

## New Challenges, More Winners in the LAPRA 2022 Fitness Challenge

The Los Angeles Police Relief Association (LAPRA) added new contests to its annual health and fitness competition this year, and participants enthusiastically accepted the challenge!

Since it began 14 years ago, the LAPRA Fitness Challenge has challenged sworn and civilian employees across the county to lose excess weight and get fit. In 2022, LAPRA added virtual walking, running and cycling challenges for individuals and teams to encourage movement and long-term healthy habits. These Activity Challenges attracted participants who didn't necessarily need to lose weight but wanted to get active, join in friendly competition and win prizes.

LAPRA partnered with My Virtual Mission to provide an app for entering workouts and tracking results. LAPRA also incorporated the use of fitness apps and wearables including Strava, Fitbit and Under Armour to sync all distances to My Virtual Mission.

This year's Fitness Challenge ran from March 6 - May 28, culminating with an awards luncheon on August 24. As in the past, Weight Loss Challenge prizes were awarded to the top teams and individuals that lost the greatest percentage of weight. The virtual Activity Challenges included four three-week segments; prizes were awarded for each segment, with final prizes awarded for the most miles accumulated during the entire 12 weeks.

### 2022 Fitness Challenge Key Stats

Participants:	<b>600 +</b>
Teams:	<b>25</b>
Divisions:	<b>21</b>
Total miles traveled:	<b>160,142</b>
Miles walked:	<b>84,500 +</b>
Miles ran:	<b>10,000</b>
Miles cycled:	<b>66,000</b>

"The 2022 LAPRA Fitness Challenge was an amazing step into the future of inspiring activity," said LAPRA Vice President Luq Watkins, who served on the Fitness Committee. "Our participants inspired themselves and those that spectated. Options to fitness are key to staying active and motivated. Outstanding job to all that took part — it's clear that we have an active future ahead."

**Congratulations on completing the 2022 Fitness Challenge! ■**



# Weight Loss Challenge First Prize Team Winner: Special Operations Division

For the third year in a row, the Special Operations Division (SOD) team won the grand prize in the LAPRA Fitness Challenge. This time around, the team lost a total of 9.8% of their starting weight, earning \$3,000 for their station fund.

Team captain Hugo Gutierrez says that despite the new format and activity challenges, the team kept its focus on weight loss. The 27 members included the first, second and fifth-place individual winners, all undercover officers, and a few members who were not eligible to win but still wanted to lose weight.

“We really focused on being healthy, eating well and getting exercise,” he says. “It’s never easy and we’re always dependent on a few people that really go above and beyond. We’re fortunate to have them step up.”

As in years past, the SOD team stayed motivated by recognizing



*Special Operations Division repeats as the Weight Loss First Prize team winner*

and rewarding weight loss leaders every two weeks. “It rewards those working hard during the competition and keeps us all in check,” Gutierrez says. “Once the challenge begins, we tend to lose track of people, and this helps everyone stay accountable.”

This year, the team made a special effort to motivate participants who

weren’t necessarily in the top tier of contestants, encouraging them to get healthy and make progress even if they weren’t going to win.

“Even with the smaller prizes, there’s still motivation to earn recognition,” says Gutierrez. “Hopefully we can get some of our people involved in the individual competitions next year.” ■



*Luq Watkins - LAPRA VP - Emcee*



*Assistant Chief Dominic Choi - Welcome Address*



*Kris Walsh, Tina Griffin - Anthem*

# 2022 Weight Loss Challenge Winners

Individual prize winners for the weight loss challenge were led by S098 and UC108, both undercover officers with the Special Operations Division (SOD) team, winning the \$1,500 first-place prize and \$1,000 second-place prize for losing 23.4% and 21.05% of their body weight over the course of the challenge. Jennifer Olivares of the West Valley 1 team lost 16.67% of her starting weight to win the third-place prize of \$750.

