**



**TEAMS II Development Bureau
Fifth Prize**

First Prize Individual Winner in LAPRA 2010 Fitness Challenge

Gene Arreola's Fitness Formula: Hurts So Good

Detective Arreola is the first prize winner of this year's Individual Fitness Challenge and captain of the grand prize winning Commercial Crimes Division (CCD) team. Detective Arreola is no stranger to competition as a 33-year veteran of the LAPD and lifelong athlete.

According to his CCD teammates, Detective Arreola led by example, which was a key factor in the 20-member team's cumulative weight loss of 12.57 percent. As one team member explained, "He took us beyond the pain and gave us the encouragement and support we needed to keep going." When asked for one word to describe his prize-winning team, Detective Arreola responded with a broad smile, "Fascinating." "What they did was phenomenal. They raised my bar of expectation with what they did for themselves and each other."

Detective Arreola explained that his goal was to keep his team relaxed and engaged. "I knew every team member could achieve our goal of losing 10% of



Gene Arreola
First Prize, Individual

"In law enforcement it's critical that we take care of ourselves in order to better serve our community."

body fat; my job was to be the guiding light." He stressed that a balanced approach was the formula for his team's weight loss success. Equally important to teamwork, motivation and positive reinforcement were rest, nutrition, and cardio exercises. "With any exercise and weight loss regimen, you need the patience and will to get beyond the pain threshold," Detective Arreola added. "You have to get to that place where you're not experiencing the pain, you're riding the pain—that place that hurts so good."

Detective Arreola expressed thanks to LAPRA for giving Fitness Challenge participants the opportunity to better themselves. He explained, "Not only did participants lose a substantial amount of weight; I know participants whose diabetes and other health problems improved, and they now are living better and enjoying life more than before. The Fitness Challenge financial awards are an added bonus. In law enforcement it's critical that we take care of ourselves in order to better serve our community." ■

Five Fitness "Bests" According to Detective Gene Arreola

Best reason to exercise	To achieve a positive outlook on life and reduce the likelihood of illness and disease
Best place to exercise	Health clubs, since they offer a variety of equipment as well as classes and personal trainers
Best exercise tune	Theme song from Rocky
Best healthy meal	Salmon and grilled vegetables
Best advice to someone starting an exercise program	Understand that it's a slow, life-changing process with outstanding personal rewards if you stay the course

TOP FIVE INDIVIDUALS

Team	Prize	Award	Cumulative Percentage Loss
Gene Arreola, Commercial Crimes Division	1st Prize	\$5,000	33.33%
Patrick Olivier, Hollenbeck Division, Team 1	2nd Prize	\$4,000	31.78%
Daniel Hanabusa, Hollenbeck Division, Team 1	3rd Prize	\$3,000	30.26%
Andres Mendoza, Communications	4th Prize	\$2,000	29.44%
Mark Cleary, 77th Area, Team 1	5th Prize	\$1,000	28.46%



Patrick Olivier
2nd Prize, Individual



Daniel Hanabusa
3rd Prize, Individual



Andres Mendoza
4th Prize, Individual



Mark Cleary
5th Prize, Individual

Fitness Challenge Spotlight

Looking Back Moved Him Forward

For Lieutenant David Storaker, the magic number was 22. Twenty-two was his age when he entered the Police Academy 27 years ago. That was a time when he was in great shape and could meet any fitness challenge. He missed those days. “You get to a point when you look yourself in the mirror and say it’s not supposed to be like this,” Lieutenant Storaker explained. “I got to that point and decided to get off the couch and do something about it.” Now significantly lighter, he has a new outlook on life, is healthy and fit, and is feeling the best he has felt in years.

“There’s no going back to age 22, but by eating well and exercising, I can still feel great at 50.”

