

## Message From the President

Greetings,

I am honored to have been appointed to be the CWC Inland Empire Chapter President for 2020-2021 term. So far, it has been a year of significant changes. I anticipate a year of challenges and change in the CWC Inland Empire Chapter as well. One of the major changes that we will initiate, is online workshops and presentations via Zoom or some similar platform. I hope this change will allow more of our membership to take advantage of the information and knowledge shared in our presentations and workshops. We will also be conducting our chapter, committee and general meetings via the same format. This will also allow more members to take part in the chapter meetings, see what we are planning, and offer any suggestions they may have.

Community affairs will be more challenging as well, as many of our normal agencies we have worked with in the past have curtailed public participation due to Covid-19. We will make every effort to find agencies and charities that our chapter can offer assistance to, and make those opportunities available to our members. If you know of any charities or organizations that you would like to see our chapter offer assistance to, please email me at: [pgallerani.cwc.ie@gmail.com](mailto:pgallerani.cwc.ie@gmail.com).

I am grateful to have many of the team I worked with two years ago, working with me again this term. They are truly a phenomenal group, and I could not do much of anything without them. I am fortunate to have this talented and hardworking group of ladies who bring such positivity and dedication to our chapter:

### Board Members

President: Peter Gallerani

1<sup>st</sup> VP: Violeta Velazquez

2<sup>nd</sup> VP: Nicole Palamino

Treasurer: Jessica Escobedo

Secretary: Ethel Marvel

### Office Representatives:

Marisa Parra

Please remember, the CWC Inland Empire Chapter is YOUR chapter. We are here to bring you educational opportunities that enhance your competence, knowledge and proficiency, as well as opportunities to give back to our community. We need your suggestions and participation and feedback.

I look forward to a challenging and successful year.

Blessings,

*Peter Gallerani*  
President  
California Workforce Connection  
Inland Empire Chapter  
(951)320-7602  
Cell (760)680-3728



### In This Issue

**Message from the President**  
Page 1

**Working From Home**  
Page 2

**Control Alt Delete**  
Page 3

**Southern Workforce Services Veterans**  
Page 4

**Upcoming Events**  
Page 5

**CWC Conference Cruise**  
Flyer  
Page 6

**Third Times a Charm**  
Page 7

**Bybee Grant Information**  
Page 8

**What can CWC do for me?**  
Page 9

**Calendar of Events**  
Page 10

**Membership Application**  
Page 11

**CWC Survey**  
Page 12

**Local Office Representative**  
Page 13

**Meet CWC**  
Page 14

# Is Working From Home A Curse Or A Blessing?

By: Linda Towler

The answer depends on how you manage your time, attitude and actions while teleworking. If it seems working from home is easy you're in for trouble. I have teleworked for most of my career and would like to share some experiences. If you avoid developing bad habits before they start, working from home will be a much more pleasant experience.

Here are three valuable tips to consider:

## **Set up an ergonomically correct workstation, take breaks, and conclude your workday on time.**

Obtain a good comfortable chair as this is important for health reasons.

Stock your workstation appropriately with supplies and essential items and keep them within easy reach.

Remove clutter and unwanted items as they are distracting.

Stock up on nutritious snacks and stay hydrated.

Remember to take two 15 minute breaks and take a one hour lunch to re-energize. This is critical for your well-being.

Keep track of your rest periods and how you utilize this time.



## **Planning your work day.**

Emergencies affect your plans and adversely impact your workday. It happens but rarely occurs

Employers establish work expectations; however, prioritizing daily work tasks is the employee's responsibility.

Create and evaluate a "To Do List" for the next workday.

Review your schedule to provide necessary updates to your colleagues and supervisors.

Prepare to conclude your workday.

Leave your stress behind and continue your day with a fresh new mindset.

Transition your attention to family life.

Relax, take a walk, or do something to help you de-stress and re-energize.



## **Healthy Boundaries for a successful Work Life Balance.**

Develop and practice a healthy "Work-Life Balance".

Remain cognizant of proper time management and avoid doing chores during normal work hours as this creates pressure and unnecessary stress.

Eating healthier meals and exercising while teleworking is a definite benefit and should be taken advantage of.