As mentioned on page 2, the **Special Operations Division (SOD)** team won first prize earning \$3,000 for their station fund. **West Valley 1** came in second, earning \$2,500.

As LAPRA changes the focus of the Fitness Challenge from weight loss to the overall health and fitness of participants, the Weight Loss Challenge is being discontinued. Plan to walk, run or cycle your way to fitness and prizes in 2023! ■



West Valley 1 wins 2nd prize in the 2022 Weight Loss Challenge

## Team Weight Loss Prizes

Prize	Amount	Team	% Lost
1st Prize	\$3,000	Special Ops	9.80%
2nd Prize	\$2,500	West Valley	6.58%

## Individual Weight Loss Prizes

Prize	Amount	Individual	Team	% Lost
1st Prize	\$1,500	S098	Special Ops	23.40%
2nd Prize	\$1,000	UC107	Special Ops	21.05%
3rd Prize	\$750	Jennifer Olivares	West Valley	16.67%
4th Prize	\$500	Debbie Monico	West Valley	15.56%
5th Prize	\$250	UC109	Special Ops	15.49%



# LAPRA Activity Challenge Winners

Congratulations to the individual and team segment winners for the LAPRA Activity Challenge category of the 2022 LAPRA Fitness Challenge.

Overall Activity Challenge Winners						
Team Prize	Running	Avg Miles	Walking	Avg Miles	Cycling	Avg Miles
1st — \$2,000	Topanga	78.6	RMLAD 1	279.6	ITB	416.1
2nd — \$1,500	FTSB	72.9	ITB	232.3	Topanga	310.4
3rd — \$1,000	Juvenile	34.5	WVAL 2	206.0	FID	223.9
4th — \$750	WVAL 2	32.8	Devonshire	202.5	Harbor 1	207.9
5th — \$500	RMLAD 2	28.8	Topanga	199.5	Harbor 2	201.9

Individual Prize	Running	Total Miles	Walking	Total Miles	Cycling	Total Miles
1st — \$600	Jason Kim	819.4	Tim Shumaker	1,359.7	Jack Chou	2,357.2
2nd — \$500	Orvin Perez	764.1	Tynisha King	838.6	Rich Meza	1,591.4
3rd — \$350	Ryan White	639.7	Melvin Campos	815.5	Joseph Pelayo	1,581.5
4th — \$250	Tynisha King	499.4	Neil Spitz	712.1	Boris Quintanilla	1,526.2
5th — \$100	Amanda Lankford	455.7	Amanda Lankford	708.1	Mark Hernandez	1,360.6



Topanga - 1st Prize Running



RMLAD1 - 1st Prize Walking



ITB - 1st Prize Cycling

Team Prizes — Segment 1				
Activity	Team	# of Individuals	Total Qualified Miles	Average Miles
Walking	RMLAD1	30	2,426.5	80.9
Running	Topanga	26	848.0	32.6
Cycling	ITB	30	3,625.5	120.9

Team Prizes — Segment 2				
Activity	Team	# of Individuals	Total Qualified Miles	Average Miles
Walking	RMLAD1	30	1,691.8	56.4
Running	FTSB	25	449.4	18.0
Cycling	ITB	30	3,860.6	128.7

Team Prizes — Segment 3				
Activity	Team	# of Individuals	Total Qualified Miles	Average Miles
Walking	RMLAD1	30	2,069.9	69.0
Running	FTSB	25	475.7	19.0
Cycling	ITB	30	2,214.8	73.8

Team Prizes — Segment 4				
Activity	Team	# of Individuals	Total Qualified Miles	Average Miles
Walking	RMLAD1	30	2,199.1	73.3
Running	FTSB	25	597.7	23.9
Cycling	ITB	30	2,780.6	92.7

# Activity Challenge Individual Winners

## Tim Shumaker: Walking to Victory

Tim Shumaker won the individual overall walking challenge from the comfort of his own home.

