

** A Message From the CEO **

Staying Active Is Good for Us All

by **John Hawkins**
President and CEO, The Club



Angel's *Be Alive!* That's the name of our new feature, and it's guaranteed to get you up and outside. It's good for us to stay active...and it can be fun, too, as Angel proves.

Angel, the Club's Sales Manager, is a former U.S. Marine who's used to carrying a .50-caliber machine gun on his back. He traded the machine gun in and is lugging around a camera, a map and a GPS receiver, searching Los Angeles for fun things to do and explore. (By the way, if you're wondering where the picture on the cover was taken, it was about a mile above the Griffith Observatory in Griffith Park. Next month, we plan on highlighting a trail or two in this area.)

You will also find a feature devoted to the famous Baker to Vegas race, for which the Club sponsored three teams this year: LAPD Communications, Port Police and the LAPD Training Division. The teams really train hard, so this month, we're taking a look at the three teams during their training regiments. We also focused on their fundraising efforts, too. Next month, we'll have tons of pictures of the actual race, especially the teams we sponsored.

Also, it's that time of year again for the Bureau of Sanitation's Open Houses. Go to page 7 to see the date and time of a Sanitation yard near you. I've gone to the East Valley yard's open house for the last two years and am always intrigued with the unique equipment they use every day to collect LA's trash. (My son, Isaiah, is also a big fan who loves sitting in the sanitation trucks.)



Lastly, I want to give a big shout-out to all the mothers out there who have poured their hearts and souls into raising their children (see page 46 for a Club tribute). Not only did I have an awesome mother, but my kids have one, too.

Have an excellent May!



(jhawkins@cityemployeesclub.com)



Features

Alive! May 2007
The newspaper of the
City Employees Club of Los Angeles

Cover Story:

10 Be Alive!

Alive! begins a new column that will help you stay active and get fit. Let Angel Gomez, the Club's Member Services Manager, be your guide.



Page 10

16 Baker to Vegas

Alive! follows three City teams as they train – and raise funds – for the annual Baker to Vegas footrace, a 120-mile team endurance contest.



Page 16

22 Police Service Pins

Police Dept. awards service pins for officers who have 25 years under their belts.

23 West Point Leadership

The Police Dept. graduates another class from its renowned leadership program for law enforcement officers.

26 New Runway at LAX

Airport opens its widened and rebuilt south runway, which is meant to better avoid incursions and to accept larger airplanes, including the upcoming Airbus A380.

28 LAPD Graduation

Police Dept. graduates its next crop of officers.

32 Airport Police Honor Guard

Ceremonial group receives big honor by being asked to fly the colors at national event that commemorated fallen officers.

39 AIREX Emergency Operations

Ontario Airport hosts emergency training exercises, staging a mock catastrophe.

44 LACERS Awards

Retirees office names department and employee of the year for 2006.



Page 39

Other City Department Coverage:

Airports

- Airport Officers Save Heart Attack Victim 4
- Four Airport Police Recruits Earn Their Badges 25

Club

- Mother's Day Dedications 44

Fire

- LAFD Purchases Two New Helicopters 31

Harbor

- Director Receives Environmental Award 7

General Services

- Fleet Services Honors Its Most Dependable 42

LAPD

- Van Nuys Jail Nurse Celebrates 74th birthday 15
- Forty Recruits Complete LAPD Training 28

Public Works

- Supervisors Complete Management Course 6
- Street Services Throw Quarterly Barbeque 24
- PW Toastmasters Celebrate Third Anniversary 31

Sanitation

- Sanitation Hosts "Discover Recycling" Events 7

Sections & Columns

- Adventures With Hal 34
- Alive!* Around the World 27
- Be Alive!* 10
- Best Years 33
- CEO Column 3
- Classifieds 51
- Club Store 54-55
- Club Team and Counselors 4
- Cooking With the Club 52
- History Comes *Alive!* 8-9
- Letters 5
- Life's Important Moments 48
- Movie, DVD Reviews 50
- Picture Perfect Contest 14
- Question of the Month 5
- Rest Insured 25
- Ticket and Gift Order Form 53
- Tuned In 24
- Word on the Street 4

Advertiser's Index

- Brinks Home Security 12
- EarnVacations.com 26
- Global Ring Unlimited 38
- Haven House 7
- LA Dodgers 7
- LA Federal Credit Union 15
- Rosebud Marketing Group 26
- SVG Inspection 38
- United Agencies 30, 43
- Verizon 44
- Water and Power Community Credit Union 2

