

LACCEA NEWS

Official Newsletter June 2024



IMPORTANT NOTICE

In order to better represent you it is important that all of your member information is accurate and up to date.

Please note that the County will not forward your contact information to LACCEA. You may update your mailing address and telephone numbers by sending us a notice by email or telephone.

Email: info@lacountychicano.org

Phone: 626-395-1591

Please include your full name, employee number, and department, along with the updated information. Thank you.

BOARD OF DIRECTORS & OFFICERS

Johanna Hernandez, President
George Alvarez, 1st VP
Carlos Coronado, 2nd VP
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Attorneys

Dion DiNome, Esq.
Donna C. Wells, Esq.
Robert Meneses, Esq.

PRESIDENT'S MESSAGE

Dear Members,

Can you believe we're already halfway through 2024, with the 2nd quarter closing soon? We've been on a whirlwind of amazing events lately! From celebrating Cesar Chavez Day to recruiting new members at the Park & Recreation 80th Anniversary rally, and attending Los Angeles County Fire Department Academy Ceremonies, we've been everywhere!

LACCEA made its debut at LA County Day at the LA County Fair this year, marking our first participation in this exciting event. It was an amazing experience, offering us a unique opportunity to connect with LA County employees, showcase our services, and engage in recruitment efforts.

LACCEA remains committed to supporting our partnering associations in their scholarship fundraising endeavors. Recently, we attended the National Latino Peace Officer Association (NLPOA)'s night of "Comedy for a Cause, Scholarship Fundraiser," as well as LACHMA's Cinco de Mayo Scholarship Fundraiser.

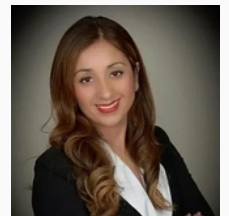
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Additionally, LACCEA volunteered and contributed to the 38th Annual Baker to Vegas Law Enforcement race. Furthermore, we celebrated Asian American & Pacific Islander heritage with a delightful reception and attended the APPA's 10th Annual Asian Pacific American Heritage Month Celebration Banquet in style!

Our newsletter is brimming with excitement, featuring inspiring reads like "The Next Chapter" by Roberto Sepulveda. LACCEA is very proud to announce that our current Board of Director, Ms. M.C. Trujillo, has written a captivating book titled "Skinwalker Among Us," which has received excellent reviews. We are also pleased to announce that former Board of Director Ms. Cynthia McCoy Miller has authored a book, "Leveling Up: From the Bottom to the Top Through My Lens and Voice." Lastly, let's not forget the invaluable insights from our "Understanding Mental Health Summary.

Prepare for our upcoming events, including Dodger Union Night, our 2nd Annual Turkey Drive, and the highly anticipated Winter Scholarship. Get ready for more fun, learning, and community growth ahead!

BY JOHANNA HERNANDEZ,
LACCEA PRESIDENT



Happy Retirement



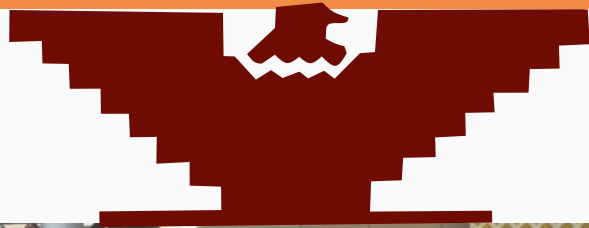
Greg Fisher
Deputy Probation Officer II
Thank you for your 29 years of
commitment to public service and
dedication to Law Enforcement.

1995 -
2024

Congratulations to our board member Gregory Fisher on his retirement and all the incredible years of work he put into getting there. We hope you enjoy the future with lots of time to enjoy your hobbies, friends and family. Cheers to your retirement!



CESAR CHAVEZ DAY WITH SUPERVISOR HILDA L. SOLIS



FACE Homeownership Fair Planning Meeting

On Saturday, March 23, 2024, Faith And Community Empowerment (FACE) hosted its 27th Homeownership Fair in Inglewood, in collaboration with LACCEA and three other county associations. The event proved invaluable, offering attendees insights into purchasing their first home.

