June 2009 22

LAFD

The Heat Is On

LAFD football team competes against FDNY Bravest.



At the LAFD Heat/FDNY Bravest match

Photos by Juan Guerra

Oⁿ May 2, the LA Heat – the football team of the LAFD – competed bravely against visitors from the east, the FDNY Bravest.

The game took place at the Rose Bowl in Pasadena. The FDNY beat the Heat 30-12.

The LA Heat is comprised of dedicated Fire Department personnel. For the past 15 seasons, the Heat has played competitive top-level football. The Heat plays for charity -- the Alisa Ann Ruch Burn Foundation. Founded in 1971, the Burn Foundation works in partnership with firefighters, educators and burn care professionals to develop innovative programs and services.

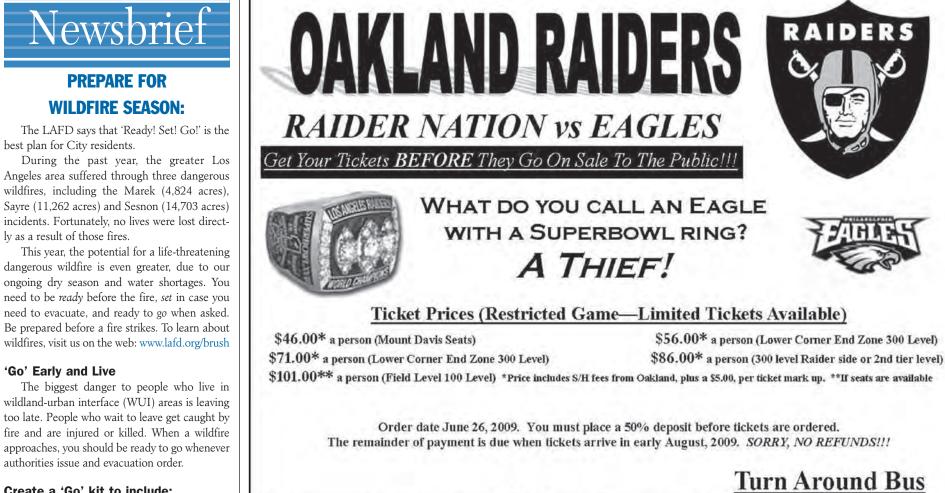
The Heat is a member of the NPSFL (National Public Safety Football League), comprised of about 15 teams from throughout the United States. Every player of the NPSFL is sworn personnel. Each team plays for charity and strives to adhere to the same honor and integrity on the field as they do on-duty.

to playing a strong game of football





The FDNY score a touchdown, apparently.



Strategy and pas-sion are necessary

City Employees Club of Los Angeles, Alive!

Create a 'Go' kit to include:

An old pair of shoes;

- A flashlight and batteries;
- A mobile phone and charger; and
- The six 'P's': people and pets (with ID); phone numbers; prescriptions and medication; pictures and important documents; personal computers (and external drives); and 'plastic' (credit cards, ATM cards) and some cash.

Get 'Set'

Get set in case of a wildfire - a prepared family is a safe family. Here are some tips:

- Create a family disaster plan (and practice!).
- Learn to use a fire extinguisher and keep several on-hand in appropriate places.
- Designate emergency meeting areas and an out of town relative to check in with.
- Assemble an emergency supplies kit as recommended by the American Red Cross.

Plan multiple escape routes.

- Keep a portable radio or TV and track local news and emergency channels for information.
- Make sure you know where your gas, water, and electric shut-off valves are located

The LAFD wants you to stay safe and asks that you prepare for a wildfire before one occurs.



Add the Tailgate for only \$20.00 per person

Purchased our tickets somewhere else? Still join us for that all you can eat tailgate.

Tailgate Meal to include: Tri-tip, Pork Roast, Baby Back Ribs, Chicken Wings, Carne Asada, Smoke Sausages, Bacon Wrapped Asparagus, Shrimp Kabobs, Steam Corn & Chili Beans. BYOB !!! Ice chests will be provided for your drinks. Water and sodas are included in cost.

2 Satellite LCD TVs with Sunday Ticket for your viewing pleasure.

For More Information or Questions: Joe Rangel, LADWP Metro Meter Reading Cell 909.519.8683 Email: raiderjo@roadrunner.com

\$70.00 per person

Last year 200 loyal Raider fans joined us in our chartered bus excursion.

et someone else do the driving (and pay for the gas)! Plush seats, TV's, and a restroom on board for your comfort.

Philadelphia Eagles October 18, 2009 @ 1:05 p.m.

