

# The Guardian

Los Angeles Police Relief Association, Inc.



Volume 33, Number 4

Fourth Quarter 2014

## LAPRA 2014 Fitness Challenge a Record Breaker 1,569 Team Members Shed a Total of 16,172 Pounds

On October 21, under the shade of umbrellas at the LAFD Frank Hotchkin Memorial Training Center, co-workers celebrated a record-breaking 90 days for participants in the Los Angeles Police Relief Association (LAPRA) 2014 Fitness Challenge. Prize money was awarded to teams and individuals that endured the 90-day fitness journey, achieving a total weight loss of 16,172 pounds.

The LAPRA Fitness Challenge is no cake walk, but the rewards for the biggest losers are sweet. Assistant Chief and LAPRA Board Member Sandy Jo MacArthur says the best part about the Fitness Challenge is that it brings personal health and fitness to the forefront of everyone's mind, whether young, old, sworn or civilian. "It puts a positive face on getting healthy," she said, "and rewards participants



Assistant Chief and LAPRA Board Member Sandy Jo MacArthur with Captain Ivan Minsal presenting prizes at the 2014 LAPRA Fitness Challenge awards event.

# LAPRA

LOS ANGELES POLICE RELIEF ASSOCIATION, INC.



with amazing perks that help them achieve their health and wellness goals. That's the explanation point." Captain Ivan Minsal, who has been involved with the LAPRA Fitness Challenge since 2008, agrees. His hope is that the LAPD community keeps the momentum going by making health and wellness a priority not just for 90 days but every day of the year.

Chief of Police Charlie Beck congratulated the 1,569 team members for their commitment and success in losing a total of 16,172 pounds in this year's competition.

Representatives from Anthem Blue Cross and Kaiser Permanente were on site to provide participants with health plan information. Gym bags containing fitness items and

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## 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:** Thursday, December 4, 2014

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

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

## Record Breaker

(Continued from page one)

health products were distributed. Raffle tickets were also distributed for a variety of prizes, including a bicycle and gift cards. A heart-healthy lunch was served.

Since 2008, more than 9,300 LAPD sworn officers and civilian employees have participated in the competition. During the 90 days, team members are challenged to improve their health by eating nutritiously and exercising regularly. Friendships are formed, physical endurance is tested and camaraderie takes on new meaning as teams work toward the ultimate goal of enhanced health. The LAPRA 90-day Fitness Challenge is open to all LAPD sworn officers and civilian employees each year at no cost. ■



**Chief of Police Charlie Beck expressed his support and gratitude for the efforts of Fitness Challenge participants.**



**Co-captains Hugo Gutierrez and Adrian Sanabria of the Special Operations Division (SOD) teams proudly display their grand prize and first prize awards.**

## Forty-eight Stars of the Special Operations Division (SOD) Aligned to Win Grand Prize and First Prize

There's a convergence of energy when stars align. Good things happen. This year, 48 stars of the Special Operations Division (SOD) aligned and made history by earning Grand Prize and First Prize in the 2014 LAPRA Fitness Challenge. Team co-captains Hugo Gutierrez and Adrian Sanabria are basking in the after-glow of this galactic achievement. "Our team motto was to do it like it's never been done before," Gutierrez explains. "And we did!"

Ending the reign of the Training Division from the elite winner's circle they've occupied for the past several years took leadership, an all-hands-on-deck commitment and a strategy heavy on education and peer support. "We were students of this process for three years," say co-captains Gutierrez and Sanabria. "We understand the science of weight loss but wanted more for our teams. Our goal was to inspire life-long fitness and promote sound eating habits to last a lifetime.

We recruited the help of one of our weight loss participants, who happened to be a nutritionist, to drive the message home and ensure that everyone approached their weight loss goals realistically and responsibly."

A significant percentage of the division participated in the challenge and nearly half of them were new to the competition. Nine team members achieved their 20 percent goal for the first time ever and became members of the SOD's "20% Club." Club bragging rights include having your name etched on a plaque that memorializes individuals who have achieved their 20 percent goal in the sport of weight loss. It's not the World Cup, but as the SOD team captains explained, "it kept the motivation going."

