

LAPRA Names Executive Board Room for Tim McBride

During his 40 years as LAPRA Treasurer and Chief Investment Officer (CIO), Tim McBride grew LAPRA assets from \$8 million to over \$85 million, purchased two commercial investment properties for the Association's portfolio, and ensured members had access to important wellness benefits. He also created the Los Angeles Police Relief and Assistance Foundation (LAPRAF), which provides grants to active and retired officers in need, and academic scholarships to graduating seniors whose parent or guardian is a LAPRA member.

And those are just the highlights.

In recognition of his remarkable dedication and service, the LAPRA conference room is now The James T. McBride Executive Board Room. (McBride goes by his middle name, Tim.)

McBride served LAPRA for 20 years as an active Officer followed by 20 years retired. His mother was also an LAPD officer and served as president of the policewomen's association. McBride was inspired to join the LAPRA Board following a traumatic family loss.



Pictured: Tim McBride is presented with the news that the LAPRA Conference Room has been renamed the James T. McBride Executive Board Room in honor of McBride's years of service and accomplishments at LAPRA.

"Police Relief sent a letter that lacked any real warmth and empathy," he recalls. "Long story short, I joined the Board and rewrote all the letters, adding humaneness to them – please, thank you, I'm sorry."

McBride also stepped up as Treasurer and CIO. He went on to attend the Wharton School of Business, joined the International Association of Benefit Plans and learned all he could about managing money and benefits. In addition to growing LAPRA's assets, he purchased LAPRA's office space and parking lot, took over administration of the Blue Ribbon Trust Accounts to eliminate fundraising fees, and implemented new benefits such as long-term care and free gym memberships.

"Tim's vision for LAPRA was amazing—he could foresee what he should invest in today that would be valuable down the road to provide as many benefits to membership as possible," says current LAPRA Board President John Shah. "It was a lot of time and effort, and he did it all as a volunteer at no cost. He always had a positive outlook and brought wisdom and financial advice with a smile."

McBride is most proud of successfully steering LAPRA through four major national financial crises.

"The biggest was 2008, and because of how our funds were managed, we came out in the top 5% of managed funds in the country," he says. "We lost 15% but came back 15% the next year."

McBride also served as LAPRAF President and interim Executive Director during a transition period in early 2000. Retired Executive Director Cindy King is grateful to have worked with him for 15 years.

"Tim was the first person who interviewed me for the job and I was immediately impressed by his personality and candor. He stayed on for a few months after I was hired, and his expertise and assistance were invaluable," says King. "He's honest, caring, smart, just an exceptional individual."

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Congratulations to the LAPRAF 2023 Scholarship Winners

The future looks bright for the five impressive winners of the Los Angeles Police Relief and Assistance Foundation (LAPRAF) scholarship program! Selected from a highly competitive pool of 70 applicants, each student won a \$10,000 college scholarship based on their academic excellence, leadership and dedication to community service. Each winner will receive \$2,500 per year over four years.



Aaron Kowalski

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A graduate of Damien High School, Aaron will attend the College of the Holy Cross in Worcester, Wisconsin. He plans to study business and history with the goal of working on the business side of professional sports or music.

A multi-talented athlete and team leader, Aaron played three sports throughout his high school years. He served as captain of both the varsity ice hockey and varsity lacrosse teams and participated in track and field. In addition to his sports leadership, Aaron was a member of the Student Ambassador Program, which conducts outreach to neighboring elementary and middle schools to recruit students to Damien High School.

Since the age of eight, Aaron has served as a hospitality minister at Sunday masses at Saint Paul the Apostle Church in Chino Hills. He also participates in a variety of community events in Los Angeles.

Aaron looks forward to connecting with the diverse student population at College of the Holy Cross and continuing his community service.



Ava Reyes

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Ava graduated from Mira Costa High School and will attend UC Berkeley, where she plans to double-major in political science and rhetoric in preparation for a career in criminal justice.