“I walked the whole time I was home,” says Shumaker, a member of the RMLAD Team. “I walked fast in place in front of the TV and made sure I didn’t rest much.” Combined with outdoor walks, he covered an average of 16 miles per day for a total of more than 1,350 miles.

Shumaker, who won \$1350, joined the challenge to get back in shape and says the incentive was a bonus. “The challenge seemed easy enough because it was walking and I walk a lot all day,” he says. “The My Virtual Mission app kept me motivated and constantly on the move. I checked where I was and strived to be number one on every segment.”

Shumaker credits his success to staying the course and ensuring he set a goal every day. He also

appreciates the support from his family, who gave him the time he needed to complete his walks.

Since finishing the challenge, Shumaker says he is still sore but feels much better overall. And, he’s still on the move.

“I am sticking to my regimen and walking a minimum 10,000 steps every day. It’s much less than I’m used to but I manage a lot better,” he says. “I’d encourage everyone to get into the groove and have a regimen for better health.”

## Jason Kim: The Early Bird Gets the Win

Jason Kim, who earned \$1,100 as the winner of the individual overall running challenge, ran many of his 819 total miles well before sunrise. “With family and work, there is only one way to squeeze in all those miles — when everyone else is asleep,” he says. “So typically, I start my runs at 4 a.m.”

An avid runner for more than a decade, Kim joined the Fitness Challenge to give himself a goal as well as to motivate others. He set a goal of running 10 miles a day.

Kim stayed motivated by monitoring other competitors and reminding himself of his goals. Self-motivation was an important factor in his success.

“Running is something I’ve done solo pretty much all my life,” he says. “There’s not much people can really do to support you, but it was fun having other runners reach out to me and giving out running tips.”

Kim, who was a member of the Juvenile Division team, is glad to have been part of the competition and feels the 2022 Fitness Challenge was a great success.

“I truly believe including running, walking, and cycling motivated many, many people,” says Kim. “All in all, this was a great way of getting our department as a whole to better their lives and health!” ■

### Individual Prizes — Segment 1

Activity	Individual	Total Qualified Miles
Walking	Tim Shumaker	348
Running	Jason Kim	224
Cycling	Jack Chou	1,228

### Individual Prizes — Segment 2

Activity	Individual	Total Qualified Miles
Walking	Melvin Campos	276.7
Running	Jason Kim	179.5
Cycling	Jack Chou	937.2

### Individual Prizes — Segment 3

Activity	Individual	Total Qualified Miles
Walking	Tim Shumaker	353.5
Running	Orvin Perez	179.5
Cycling	Jack Chou	777.9

### Individual Prizes — Segment 4

Activity	Individual	Total Qualified Miles
Walking	Tim Shumaker	434.2
Running	Orvin Perez	362.4
Cycling	Jack Chou	642.1

# Meet the 2022 LAPRAF Scholarship Winners

Congratulations to the five winners of the Los Angeles Police Relief and Assistance Foundation (LAPRAF) scholarship program! Winners selected from a highly competitive pool of 52 applicants each won \$10,000 college scholarships based on their academic excellence, leadership and dedication to community service. Each winner will receive \$2,500 per year over four years.



*Bianca Lewis*

## **Bianca Lewis**

Bianca attends the University of Oregon, where she plans to major in political science with a minor in psychology. She then plans to attend law school and become a defense attorney.

Bianca believes that education is the key to freedom, opportunity and power to control one's destiny. Throughout her years at Granada Hills Charter High School, Bianca took challenging courses that exposed her to new experiences and cultures and was an academic mentor and tutor. She also held various leadership positions, including copy editor for the yearbook and treasurer of the Black Student Union.

Bianca put her passion for advocacy to work with Stand-up San Fernando and Diversify Our Narrative with the goal of promoting anti-racism and diversity. As a volunteer with a local law office, Bianca reviewed case files and attended depositions and hearings, and considers the experience invaluable to her future career path. She looks forward to attending a university that shares her concern for creating change relative to social injustice.