The SOD Teams 1 and 2 will use their combined \$17,500 prize winnings to assist with current SOD Station Fund financial commitments and the purchase of new exercise equipment. ■

LAPRA 2014 FITNESS CHALLENGE TOP 6 TEAMS

Team	Prize	Award	Cumulative Percentage Lost
Special Operations Division—Team 1	Grand Prize	\$10,000	15.31%
Special Operations Division—Team 2	1st Prize	\$7,500	13.45%
Rampart Division—Team B	2nd Prize	\$5,500	12.17%
Training Division—Elysian Park	3rd Prize	\$3,500	12.04%
Commercial Crimes Division	4th Prize	\$2,500	11.03%
Rampart Division—Team C	5th Prize	\$1,500	10.15%



**Grand Prize: Special Operations Division - Team 1**  
**First Prize: Special Operations Division - Team 2**



**2nd Prize:**  
**Rampart Division—Team B**



**3rd Prize:**  
**Training Division, Elysian Park**



**4th Prize:**  
**Commercial Crime Division**



**5th Prize:**  
**Rampart Division—Team C**

## First Prize Winner Tom Uehara Did It for the Team

First prize winner Tom Uehara admits that he's an all or nothing kind of guy. With focused determination, a willingness to endure the burn, an aptitude for tracking calories, and a deep appreciation for the power of team, he set his course for the winner's circle and achieved his goal. To see his before and after pictures is a reminder of what can be accomplished when an individual finds strength through the support of teammates and sets his mind and body in motion.

When his supervisor, Daniel Hanabusa, initially proposed the Fitness Challenge, Uehara says he did not immediately embrace the idea. "I knew I was out of shape," Uehara explains, "and I also knew that once I made the commitment to myself and the Rampart Team, there would be no turning back. It would be hard work. Being part of a supportive team made all the difference. The Rampart Team, my LAPD family, kept me on course every step of the way."



**Brothers in the Rampart narcotics unit each lost a significant amount of weight and most of them had a cumulative weight loss of 20% or more. From left to right: Daniel Hanabusa, Tom Uehara, Danny Arrona, Phil Chan and Joe Diaz.**

Uehara believes there is strength in numbers. His advice to anyone wanting to lose weight or pursue a healthier lifestyle is to find a person or team that shares the same goals. He thanks LAPRA and his LAPD family for sharing his journey. As the

individual first prize winner, Uehara achieved a cumulative loss of 33.49 percent and earned a cash prize of \$5,000. His new washer and dryer, purchased with his prize money, is already installed. ■

## For SO-54, More to Lose was More to Gain

Third time was a charm for Special Operations Division team member "SO-54," who earned the fourth highest individual percentage weight loss in this year's Fitness Challenge, with a cumulative percent loss of 27.88 percent. "I had done the challenge twice before," SO-54 explains, "but this time it just clicked. With my waistline expanding, a milestone birthday approaching, and support from

amazing team captains, I had every reason to give it my all. Competitive by nature, I was determined to eat clean, stay committed to exercise and not let my team down."

An app called MyFitnessPal, which features a calorie counter and huge food database, and an energy drink called AXIO helped SO-54 stay focused with eyes on the prize. The daily caramel macchiato, with its

costly impact to the waistline and wallet, quickly became a thing of the past. Healthy food habits evolved with an emphasis on proteins, vegetables, juice drinks and smaller portions. For SO-54, the value of the Fitness Challenge experience far exceeded the \$2,000 cash award. Fitting into the uniform worn decades ago upon entry to the Police Academy: **Priceless.** ■

**LAPRA 2014 FITNESS CHALLENGE TOP 5 INDIVIDUALS**

Name	Prize	Award	Cumulative Percentage Lost
Tom Uehara	1st Prize	\$5,000	33.49%
Rudy Barragan	2nd Prize	\$4,000	31.19%
Scott Goodwin	3rd Prize	\$3,000	28.71%
SO-54	4th Prize	\$2,000	27.88%
Chris Mayes	5th Prize	\$1,000	26.96%