At Mira Costa, Ava held leadership positions in the Model United Nations Team, Instructors Tutoring Organization and Mock Trial Team, and was captain of the varsity basketball team. She also served as Los Angeles chapter president of the United Under Arts Non-Profit, which works to provide arts opportunities to underserved communities. She directed concerts for senior homes and elementary students, planned art supply drives for low-income elementary schools and produced events and workshops.

Ava also served as a legal intern for the LA District Attorney's Office and is passionate about seeking justice and being a voice for victims. She is especially interested in Berkeley's distinctive global poverty and practice minor, which explores how poverty can exacerbate criminal justice issues and how to address this.



James Gageby-Mireles

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James will study cognitive science at UC San Diego. As a student at Long Beach Polytechnic High School, he was a member of the debate team, water polo team and swim and dive team; he won the Prevailed Persistence Award for leading the swim and dive team through the struggles and triumphs of swim season. He also served on the Model United Nations Team and founded the school’s Botany Club.

A Boy Scout for seven years, James served five terms in leadership roles and was named an Honor Scout. He also volunteered as a flag bearer for the Pan American Flag Ceremony to represent his Mexican heritage and the Memorial Day Flag Ceremony to honor American veterans.

James plans to pursue neuroscience research to help victims of Alzheimer’s and other neurodegenerative diseases. He chose UCSD for its undergraduate research opportunities under experienced neuroscience professors and its academic and athletic clubs.



Katie Chou

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Katie is a Chino Hills High School graduate and will attend UC San Diego, where she plans to study public health with a concentration in community health sciences. She plans to become an optometrist.

Katie has been actively involved with numerous volunteer organizations. At Chino Hills, she co-founded Club Gen to encourage students to create a better environment and served as VP of the Save the Planet Club. She volunteers with Heart of Hope and is also a Teaching Assistant with Formosa Association of Student Cultural Ambassadors (FASCA).

Inspired by health issues affecting vulnerable immigrant communities, Katie joined UCR Medical Leaders of Tomorrow. As an intern at Advanced Eyecare of Chino, she developed a program to provide free eye exams and eyeglasses for those unable to pay for care.

Katie looks forward to opportunities for research, internships and shadowing at UCSD’s School of Medicine, as well as continuing to volunteer in the community.



Parker Brockway

Parker Brockway

Parker is a graduate of The Waverly School and will attend Whittier College. She plans to study psychology; as a brain cancer survivor, she personally understands the challenges of cancer and hopes to help others through her experiences. She is especially interested in the science of the brain and how mind and body work together.

As a volunteer with Camp Ronald McDonald for Good Times, Parker has been the ambassador for the Walk for Kids fundraiser and the top youth fundraiser for the last four years. She serves on the Teen Advisory Committee, working with staff, volunteers and leaders to continually improve the camp experience.

Parker also served as a Wilderness Outdoor Leadership Program junior ambassador, Waverly School Leadership member, Sante D’Or volunteer and Children’s Hospital LA ambassador.

She chose Bennington College in part because of the sense of community the small campus offers and looks forward to being part of that community. ■



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LAPRA 2023 Fitness Challenge Is in the Books

The 2023 Fitness Challenge ended on June 24. Participants from 37 teams improved their health by logging miles walking, running and cycling over a period of 12 weeks. Watch for the next Guardian Newsletter which will feature all of the winning individuals and teams from the 2023 Fitness Challenge. To see all of the winning individuals and teams now, visit www.lapra.org.



LAPRA Names Executive Board Room for Tim McBride *(continued)*

“Retired Commander Tim McBride served the members of the LAPD with distinction and unmatched dedication to ensure their medical and other benefits were the best possible, whether still active as well as the generations of those retired,” says Michael Moore, Chief of Police for the LAPD. “His financial literacy was only exceeded by his love for those who wear the finest law enforcement badge in the world.”

McBride says he learned a lot, had fun and enjoyed helping people.

“I’m honored to have the board room named after me and grateful for the members who voted for me all those years and all those wonderful board members I served with. It was a labor of love for our LAPD family that gave me so much,” he says. “I encourage everyone to volunteer. Find something you are passionate about and you will get back more than you give.” ■