



Alive!



Be Active!
Be Fit!

Be Alive!

This month's Be Alive! begins on page 10.

Alive! introduces a new monthly feature by Member Services Manager Angel Gomez (shown here in Griffith Park) that offers fun activities for you and your family to enjoy.

So get outside ... get active ... and Be Alive!

Alive! photos by Club staff.

West Point in LA: Leaders In the Making

■ LAPD, LAFD, Gen. Services all take part in innovative leadership program.

Story by Arlene Herrero, Club Counselor; Photos by Robert Larios, Director of Communications and Marketing

POLICE DEPT. — The best of West Point, the best part of the LAPD: The two come together at the Police Dept.'s well-respected West Point Leadership Program.

The program graduated 29 safety officers at a ceremony April 5 at the Police Academy. That number included graduates from the LAPD, General Services, the LAFD, and outside agencies.

The West Point Leadership Program (WPLP) teaches individuals how to think more systematically about leadership, challenges and situations. The course teaches 27 behavioral science and adult education theories compiled from top universities in the nation.



LAPD Asst. Chief James McDonnell, Club Member, delivers opening remarks.

Check out the full story and photos on page 28.

Running 120 Miles Means Preparation

■ The Baker to Vegas footrace demands a strong commitment from its team-participants.

Photos by Arlene Herrero and Angel Gomez, Alive! staff members

LAPD, HARBOR — It's about the training.

For the annual Baker to Vegas footrace, where teams of 20 law enforcement officers run (in relay) for more than 120 miles, the runners must be in shape.

And they need to raise funds. Admission fee is \$1,500 per team.

For the last few months, Alive! followed three teams that it is sponsoring — LAPD Communications, LAPD Training and the Port Police — as they prepared for the big race by training, and by raising funds.

The annual Baker to Vegas foot race was created and is produced by the Los Angeles Police Revolver and Athletic Club (LAP-DRAAC). The Club is grateful for their leadership in this event.



Training hard.

For the training details, see page 16.



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Alive! celebrates

Mother's Day

with photos and messages from lots of Club Members.

Catch their tributes on pages 46-47.

Explore... Enjoy... Relax... Share... Hike... Join... Fun... Excitement... Active... Involved...

The Club wants YOU to get outside

Be Involved

Fire Service Recognition Day

When: Saturday, May 12, from 10 a.m. to 4 p.m.

Where: Every fire station in Los Angeles City will have special displays (see Website)

What: The second Saturday of May is designated Fire Service Recognition Day in Los Angeles. On this day, members of your Los Angeles Fire Department host an Open House at every Neighborhood Fire Station to welcome visitors of all ages. To find the location of your nearest firehouse, go to the link above.

Cost: Free

Website: <http://www.lafd.org/fsd.htm>

Rec and Parks' 25th annual Salute to Recreation

When: June 1-3

Where: Northridge Park, 10058 Reseda Blvd., Northridge

What: This event features four stages of continuous entertainment, plus food booths, a beer garden, a silent auction, carnival rides and games, a mural competition, tennis tournaments, a skateboard competition, a day camp fair, children's area, inflatables, a 50-plus dance, and a Hawaiian Village refreshment gardens.

Cost: Free admission

Website: <http://www.laparks.org/salute/>

34th annual Valley Greek Festival

When: May 26 - 28 (Memorial Day weekend)

Where: St. Nicholas Greek Orthodox Church, 9501 Balboa Blvd.

What: St. Nicholas Church and its 500 volunteers invite you to enjoy a cultural experience for the entire family with live music, dancing, gourmet food, homemade pastries, cooking demonstrations, children's activities, a Greek market and a variety of shopping boutiques. Boasting a three-day average of 50,000 guests, the admission-free fundraiser is the largest festival of its kind in the area. So make the most of your Memorial Day weekend and immerse yourself in the cultural vision that is the 34th annual Valley Greek Festival.

Cost: Free admission

Website: www.valleygreekfestival.com

Jet Propulsion Laboratory (JPL) Open House

When: May 19 - 20, 9 a.m. to 5 p.m.