**2nd Prize Individual:  
Rudy Barragan**



**1st Prize Individual:  
Tom Uehara**



**3rd Prize Individual:  
Scott Goodwin**



**4th Prize Individual:  
SO-54**



**5th Prize Individual:  
Chris Mayes**

# Team Special Recognition

## 2014 LAPRA Fitness Challenge Team Special Recognition (Cumulative Percentage Weight Loss of 5% and Above)

Team	Award	Cumulative Percentage Loss
Hollenbeck Division	\$500	9.77%
Rampart Division - Team A	\$500	8.97%
Internal Audits and Inspections Division	\$500	8.60%
Information Technology Bureau - "Mission Slim Possible"	\$500	8.40%
West Valley	\$500	8.32%
Training Division - Davis	\$500	8.09%
Gang and Narcotics Division	\$500	7.55%
Detective Support and Vice Division - Team 1	\$500	7.51%
South Traffic Division	\$500	7.46%
Professional Standards Bureau	\$500	7.17%
Major Crimes Division	\$500	6.95%
West Traffic Division - Team 1	\$500	6.95%
Legal Affairs Division	\$500	6.89%
West LA Division - Team 1	\$500	6.75%
Information Technology Bureau - "Flab-U-Less"	\$500	6.73%
Valley Traffic Division - Team 2	\$500	6.73%
Uniform Support Division/Emergency Operations	\$500	6.67%
Metro Division	\$500	6.56%
77th St Division	\$500	6.54%
Southwest Division	\$500	6.53%
Topanga Area - Team A	\$500	6.51%
77th St Division - Team 1	\$500	6.48%
Valley Traffic Division - Team 1	\$500	6.41%
Information Technology Bureau - "Thin It To Win It"	\$500	6.05%
Hollywood Division - Team 1	\$500	5.90%
Communications Division - Team 1	\$500	5.73%
Robbery Homicide Division - "Lost In The Sauce"	\$500	5.72%
Juvenile Division	\$500	5.35%
West Traffic Division - Team 2	\$500	5.34%
Robbery Homicide Division - "Slow Your Roll"	\$500	5.31%
Planning and Research Division - "10+8"	\$500	5.25%
Hollywood Division - Team 2	\$500	5.22%
Force Investigation Division - Team 1	\$500	5.18%
Force Investigation Division - Team 2	\$500	5.12%
Communications Division - Team 2	\$500	5.03%





## Individual Special Recognition

### 2014 LAPRA Fitness Challenge Individual Special Recognition (Cumulative Percentage Weight Loss of 20% and Above)

Name	Award	Cumulative Percentage Loss
Danny Arrona - Rampart - Team B	\$500	26.32%
Gene Arreola - CCD	\$500	25.00%
Veronica Escauriza - Rampart - Team C	\$500	25.00%
Tate Lai - ITB - "Mission Slim Possible"	\$500	22.99%
Amira Smith - Training Division (EP)	\$500	22.22%
David Ly - West LA - Team 1	\$500	22.12%
Edward Pape - SOD - Team 1	\$500	22.04%
Cynthia Morales - Training Division (EP)	\$500	22.00%
Dan Hanabusa - Rampart - Team B	\$500	21.95%
WC-7 - SOD - Team 2	\$500	21.70%
IO-67 - SOD - Team 1	\$500	21.62%
Sandra Lee - CCD	\$500	21.03%
Sandy Russell - ITB - "Mission Slim Possible"	\$500	21.02%
Lorenzo Barbosa - CCD	\$500	20.95%
Phil Chan - Rampart - Team B	\$500	20.50%
Milena Albert-Moeladze - Southwest	\$500	20.43%
IO-71 - SOD - Team 2	\$500	20.39%
Chris Bartlett - Communications Division - Team 1	\$500	20.38%
Michael McComas - PSB	\$500	20.26%
Humberto Tovar - Rampart - Team C	\$500	20.00%
IO-68 - SOD - Team 1	\$500	20.00%
UC-70 - SOD - Team 1	\$500	20.00%
UC-73 - SOD - Team 2	\$500	20.00%
Wai Wong - SOD - Team 2	\$500	20.00%



Los Angeles Police Relief Association, Inc.  
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See inside for  
 2014 LAPRA Fitness  
 Challenge Results!

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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.

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