

LouKa

Tactical Training

LouKa Tactical Training

Functional Training at it's Finest!

Louka Tactical Newsletter

Bullet-in Board

2010
Spring and Summer
Review

The N.O.F.A.T. Zone

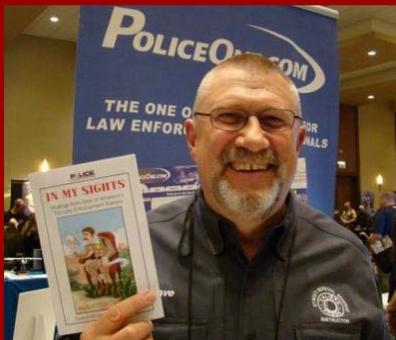
The Black Widow's
Web

Welcome to the Second Edition of the LouKa Tactical Quarterly 2010!

LouKa Tactical training shirt has
arrived!

Long sleeve
Both front and back shown here

Strategic Partner Product Highlight



Dave Smith's masterpiece:

"In My Sights"



Available now

The N.O.F.A.T. Zone



A huge thank you to all who helped raise funds for the 2010 Police Unity Tour. 1,200 riders representing agencies from across the United States rode 300 miles honoring officers who paid the ultimate sacrifice. "We ride for those who died."



Trevor Gerlach from the Muskegan, MI PD rode the grueling challenge ride



The Grand Rapids Police Department along with Kathy Vonk, Ann Arbor, MI PD, Trevor Gerlach, Muskegon MI PD and Jill Bishop from Wyoming, MI PD



Our List Price: \$20.00
Plus S & H: \$5.00

Contact Louann@loukactical.com

The Spring and Summer Review

Our customized [Healthy Nutrition and Weight Management for Law Enforcement](#) was delivered to the Michigan at the Wayne County Airport Authority Police Department. Four 1-day customized classes were delivered by Kathy Vonk to over 100 officers in the area of: 6 essential nutrients and proper intake ratios, weight management and the affects on job performance, determining daily caloric intake needs, "My Pyramid" personalized nutrition planning and more!



Firearms and Tactics for the School Resource Officer

classes to be hosted by Woodbury, MN and Cleveland, TN this July and August.



IALEFI hosted its second annual Women's Round Table Discussion Group at the 2010 Annual Training Conference. The group discussed matters relevant to training, ergonomics and mentoring quality females as instructors. The Train the Trainer class was delivered with over 40 attendees representing trainers from Federal, State and local agencies. Thank you to all who attended.



Contact Kathy Vonk for a 4 or 8-hour block of **Healthy Nutrition and Weight Management** instruction customized to meet your agency's needs.



About Warrior Women®

A rare but contagious breed- the Warrior Women concept is philosophical, not occupational. The Warrior Women® idea is about whom women are rather than what they are. Although they do exist in the public safety profession and on battlefields, they also exist on athletic fields, in boardrooms, courtrooms, classrooms, operating rooms and in our homes. Warrior Women® are those women who make a conscious decision to take control over their environment and create positive futures for





The Black Widow's Web

Teaching the all female pistol classes in both Minnesota and South Dakota. I had the pleasure of working with Art Aplan representing the Advanced Training Coordinator from the Law Enforcement Training, Division of Criminal Investigation in Pierre, SD



Warrior Women®
Apparel.....get yours!



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themselves and their loved ones. They are survivors of illness, poverty, abuse, and personal loss. They are strong and independent and are willing to fight for their principals regardless of the outcome. Warrior Women® are highly spirited. They choose excellence over mediocrity and take a leadership role in mentoring others to do the same. They exude confidence and assure their personal safety and peace of mind. They are resilient during setbacks and view adversity as opportunities. Women become Warrior Women® by choice and by God's design...

The Warrior Women® legacy is personified by my mother, Mary Frances Hamblin. She is a Christian woman of Native American descent and a child of the Great Depression whose father was physically disabled. She is a retired wife of a crop farmer, the mother of eight children, a survivor of three heart attacks and several life threatening surgeries, yet she manages her Diabetes with great discipline. She has lost her husband and a son, and she continues to find a smile every day, especially for her children. My mother is a true warrior and has the physical scars to prove it. They don't make them like her anymore...or do they? Who are the Warrior Women in your world?????



Mary Frances Hamblin:
78 years young!



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