



Functional Training at its Finest!

LouKa Tactical Quarterly

[Bullet-in Board](#)

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[Instructor News](#)

See you in Seattle:



The National Tactical Officer's Association:
"Ready to Rock: Fitness Training for the Tactical Athlete"
NTOA

The Black Widow's Web:

Featured with famous British SF-er and tactical trainer Phil Singleton



Lou Ann is again honored to

Awesome Highlights!

The NOFAT Zone: With Kathy Vonk

Public Safety Bicyclist Instructor Training Course 2012-Monroe County and the Florida Keys



have presented at IALEFI's
Master Firearms Instructor
Courses for 2012

**London, OH (OPOTA) &
Cortland, NY**



Law and Order Magazine Features Kathy

Blackhawk! gear is in!



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Survival Pistol Classes:

Aurora, CO

A LOOK AHEAD:

**FITNESS AND NUTRITION FOR THE
COMMUNICATIONS OPERATOR**
SCHOOLCRAFT COLLEGE-RADCLIFF
NOVEMBER 9, 2012

POLICE WELNESS INSTRUCTOR COURSE
KENT POLICE & FIRE TRAINING CENTER-
KENT, WA-SEPTEMBER 17-21, 2012

WOODBURY, MN- MAY 13-17, 2013

BUILDING WARRIOR WOMEN:



PALM BAY, FL
FEBRUARY 18-21,
2013

NASHVILLE, TN
OCTOBER, TBD-
2013

"ON BUILDING WARRIOR WOMEN"
A POLICE ONE EXCLUSIVE ARTICLE

***** BUILDING WARRIOR WOMEN**

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London, OH



Area departments...
way to represent!

Civilian pistol classes are underway: This ain't your mamma's Tupperware party!



Thank you Pat and Maria Sacco and Verdad Investigations, Cortland, NY

The One and Only Beverly Price



WARRIOR WOMAN DEFINED!

Beverly Price: Thank you for 10 years of loyalty and leadership.

Gold Sponsor

SURVIVAL PISTOL FOR THE FEMALE SHOOTER The Polk County Sheriff's Office November 15-16, 2012

SURVIVAL SKILLS FOR THE SCHOOL RESOURCE OFFICER AND COURTROOM SECURITY Marathon, FL November 19-21, 2012

Instructor News: Welcome new instructor:



Commander Kris Mienert has worked for the Woodbury Police Department (MN) since 1989. During her tenure, Kris has overseen all divisions within the organization, including Patrol, Investigations, Support Services, and Professional Standards. Kris has also been a Field Training Officer/Coordinator, Bike Patrol Instructor/Coordinator, Fitness Instructor/Coordinator, Patrol Sergeant, and Captain.

Kris has always been an advocate to improve officer safety, whatever her role has been. She was responsible for the implementation of numerous safety items utilized by officers including Tasers, Less Lethal, and Patrol Rifles. She continues to look for every opportunity to enhance the safety of all officers.

Early on in her career, Kris was selected to the multi-agency SWAT team as a Communication's Operator, which then led to other SWAT assignments to include Sniper, Sniper Team Lead, Tactical Operator, Tactical Team Lead, and Assistant Team Commander. Her final assignment was the overall Team Commander of the multi-agency SWAT team, which consisted of 40 tactical operators and 10 negotiators.

In 1994, Kris was one of six police officers who volunteered to attend paramedic school for the newly-formed "public safety" concept for police officers to become paramedics to provide Advanced Life Support to their community. Kris served as a police paramedic for several years, and continues to maintain her paramedic certification. In 2005, the "public safety" concept took yet another turn for police officers to become firefighters. Kris again volunteered to attend firefighter school to better understand the newly defined role of police officer/firefighter to ensure the needs of the officers and agency would be met during the development and implementation process.



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Warrior Women Thin Pink Line Bracelet

Named by the Building Warrior Women event attendees 2011. "Thin Pink Line" represents a common bond that exists among women in law enforcement. Words used to describe the bracelet include: The essence

Kris holds a Master of Arts Degree in Public Safety Administration and Education from the University of St. Thomas, St. Paul, MN, and a Bachelor of Science Degree in Criminal Justice from Winona State University, MN. She is also a graduate of the Southern Police Institute's Administrative Officer's Course. Kris currently serves as a board member for the Association of Training Officers of Minnesota (ATOM), and is member of several professional organizations.

In her free time, Kris enjoys spending time with her family, her dogs, exercising, and anything to do with the outdoors.

"Building Warrior Women"

Thank you to our sponsors, especially Eoin Stafford from **Savage Range Systems**, Roxanne Folsom from **Survival Armor**, John Meyer from **Team One Network**, Bob Brothers from **Redman**, **Lindy Stark** from **ESS**, Bruce Ruddock from **BLACKHAWK!** and Tricia Sterland from **Polar**. [Read about it in Law and Order magazine](#)



Dayton, OH and neighboring jurisdictions featured with U.S. shooting team member and BWW presenter Annette Wachter. "Shoot like a girl...if you can."
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Woodbury, MN BWW-2012



For more information on how you can host a "Building Warrior Women" event contact Lou Ann at: louannblackwidow@aol.com

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St. Joan of Arc*

Lou Ann Hamblin
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