*Isabella Llorens*

## **Isabella Llorens**

Isabella is a graduate of the Webb Schools and attends Columbia University. An advocate for ethnic diversity and fairness, she plans to study political science, ethnicity and race studies, and human rights. While in school, Isabella co-led the Empowering Student Voices Initiative (ESVI), which held discussions and workshops surrounding identity, justice and belonging, and attended local and national DEI conferences. Isabella also served as Head Peer Advisor in her school's Peer Advisors leadership program, which focuses on creating a safe and comfortable environment for underclassmen.

Since age 2, Isabella has trained in all styles of dance at Centre Stage Dance Academy, eventually becoming a performing company member and leading the team through rehearsals and competitions. She also peer-mentored an 8-year-old dancer with Down Syndrome. In addition, she volunteered with the Boys and Girls Club of the Foothills.

Isabella looks forward to the diversity of Columbia University and New York City and plans to continue her dance training in addition to her studies.



*Mark Valenzeula*

### **Mark Valenzeula**

A graduate of Loyola High School, Mark attends the University of Notre Dame and plans on pursuing political science and environmental studies, with the goal of encouraging environmental justice and bi-partisan dialogue. For his capstone project, Mark outlined the history of LA’s environmental problems, wrote an action plan to fund low-cost asthma medication for children in his region, and met with the Pasadena City Council about his proposal.

Mark held multiple leadership roles at Loyola. He was editor-in-chief of the school newspaper, captain of the debate team and the Ultimate Frisbee team, and director of activism for the Junior State of America political club. He was also a Writing Center tutor, active in the Student Council and Association of Latin-American Students, and instituted the school’s first Junior Leadership Retreat.

Mark chose Notre Dame for its mix of community, intellectual scholarship, political diversity and resources that will allow him to address environmental crises in urban centers.



*Nicholas Chou*

### **Nicholas Chou**

Nicholas is a graduate of Chino Hills High School and attends the University of California, Irvine (UCI), where he plans to study psychology. A strong advocate for mental health who lost a close friend to suicide, Nicholas was active in the school’s Mindfulness Club and created “Club Gen”; both help students learn stress management skills. He also created a mental health screening questionnaire for his classmates and provided contact information for professional support resources.

Through the school’s Health Science Academy, Nicholas learned about various medical occupations and volunteered at a local medical center. He also achieved the rank of Eagle Scout in his Boy Scouts troop and, as a Senior Patrol Leader, taught leadership, service and survival skills to members. An accomplished musician, Nicholas plays piano and played the saxophone for the school’s marching, concert and jazz bands.

Nicholas chose UCI for its multifaceted academics, diverse and interactive student body, renowned professors, and research and extracurricular opportunities.



*Trenton Cobos*

### **Trenton Cobos**

Trent attends the California Institute of Technology (Caltech) and is studying aerospace engineering. As a student at Grace Brethren High School, Trent was actively involved with STEM clubs, including the Applied Robotics Club and Spacecraft and Engineering Club. He was selected for two prestigious STEM and Earth Science summer internships organized by the Texas Space Grant Consortium and NASA.

After his family fled their home during the Woolsey wildfire, Trent became intrigued by fire science. His guide to drought-resistant, fire-resistant plants for homeowners earned him a finalist spot for Caltech’s Community Science Academy.

In addition, Trent gained leadership experience through the Chicano Latino Youth Leadership Project and the Ronald Reagan Student Leadership Program. He plays piano and guitar, trained in the Israeli marital art of Krav Maga and was a captain of the lacrosse team.

Trent chose Caltech for its Keck Institute for Space Studies and plans to work in space exploration. ■



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**Los Angeles Police Relief Association Board of Directors — 2022**

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**Happy Holidays**

**Annual Open House**

Thursday, December 1st — 11:00 AM to 2:00 PM  
Los Angeles Police Academy — Elysian Park Field  
1880 Academy Road Dr. Los Angeles, CA 90012

**Join us for lunch, raffles and music!**  
Parking is limited. Carpooling is encouraged.

Hosted by:  
Los Angeles Police Relief Association  
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The background of the page is a complex financial visualization. It features a grid of numbers in various colors (white, blue, red) and sizes, some of which are blurred. A prominent white line graph with circular markers trends upwards from left to right. In the bottom right corner, there is a 3D bar chart with blue bars of varying heights. The overall color palette is dominated by reds, oranges, and blues, creating a professional and data-driven atmosphere.