First Time Buyers Programs provide significant support, offering up to \$200,000.00 for a down payment, with repayment options extending up to 30 years or upon the sale of the house. Despite the challenges of the current market, these programs present an excellent opportunity for prospective homeowners.

While income limitations apply, these programs offer a viable path to homeownership. We at LACCEA are excited to announce our collaboration with FACE to bring the next Homeownership Fair to the San Gabriel Valley. Join us as we continue to empower individuals on their journey to owning their dream home.

BY: ERNESTO DIAZ, LACCEA BOARD DIRECTOR



The Next Chapter

BY ROBERTO SEPULVEDA

I began my career as a GSN at Camp Vernon Kilpatrick. Perfect fit being involved with great people who were dedicated to introducing young teenagers in making better decisions. I was recruited to the department by legendary supervisor of the San Fernando Gang Unit -Robert (Bob) Medina who was knowledgeable and a character. SDPO Medina was involved with the Latino community and professionally with LACCEA and Mexican-American Correctional Association (MACA).

Unfortunately SDPO Medina passed away in 2002. As a tribute to Mr. Medina I decided to honor his memory and get involved with LACCEA, which I initially became a general member and then became an honored elected member of the Board of Directors. I served on the board for approximately five wonderful years working alongside a group of talented individuals,

Throughout my career I was surrounded by fantastic people who believed in what we did. Many became personal friends. No assignment was bigger than the other, all had a role which came with responsibility.

Fast forward to my retirement plans, as an avid baseball fan (Go Yankees) I simply want to attend as many Major League Baseball parks throughout the country as possible. I have been to nine so far and have two more planned for this summer. Most importantly I want to spend as much time with my two grandsons (ages 9 & 7) and do my best to relax. My dogs are teaching me the art of taking a nap!! Wish me luck on that!! lol.



CAREER TIMELINE

- 1988 BEGAN CAREER AS A GROUP SUPERVISOR NIGHTS -AS NEEDED AN CAMP KILPATRICK
- 1989 TRANSFERRED TO CAMP MUNZ - PERMANENT PROMOTION TO GROUP SUPERVISOR NIGHTS
- 1999 COMPLETED BACHELOR OF SCIENCE DEGREE -PROMOTED TO DEPUTY PROBATION OFFICER I @ CHALLENGER MEMORIAL YOUTH CENTER (CMYC).
- 2003 PROMOTED TO DEPUTY PROBATION II - JUVENILE SERVICES BUREAU- ANTELOPE VALLEY AREA
- 2006-TRANSFERRED TO ADULT FIELD SERVICES- ANTELOPE VALLEY DEPUTY PROBATION OFFICER II
- 2008-TRANSFERRED TO ADULT SUPERVISION COURT OFFICER TEAM (ASCOT) ANTELOPE VALLEY
- 2013 PROMOTED TO SUPERVISING DEPUTY PROBATION OFFICER (SDPO @ CMYC)
- 2016 JOINED LACCEA AS A BOARD OF DIRECTOR
- 2016-2024 TRANSFERRED TO AB 109-ANTELOPE VALLEY
- 2024 RETIRED IN MARCH WITH 36 YEARS ON THE PROBATION DEPARTMENT

PARK & RECREATION 80th ANIVERSARY STAFF RALLY



The Department of Parks and Recreation hosted their 80th Anniversary Staff Rally on May 1st, 2024. Over 1,200 employees attended and enjoyed the event. LACCEA had the opportunity to engage with both existing and new members.

Earth Day



Resource Link



Earth Day is an annual event celebrated on April 22nd to demonstrate support for environmental protection. First celebrated in 1970, it is now coordinated globally by the Earth Day Network. Earth Day raises awareness about environmental issues such as pollution, deforestation, climate change, and conservation efforts. It serves as a reminder for individuals, communities, and governments to take action to protect and preserve the planet for future generations. Earth Day events often include tree planting, clean-up campaigns, educational activities, and advocacy for sustainable practices.