Where: 4800 Oak Grove Dr., Pasadena

What: This popular event celebrates JPL's accomplishments with exhibits and demonstrations about the Laboratory's ongoing research and space exploration. Many of the Lab's scientists and engineers will be on hand to answer questions about how spacecraft are sent to other planets, how scientists utilize space technologies to explore Earth, and how researchers are searching for planets beyond the solar system. Visitors will see exhibits, displays, demonstrations and presentations about new technologies, solar system exploration, spacecraft communication and much more.

Cost: Free

Website: www.jpl.nasa.gov/psd/oh.cfm



Greek Festival



Jet Propulsion Lab



Fire Service Recognition Day

Be Fun

Ticket Guy Recommends

Use your Club Discount this month. See the Club Ticket Store, page 53, or www.cityemployeesclub.com

Renaissance Faire

You'll never have so much fun going back in time! If you're looking for something fun and unusual to do - not in the mood for a movie or TV - go to the Renaissance Faire. And don't forget to use your Club Discount.

Where: Santa Fe Dam Recreation Area, Irwindale

Website: www.renfaire.com/socal/

Explore... Enjoy... Relax... Share... Hike... Join... Fun... Excitement... Active... Involved...

and be active!

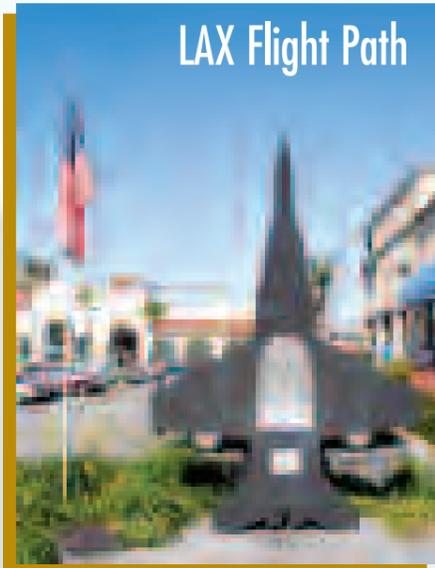
Explore History

LAX Flight Path

Where: Westchester, on Sepulveda Boulevard

What: In November 2002, the Los Angeles Board of Airport Commissioners officially authorized Flight Path to operate an educational facility and museum in the LAX Imperial Terminal.

The kickoff project was a series of sidewalk plaques in the LAX business district along Sepulveda Boulevard in Westchester, saluting aviation pioneers, organizations and locations. This Flight Path is the aviation equivalent of the famed Hollywood Walk of Fame.



Be Active!

Echo Mountain Trail to the Ruins of the White City

Where: Pasadena/Altadena

What: That's right, ruins ... Indiana Jones-style. It's hard to believe that in Southern California there's somewhere we can go and explore the past as vividly as you can at the top of Echo Mountain.

The original 70-room hotel, chalet, casino, dance hall, observatory and powerhouse burned to the ground in 1905, but the foundations remain intact, giving you an eerie picture of what this world-renowned tourist attraction was like at the turn of the century. In addition, you'll see many remnants of the railway itself that started with a funicular from below the mountain in Altadena and wound itself around neighboring mountains for about seven miles. Best of all it's not crowded with people. In fact, I've seen only one or two other hikers there at a time.

My advice: Take a bottle of water, and start as early in the morning as you can. It can get hot in the afternoon. Also, don't be afraid to take it slow. I had to go slow on my first try, but the remains of the White City and railroad equipment at the top was well worth it.

Round Trip Hiking Miles: 5

Difficulty: Moderate (take your time and you'll do fine; John Hawkins, our CEO, said he took his boys Isaiah, 6, and Noah, 9, to the top and had a picnic. They went slow, and they both did fine.)

Beginning Elevation: 1,848 feet

Elevation at Top: 3,248 feet (a gain of 1,400 feet)

Location: The top of Lake Avenue in Pasadena



Getting There: From either direction of the 210 (Foothill Freeway), take the Lake Avenue exit and go north (toward the mountains) until you reach the very end, where Lake intersects with Alta Loma. The distance to the end of Lake from the freeway is roughly 3.4 miles. Park on either Lake or Alta Loma (make sure you heed the parking rules). You'll see a big rock and iron gate with a plaque that says Cobb Estate. Enter through the walkway to the right.

Helpful Website:
www.simpsoncity.com/hiking/