You will discover developing a healthy attitude will eliminate confusion and exhaustion



In conclusion, creating a healthy work environment and maintaining a proper "Work-Life Balance" is essential to career success, and sustaining physical and mental well-being, while ensuring a happy home life.

# Control-Alt-Delete

by Jillian Hernandez

In late September I had the privilege of attending a presentation by Inglewood's Employment Program Manager II, Kimberly Myricks. The Title of Kimberly Myricks's presentation was "A Different Perspective". I always enjoy Kimberly's presentations and always learn so much as she is very enthusiastic and full of information and inspiration. Kimberly began with a story about this woman going to the store and finding only one parking spot available. Upon approaching the parking spot, the lady finds that the car next to the empty spot was parked horribly and she barely fit in the spot. The lady was so enraged and considered leaving a note on the car telling them how horrible they were at parking and how they need to learn and be considerate to others. The lady decided not to leave a note and park as well as possible in the space available. When she was done shopping, the lady went back to her car and upon approaching her car noticed a note on her windshield. When she read the note it stated that she was a horrible driver, needed to learn how to park better, and was a horrible person that should be considerate of others. After reading this note it dawned on the lady that she was being blamed for something that was completely out of her control and maybe she was blaming the other driver for someone else's bad parking. The moral of the story is that we do not know what has affected others, let alone have control of others and events that have happened. The best thing we can do is learn to be positive and look at difficult situations from the other side, a different perspective.

In life and work we often are put in situations where others are angry or taking out their frustrations on us. From this presentation I learned that the best thing we can do is listen, look at things from their point of view and project positivity. Kimberly taught us to Control-Alt-Delete, we must CONTROL our actions, ALTER your thoughts, and DELETE all negativity. We only have control over ourselves and our actions and emotions, so we have the ability to de-escalate a situation by staying positive and listening. We must alter our thoughts and ask ourselves the right questions. Instead of asking why is this person speaking to me this way, ask why are they upset and how can I help? Lastly, we must delete all negativity. We must not think of the situation in a negative way but think of how our positivity can hopefully help and change the negativity. Overall, I learned so much about how we have the ability to not only control-alt-delete in situations at work but how this thought can also help with situations in life. All we have to do is always remember, we have the ability to Control ourselves, we can alter our thoughts, and we can delete the negativity.

Kimberly Myricks's presentations not only can be used in your work life but in our everyday life. Kimberly Myricks will be speaking on the 3<sup>rd</sup> Annual CWC Educational Cruise, if you have the availability, I highly suggest booking a cabin to see Kimberly speak. You will not be disappointed in any presentation given by her and the other presenters.

**Control** our actions

**Alter** your thoughts

**Delete** all negativity



# Southern Workforce Services Implements First Ever Virtual Veterans Employers Panel

By Stephen Lindsey

Its full steam ahead as San Diego's Jobs for Veterans State Grants (JVSG) Team strives to adapt and overcome service barriers created by the COVID-19 pandemic. According to Chris Harris, a San Diego Disabled Veterans Program Specialist (DVOP), "Virtual services is the name of the game now and its' use can only be limited by our imagination. Understanding that, I doubt it will ever be business as usual".

In June 2020 San Diego LVERs met with Cluster Management to brainstorm ideas on how to continue providing quality services to our veterans, excluding in-person contacts.



At that time services were limited to telephonic and email communications, however, the use of the "Zoom" application for virtual events seemed to be a viable alternative and one that should be explored. With management's approval and support the JVSG Staff planned, coordinated, and facilitated the first ever Virtual Veterans Employer Panel (VVEP) in June and a second event in July. Both events were highly successful with numerous favorable comments being received from job seekers and employers. Hong Tran, Veterans Program Managers gave a special thanks and well deserved recognition to Chris Harris. Ms. Tran stated, "Chris did an outstanding job as Moderator and contributed greatly to the team's success". To date, there have been 153 VVEP participants including 14 actively hiring employers. A third VVEP is in the planning stages and will be launched in late August as an inter-regional collaboration connecting Southern Division's four regions; Inland Empire, Orange County, San Diego/Imperial, and Central Valley.

All virtual events are advertised on Eventbrite, LinkedIn, and CalJOBS<sup>SM</sup>. Additionally, invitations and flyers are emailed to employers, Veteran clients, and veterans registered in CalJOBS<sup>SM</sup>, Community Based Organizations, Faith Based Organizations, and other Veteran Service Organizations. The future is here. In the words of Buzz Lightyear, "To infinity and beyond".