Sustainability matters because it ensures the long-term well-being of both the planet and its inhabitants. Here's a summary of why sustainability is important and some tips from the Conservation International website.

Why Sustainability Matters:

- Preserves Earth's Resources: Sustainable practices help conserve natural resources such as water, air, forests, and biodiversity, ensuring they are available for future generations.
- Protects Ecosystems: By reducing pollution, habitat destruction, and overexploitation of natural resources, sustainability helps protect ecosystems and the species that depend on them for survival.
- Mitigates Climate Change: Sustainable living practices help reduce greenhouse gas emissions, which are the primary driver of climate change, thereby mitigating its impacts on the planet and human societies.
- Supports Social Equity: Sustainability promotes fair and equitable access to resources, benefits, and opportunities for all people, regardless of their socioeconomic status or geographic location.
- Enhances Resilience: Sustainable practices increase the resilience of communities and ecosystems to environmental, economic, and social changes, helping them adapt to challenges such as extreme weather events and economic fluctuations.

Tips for Sustainable Living

Reduce Energy Consumption



- Use energy-efficient appliances and light bulbs.
- Turn off lights and unplug electronics when not in use.

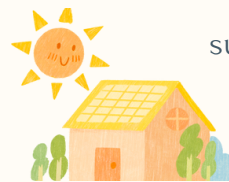
Advocate for Change

- Support policies and initiatives that promote sustainability at the local, national, and global levels.
- Raise awareness about environmental issues and inspire others to adopt sustainable practices.



Support Local and Organic

- Buy locally produced foods to reduce carbon emissions from transportation.
- Choose organic products to support environmentally friendly farming practices



Minimize Waste

- Reduce, reuse, and recycle materials whenever possible.
- Compost organic waste to divert it from landfills and enrich soil.



Conserve Water

- Fix leaks and install water-saving fixtures.
- Practice water-efficient habits, such as taking shorter showers and using a dishwasher instead of handwashing dishes.



Conserve Nature

- Plant native species in gardens to support local biodiversity.
- Reduce pesticide and fertilizer use to minimize harm to ecosystems

Choose Sustainable Products

- Opt for products made from recycled materials.
- Look for eco-friendly certifications and labels when purchasing goods.



LA COUNTY FAIR: COUNTY DAY

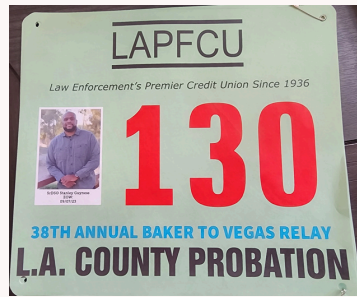
This was LACCEA's first time at the LA County Fair on County Day. Our participation at the fair provided a unique opportunity to engage with numerous members of the community. We had the pleasure of connecting with both existing members and welcoming new ones into LACCEA. The enthusiasm and support we received reaffirmed our commitment to serving and empowering our members.



The 38th Annual Baker to Vegas



The 38th Annual Baker to Vegas L.A. County Probation Department team ran in commemoration and honor of fallen Senior Detention Service Officer Stanley Guyness. The Baker to Vegas team ran against all odds, weather conditions on that day were unpredictable, the competition was grueling, however, they were able to beat last year team time by 20 minutes. LACCEA wants to congratulate each runner, your dedication, hard work, and perseverance have made many proud of you. We look forward to the 39th Annual Baker to Vegas run, where new time records will be broken.