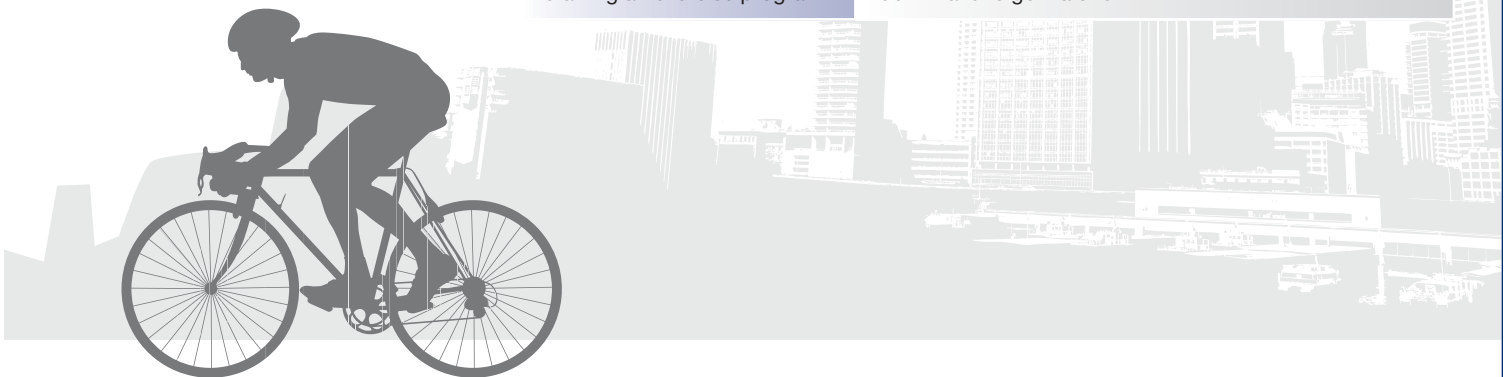
Two months before the Fitness Challenge began, Lieutenant Storaker had already lost weight by following a medically supervised diet. As a member of the Topanga Team, he says the Fitness Challenge helped him keep the momentum going finishing with a 16.37% cumulative Fitness Challenge weight loss. His formula for success, he says, was sticking with an exercise program and not giving in to cravings. Instead of watching television while sitting on the couch, he’s now on the treadmill. His pizza and ice cream cravings eventually subsided, and he rediscovered the flavors of healthy foods like nectarines, low fat cottage cheese, and skinless chicken. “There’s no going back to age 22,” he says, “but by eating well and exercising, I can still feel great at 50.” ■



Lieutenant David Storaker

Five Fitness “Bests” According to Lieutenant David Storaker

Best reason to exercise	To achieve a positive outlook on life and reduce the likelihood of illness and disease
Best place to exercise	Health clubs, since they offer a variety of equipment as well as classes and personal trainers
Best way to stay motivated	Never give in to cravings; eventually they’ll go away
Best healthy meal	Skinless Chicken Breast Meal with Vegetables from El Pollo Loco—just 270 calories!
Best advice to someone starting an exercise program	Get support and advice from people who can help; you don’t have to go it alone



2010 LAPRA Fitness Challenge Team Special Recognition (Cumulative Percentage Weight Loss of 5% and Above)

Team	Award	Cumulative Percentage Loss
Valley Traffic Division (VTD)	\$500	7.22%
Devonshire Division	\$500	7.17%
Rampart Division - Team A	\$500	7.10%
Topanga Area	\$500	6.84%
77th Area - Team 1	\$500	6.81%
Van Nuys Division	\$500	6.73%
77th Area - Team 2	\$500	6.47%
Olympic Division	\$500	6.47%
Planning and Research Division (PRD)	\$500	6.45%
Gang and Narcotics Division (GND)	\$500	6.35%
Central Traffic Division (CTD) - Team 1	\$500	6.12%
North Hollywood Division	\$500	6.04%
Robbery and Homicide Division (RHD)	\$500	5.80%
Office of Operations - EAS	\$500	5.79%
Southeast Division	\$500	5.78%
West Traffic Division (WTD)	\$500	5.71%
Central Division - Team 3	\$500	5.63%
Internal Audits & Inspections Division (IAID)	\$500	5.54%
Juvenile Division	\$500	5.54%
Force Investigation Division (FID)	\$500	5.44%
Training Division Davis Academy	\$500	5.33%
Foothill Division	\$500	5.26%
South Traffic Division (STD)	\$500	5.25%
Detective Bureau	\$500	5.24%
Risk Management Division (RMD)	\$500	5.17%
Hollenbeck Division - Team 2	\$500	5.14%
West Los Angeles Area - Team 1	\$500	5.10%
Rampart Division - Team B	\$500	5.10%

2010 LAPRA Fitness Challenge Individual Special Recognition (Cumulative Percentage Weight Loss of 20% and Above)

Name	Cumulative Percentage Loss
Lyle Barnes – Commercial Crimes Division	26.89%
Mario Barillas – Central Division Team 2	25.27%
Roberto Calderon – Professional Standards Bureau	24.90%
Douglass Hall – Olympic Division	24.06%
Diane Mcnair – Commercial Crimes Division	22.11%
Kevin Custard – Central Traffic Division Team 1	21.56%
Ernie Soto – Professional Standards Bureau	21.33%
Catherine Sauvao – 77th Division Team 1	20.80%
Brandon Houle – Mission Area	20.78%
Eric Payumo – West La Division Team 2	20.71%
Robert Hernandez – Information Technology Division	20.41%

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See inside for
 2010 LAPRA Fitness
 Challenge Results!

Los Angeles Police Relief Association, Inc.
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