# Upcoming Events

As the Chair for the California Workforce Connection (CWC) Community Affairs, I am pleased to share the following upcoming events, and can assure you necessary steps have been taken to provide safeguards for the protection against COVID-19. Please contact your local representative if you would like to donate items or would like to volunteer for any upcoming events.

Sylvia Espinoza-Logan

Community Affairs Chairman

California Workforce Connection

## **H<sub>2</sub>O HOMELESS WATER DRIVE**



One of our upcoming events is the H<sub>2</sub>O homeless water drive. Our goal is to collect as many cases as possible for the San Bernardino City Mission.

If you have a desire to help we would greatly appreciate your support and involvement.

## **Goody Bag for Low-income Housing for Seniors**

We have coordinated a second event in collaboration with the Base Line Plaza Co-Op in San Bernardino. The Co-op is a non-profit organization which provides section 202 housing to low-income seniors (age 65+). This organization relies on volunteers for support and they are in dire need of donations. The committee feels deeply compelled to reach out and offer assistance as seniors are the most vulnerable, especially during the pandemic. We ask folks such as yourselves to donate some of your precious time for a very worthy cause after all, we will be seniors one day and possibly in the need of assistance ourselves.



If you have a passion for service and want to make a difference, please help support these worthy events.

Your thoughts and suggestions are welcomed and appreciated!



# CWC Conference Cruise 2021

Dates: May 15-22, 2021

**Depart/Return Port:**

Port: Long Beach, Ca

**Cruise Ship:**

Carnival Panorama

**7 Days of Fun and Entertainment**

**Conference Day: Thursday, May 20th**

(Day at Sea)

A \$50 deposit per person

is due by 10/18/2020

Final Deposit \$300/person

by 12/16/2020

Price Starting:

\$604/Person/Double Occupancy

**Conference Speakers:**

**Kimberly Myricks**

EPM III, UI Riverside

**Dr. Ola Madsen**

Lifestyle Coach and Founder of Adventure Development LLC

**Jerry Steward**

Radio Personality; Host of "One Moment in America"  
and "You Are There"

## **Ports of Call**

**Cabo San Lucas**

**Puerto Villarta**

**Mazatlan**

**To RSVP or for more information , please contact your  
local CWC Representative or Peter Gallerani at**

**[PGallerani.CWC.IE@gmail.com](mailto:PGallerani.CWC.IE@gmail.com)**



# Will the Third Time Be the Charm?

By Peter Gallerani, Inland Empire President

Last April the California Workforce Connection (CWC) Inland Empire chapter had originally scheduled its third annual CWC Conference Cruise. Like many other things that have been disrupted due to Covid-19, the cruise was no exception. Not to be discouraged, the cruise was rescheduled for the last week in September and about 20 of the original 40 passengers took advantage of a \$300 per cabin credit for transferring their reservations.

Unfortunately, Covid-19 has decided to become more formidable than we had first hoped, and the cruise was cancelled for the second time. Fortunately, with the gracious agreement of all the scheduled speakers, our 3<sup>rd</sup> conference cruise has now been re-scheduled for May 15-22, 2021.

Covid-19 has caused several changes. In the past, Carnival Cruise Lines had 3- and 4-day sailings to Mexico every weekend out of the Port of Long Beach. Now, they only have 3- & 4-day sailings out of the Port of San Diego. After discovering that Carnival offers a 7-day cruise to Mexico for only \$26.00 more than the 4-day cruise, we have now booked the 7-day cruise.

The cruise will depart on Saturday, May 15<sup>th</sup> at 4:30pm from the Port of Long Beach. The next day will be a day at sea. On Monday we will be stopping at Cabo San Lucas; on Tuesday, Mazatlán, and on Wednesday, Puerto Vallarta. The conference day will be on the second of 3 days at sea, which will be Thursday, May 20, 2021. After the final day at sea on Friday, we will return to Long Beach on Saturday, May 22<sup>nd</sup>.

We have 3 excellent speakers lined up: Kim Myricks, Employment Program Manager III (EDD-UI Branch), Dr. Ola Madsen, (Lifestyle Coach and founder of Adventure Development, LLC), and Jerry Stewart-Radio personality (host of "One Moment in America" and "You Are There").