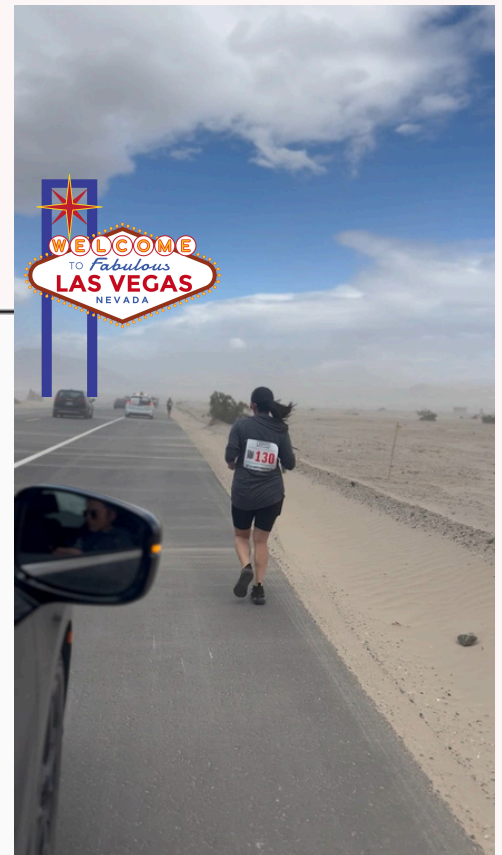


2024 PROBATION BAKER TO VEGAS TEAM

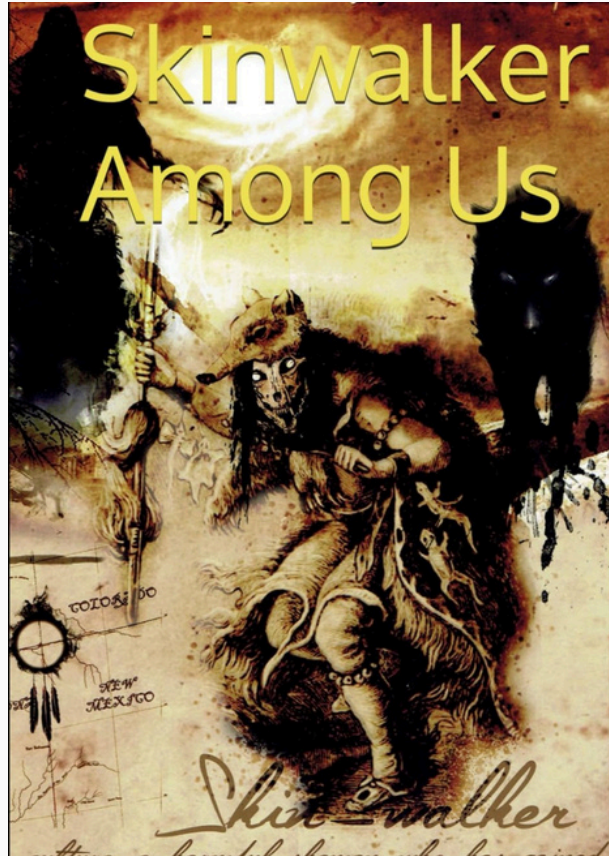
LEG	DIST.	NAME	RANK	WORK LOCATION
1	5.4	D. Tsushima	SDPO	San Gabriel Valley A/O
2	4	A. Ponce	DSO	Los Padrinos Juvenile Hall
3	4.2	T. Oshiro	SDPO	ASCOT Central
4	5.1	R. Rios	DSO	Los Padrinos Juvenile Hall
5	6.1	S. Quintero	DPO II	SFV Regional A/O - AB 109
6	6.1	D. Rivera	SDPO	Long Beach A/O
7	6.2	W. Briggs	DPO II	Downey Headquarters
8	6.6	J. Roque	DPO II	Alhambra A/O - AB109
9	7.5	A. Espinoza	DPO II	Special Enforcement Operations
10	5.8	M. Arias	DPO II	SFV Regional A/O - AB 109
11	5.3	F. Corrales	SDPO	ASCOT - Long Beach
12	4.6	G. Mactezuma	DSO	Los Padrinos Juvenile Hall
13	7	E. Esteban	DPO II	SFV Regional A/O - AB 109
14	10.7	D. Monarrez	DPO II	East Los Angeles Juvenile Court
15	6.4	E. Corral	DPO II	Special Enforcement Operations
16	5.3	A. Mendez	DPO II	Staff Training Office
17	7.8	R. Rushing	GSN	Camp Paige
18	5.7	A. Castro	GSN	Los Padrinos Juvenile Hall
19	5.6	P. Chavez	DPO II	Staff Training Office
20	3.2	R. Villaseñor	SDPO	Special Enforcement Operations