## LAPRA 2021 Annual Report

*by Darius Trugman, Treasurer*

The U.S. equity market finished the year strong, recording its seventh consecutive quarter of positive performance. Overall, the S&P 500 Index gained 11.03% for the quarter ending 12/31/2021, which brings its full-year return to 28.71% (the Dow Jones was a positive 18.73% for the year). On the other hand, the Aggregate Bond Index was down 1.5% as interest rates began moving up in anticipation of rising inflation and the FED increasing interest rates to combat inflation. The strong stock market in 2021 mainly reflects recovery from COVID's adverse pressures during 2020. Consumer's "revenge consumption" was the driving force behind the economic recovery which translated into strong earnings despite continuing supply chain disruptions for most of corporate America. Corporate earnings were robust and most exceeded analysts' estimates which led to a very strong U.S equity market.

The association has maintained its very conservative preservation of capital mandate as the guiding investment philosophy with an overall asset allocation policy of 45% equities, 40% bonds, 10% alternatives, and 5% cash. Given the above defensive investment posture, the return for 2021 was 8.9% versus the Association's benchmark comprised of 50% stocks and 50% bonds which returned 6.4%. This resulted in a dollar increase of \$6,868,577 bringing the total value of the Association's assets to \$94,644,732. ■

# Los Angeles Police Relief Association, Inc.

## Summary Financial Statement Statement of Net Assets Available for Benefits and Benefit Obligations December 31, 2021

NET ASSETS AVAILABLE FOR BENEFITS	SELF-INSURED AND INSURED PLANS	EMERGENCY RELIEF FUND	TOTAL
<b>ASSETS</b>			
Investments, at Fair Value			
• Money Market Funds	\$ 4,242,743	-	\$ 4,242,743
• Mutual Funds	90,402,530	-	90,402,530
• Cash in Interest Bearing Accounts	8,244,000	-	8,244,000
<b>TOTAL INVESTMENTS</b>	102,889,273	-	102,889,273
Receivables	252,639	\$ 59,793	312,432
Prepaid Expenses and Deposits	56,665	-	56,665
Obligation Reserves	109,863,912	-	109,863,912
Cash	153,048	-	153,048
Net Property and Equipment	7,177,184		7,177,184
<b>TOTAL ASSETS</b>	220,392,721	59,793	220,452,514
<b>LIABILITIES</b>			
Accounts Payable and Accrued Expenses	466,845	-	466,845
Advanced Contributions and Deferred Income	9,172,407	-	9,172,407
Police Charity Plan	82,891	-	82,891
Pension Plan Liability	2,156,172	-	2,156,172
<b>TOTAL LIABILITIES</b>	11,878,315		11,878,315
<b>NET ASSETS AVAILABLE FOR BENEFITS</b>	208,514,406	59,793	208,574,199
<b>BENEFIT OBLIGATIONS</b>			
Amounts Currently Payable for Participants	857,654	-	857,654
Amounts Due to Insurance Companies	16,118,135	-	16,118,135
Dental Claims Liability	847,727		847,727
Paid-Up Life Insurance for Participants	1,343,839	-	1,343,839
Estimated Future Death, Policy Surrender and Sick Benefits	33,866,492	-	33,866,492
<b>TOTAL BENEFIT OBLIGATIONS</b>	53,033,847	-	53,033,847
<b>EXCESS OF NET ASSETS AVAILABLE FOR BENEFITS OVER BENEFIT OBLIGATIONS</b>	\$ 155,480,559	\$ 59,793	\$ 155,540,352