The cruise is open to members and non-members alike. So, if you have friends or family who would care to join us for a memorable get-away, then please feel free to contact me. Current pricing is \$489.00 + \$115.00 port charges & fees + \$604.00 per person (double occupancy) for an inside cabin. 3<sup>rd</sup> & 4<sup>th</sup> persons in the same cabin are half fare (\$229.50 plus \$115.00 port charges & fees). All meals, and nightly entertainment are included.

The next vacation bidding rounds will begin shortly, get your bids approved and make your cruise reservations as early as possible. Cabins are limited and will go fast due to the limited number of sailings. To reserve your cabin, please contact me at:

[pgallerani.cwc.ie@gmail.com](mailto:pgallerani.cwc.ie@gmail.com), or call my cell phone (760-680-3728.)

I look forward to seeing you on the cruise!



# Bybee Grant Information

**Purpose:** This program is designed to provide financial assistance to CWC members who want to enhance their skills, knowledge, and abilities in the field of employment security.

**Eligibility:** An applicant must be a member of the California Workforce Connection for at least one year.

**Awards:** Bybee trustees can approve grant requests up to \$500 or two grants per member or per year, whichever is less. Any request over that amount must be approved by the California Chapter Board of Directors.

**Procedure:** Application forms, with required documentation, are completed and submitted by the applicant (member or chapter) to one of the three Bybee Trustees. This is done once the training course has been completed. Two of the three trustees must approve the grant request. In special situations, a Bybee trustee may give tentative approval of the training course prior to completion. No payments will be made until after the course has been completed and the board has received proper documentation.

**Payment:** The California Chapter Treasurer, CWC, makes payment for an approved educational grant.

**Exceptions:** Grants may not be used for institutes, conventions, books, or college matriculation purposes. The number of grants available is based on the solvency of the Bybee Trust Fund.

Mail completed application to the Board of Trustees:

Arlene Bautista  
4312 Rilea Way Apt 1  
Oakland, Ca 94605  
Sherlworth@att.net

Tom Sims  
2367 Venn Ave  
San Jose, Ca 95124  
bjtsims@earthlink.net

John Szeibert  
3687 N. Sierra Way  
San Bernardino, Ca 92405  
jsszei@hotmail.com



# WHAT CAN CWC DO FOR ME?

## Inland Empire Chapter of the California Workforce Connection

As you step into the career field of workforce services, we invite you to join the California Workforce Connection (CWC), an organization recognized by the State of California as the bona-fide professional association qualified to provide the resources that will enhance your skills. EDD contributes \$50 a year to CWC for BU 1 and 4, after you join, so your only cost is \$4 a month. This \$4 a month is deducted from your paycheck. EDD pays 100% of manager dues, so a manager's cost is fully covered by the State and no deduction is needed. Some of the Benefits are:

- Volunteer Officers and committee chairs organize dinner meetings and conferences with speakers who often cover motivational as well as educational topics.
- Volunteers plan and organize one day seminars on various topics.
- Dinner meetings and seminars provide the opportunity to network with peers from other branches and get to know the EDD executive staff and administrators.
- Chapter sponsored training classes on such topics as computer skills or assistance with the promotional exam process which can include "mock interviews", etc.
- After one year as a member, you are eligible for scholarships from the California Chapter
  - Up to \$500 can be reimbursed for qualifying classes.
- Award programs to recognize superior employee accomplishments.
- Volunteering as an officer or committee chair develops and demonstrates leadership skills. It looks good on your resume and Statement of Qualifications.

The Inland Empire Chapter is one of the 13 Chapters statewide and one of the most active with many educational presentations offered. We hope you will consider joining CWC as a member, with all the benefits that CWC has to offer, by completing and signing the membership form. It's the best investment one can make for their future.

The above is just a few of the benefits of being a member of the CWC. Please feel free to contact your local representative if you have any questions and we hope to meet you soon.

Sincerely,

Jessica Escobedo, Secretary

Inland Empire Chapter

California Workforce Connection

# Calendar

## September 2020

3 Local Board Meeting

9 Ray Strait

15 Cal-Liope Articles Due

17—Felix Mejia

19 Baseline plaza non-profit

23 Leora Nash

24 Membership drive

What can IAWP Do For Me?

26 Feeding Homeless

29 --Dr. Ola Madsen

## October 2020

1 Local Board Meeting

3 Meals on Wheels

7 Ray Strait

14 Leora Nash

15 Quarterly Report & Treasurer's Report due

17 Cancer Awareness event

22 Felix Mejia

24 Duffel Bag Drive

29 Dr Ola Madsen

Vet Hygiene Kits-10/1-10/30

## November 2020

3 Leora Nash

5 Local Board Meeting

Local Chapter Quarterly General Meeting

12—Ray Strait

15 Cal-Liope Articles Due

18 Felix Mejia

21 Option House-pillow cases

31 Dr. Ola Madsen

11/27-12/15-Carl's Jr. Books

Veterans' Month

Veteran's Food Drive 11/1-11/22

Be on the look out for emails with upcoming events and presentations.

If you would like to join our mailing list,

please contact Jillian Hernandez

@ Jillian.Hernandez@Edd.Ca.Gov

\*All events are subject to change



## Membership Application

☐ New
 ☐ Update
 ☐ Renewal
 Date: \_\_\_\_\_

**Mail form (and payment) to: Lucely Tut, Membership Coordinator, 303 W. Elm Street, Oxnard, CA 93033**

**Name:**

Last name

First Name:

MI

**Local Chapter:**

**Telephone Number:**

**Home email:**

**Address:**

Number and Street Address

City

State

Zip Code

**Employer:**

City

**Job Title:**

ARU:

Bargaining Unit:

(If applicable)

(If applicable)

### Type of Member & Association Annual Dues Amount

☐ **Partner/Non-State Employee:** \$98.00
 ☐ **Cash/Check Payment:** I hereby agree to be sent an annual invoice for renewal of dues.

☐ **Retiree:** \$36.00
 ☐ **Cash/Check Payment:** I hereby agree to be sent an annual invoice for renewal of dues.

☐ **EDD State Supervisor/Exempt Employee:** \$0.00

I agree to provide my full social security number, which will be kept confidential. **SSN #:** \_\_\_\_\_ - \_\_\_\_\_ - \_\_\_\_\_

☐ **EDD State Employee Bargaining Unit 1 or 4:** \$48.00

I agree to provide my full social security number, which will be kept confidential. **SSN #:** \_\_\_\_\_ - \_\_\_\_\_ - \_\_\_\_\_

☐ **Automatic Deduction:** By checking this box, I hereby authorize the State Controller's Office (SCO) to automatically deduct **\$4.00** from my salary each month and transmit, as designated, an amount for membership dues to the CWC. I certify that I am now a member of the CWC and allow the organization to establish, change and/or cancel my deduction. This authorization will remain in effect until I submit a written request to the SCO to cancel this deduction and termination of membership will cancel all deductions made under this authorization. I understand that processing may take 2-3 pay periods.

-OR- ☐ **Cash/Check Payment:** I hereby agree to be sent an annual invoice for renewal of dues.

☐ **Other State Employee (Non-EDD):** \$98.00 – Refer to your Bargaining Unit Contract for possible reimbursement.

I agree to provide my full social security number, which will be kept confidential. **SSN #:** \_\_\_\_\_ - \_\_\_\_\_ - \_\_\_\_\_

☐ **Automatic Deduction:** By checking this box, I hereby authorize the State Controller's Office (SCO) to automatically deduct **\$8.17** from my salary each month and transmit, as designated, an amount for membership dues to the CWC. I certify that I am now a member of the CWC and allow the organization to establish, change and/or cancel my deduction. This authorization will remain in effect until I submit a written request to the SCO to cancel this deduction and termination of membership will cancel all deductions made under this authorization. I understand that processing may take 2-3 pay periods.

-OR- ☐ **Cash/Check Payment:** I hereby agree to be sent an annual invoice for renewal of dues.

I understand that the processing of this form/payment may take 1-3 months and that the California Workforce Connection (CWC) organization does not issue refunds.

**Member Signature:** \_\_\_\_\_

**Date:** \_\_\_\_\_

**Recruiter's Name:** \_\_\_\_\_

**Local Chapter:** \_\_\_\_\_



# California Workforce Connection Inland Empire Survey

Name: \_\_\_\_\_

Office: \_\_\_\_\_ Phone: \_\_\_\_\_

1. What can the Inland Empire Chapter do to improve?

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2. What Presentations/Class/Subjects would you like to see in the future? \_\_\_\_\_

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3. I am interesting in helping the Local Inland Empire Chapter in the 2019-2020 year by:

\_\_\_\_\_ Becoming a Board Member

\_\_\_\_\_ Becoming a Committee Chair

\_\_\_\_\_ Becoming a Committee Member

\_\_\_\_\_ Becoming an Office Representative

4. I am not a Member of the California Workforce Connection, but I would like to become a member.

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# Local Office Representative

As we begin the 2020-2021 term, we are looking for new volunteers to help us make this year better than the last. To help us accomplish this goal, we are searching for additional Office Representatives.

## Duties and Responsibilities

1. Keep an up-to-date list of members in the office(s) you represent.
2. Distribute or circulate to members (and non-members when appropriate) flyers, announcements, newsletters and other materials of the Local Chapter, District, and California Chapter. As appropriate, post copy on bulletin board(s) with approval from appropriate management.
3. Keep members informed about local, district, and State functions, programs and activities, e.g., meetings, institutes/conferences, conventions, contests, etc.
4. Solicit and encourage member (and non-member when appropriate) participation in CWC functions, programs and activities.
5. Introduce yourself to new employees; explain CWC goals; describe the functions, programs, and activities of the Local Chapter, district, and state chapter, and extend an invitation to join CWC.
6. Ask employees in your office(s) to join CWC. Keep them informed about functions, programs and activities to encourage membership.
7. As employees transferring into your office(s) whether they are members and, as appropriate, invite them to join CWC or transfer their membership affiliation to your Local Chapter. (When a CWC member prefers to retain his/her present Local Chapter affiliation, add his/her name to your list or card file to receive announcements on our chapter's meetings and other appropriate materials.)
8. Maintain a supply of CWC promotional literature and sign-up and transfer forms to use in recruiting signing up and transferring members. (Obtain supplies from Local Chapter President or District Director.)
9. Send sign-up forms to Local Chapter President before submission to Membership Coordinator.
10. If a member has a change of address, please give the information to your Local Chapter President and email the information to the State Membership Coordinator.
11. Solicit ideas and suggestions for speakers and panels, education and training programs, meeting and training sites, etc.
12. Advise as appropriate, your Local Chapter President, Membership chairperson, or Treasurer of:
  - A. The resignation, retirement, death or transfer of members to keep files current
  - B. Suggestions and complaints regarding CWC.
  - C. Concerns expressed and recommendations made regarding programs, policies, or practices of EDD and/or other organizations in the employment security field.

# 2020-2021 IE CHAPTER TEAM

## Executive Board

<b>President.....</b>	<b>Peter Gallerani</b>
<b>1<sup>st</sup> Vice President.....</b>	<b>Violeta Velazquez</b>
<b>2<sup>nd</sup> Vice President.....</b>	<b>Nicole Palamino</b>
<b>Treasurer.....</b>	<b>Jessica Escobedo</b>
<b>Secretary.....</b>	<b>Ethel Maravilla</b>



## Want to Join the Team?

IE Chapter is looking for Local Office Representatives to help participate in Presentations, Fundraising, Charity Events, and the Awards Dinner.

If you are looking to learn and participate in a fast moving environment and would like to join Inland Empire Chapter today,

Please contact  
**President Peter Gallerani**  
**PGallerani.cwc.ie@gmail.com**

## INLAND EMPIRE CHAPTER COMMITTEE MEMBERS

<b>Education/Training...</b>	Erlinda Towler (Chair) Jillian Hernandez	<b>Community Affairs...</b>	Sylvia Espinoza-Logan (Chair) Nicole Palamino
<b>Veterans.....</b>	Margaret Martin (Chair) Nicole Palamino Erlinda Towler Linda Delgado	<b>Communication.....</b>	Violeta Velazquez (Chair) Erlinda Towler Jillian Hernandez
<b>Membership.....</b>	Jessica Escobedo (Chair) Violeta Velazquez Jillian Hernandez	<b>Awards.....</b>	Margaret Martin (Chair) Linda Delgado