ALTERNATES

D. Cano	DPO I	Los Padrinos Juvenile Hall
M. Carrillo	DSO	Los Padrinos Juvenile Hall
D. Gonzales	GSN	Los Padrinos Juvenile Hall
E. Escorsia	DPO I	Camp Afferbaugh
M. Mascorro	DPO II	East San Fernando Valley A/O
J. Pera	Director	Pomona Valley A/O



Skinwalker Among Us



BY M. C. TRUJILLO

"Skinwalker Among Us" by M. Trujillo offers a captivating blend of fiction, drawing inspiration from the rich tapestry of legends, locations, culture, and beliefs of the Navajo Nation. Set against the backdrop of the Navajo landscape, the book explores the enigmatic phenomenon of skinwalkers, mysterious beings deeply rooted in Navajo folklore.

Trujillo weaves a narrative that not only delves into the myths and legends of the Navajo people but also incorporates elements of cryptozoology from around the world. Through this fusion, readers are immersed in a world where ancient traditions collide with contemporary mysteries, creating a suspenseful and enthralling story.

With its unique blend of cultural authenticity and speculative fiction, "Skinwalker Among Us" promises to offer readers a thrilling journey into the heart of Navajo mythology and the intriguing realm of cryptozoology.

Leveling up From the Bottom to the Top Through my Lens and Voice



BY CYNTHIA MCCOY MILLER

"Leveling up From the Bottom to the Top Through My Lens and Voice" by Cynthia McCoy Miller is a captivating leadership memoir that transcends the typical genre. Cynthia, a prominent figure in the child welfare industry, shares her compelling journey from humble beginnings to reaching the third-highest position in the nation's largest child welfare agency. Through her candid perspective, Cynthia delves into the challenges and triumphs of ascending in the demanding realm of social work.

The book offers a raw and honest exploration of leadership in child welfare, featuring insightful anecdotes and practical lessons. Cynthia emphasizes the importance of leveraging personal stories, experiences, and expertise to ascend into leadership roles. From performance-based management strategies to historical context and fresh insights, readers are equipped with tools to achieve organizational excellence and sustain their success.

Whether readers are aspiring leaders or seasoned professionals, "Leveling up From the Bottom to the Top Through My Lens and Voice" is essential reading for those seeking career advancement. Cynthia's expert guidance helps navigate the complexities of leadership with confidence and poise, fostering lasting impacts on the lives of vulnerable children and families.

Asian American and Pacific Islander Heritage Reception



On the May 10, 2024 LA County Supervisor Hilda Solis' and LACAAEA Hosted the Asian American Pacific Islander Heritage Month Reception where they awarded Eddie Yen, who was appointed by the Board of Supervisors to the position of Executive Officer, Board of Supervisors, on May 8, 2024.



APPA's 10th Annual Asian Pacific American Heritage Month Celebration Banquet

Congratulations to Dominic Choi, LAPD Chief; Eddie Yen, LACAAEA President; Francisco Parades, PMA President; and Regino Torres Jr., SEIU BU 702 President, on receiving the Certificate of Recognition for Outstanding Leadership Awards.



UNDERSTANDING MENTAL HEALTH SUMMARY

[CLICK HERE](#)



The article discusses the concept of mental health, emphasizing its influence on our thoughts, feelings, actions, and physical well-being. It highlights that while work can be beneficial for mental health, it can also have adverse effects. Mental health is depicted as a continuum ranging from positive functioning to severe symptoms of mental health conditions, with various factors influencing one's position on this spectrum. The piece identifies common mental health conditions such as anxiety, depression, and substance misuse, advising professional assistance for those concerned about themselves or others. It also addresses the importance of language in discussing mental health, urging for inclusive and respectful terminology to combat stigma and promote understanding. Furthermore, it provides preferred language choices to replace stigmatizing terms and encourages accurate usage of terminology related to mental health treatments and conditions. Lastly, it offers additional resources for further information and responsible reporting on mental health issues.

Resource: United Nations; Workplace Mental Health and Well-being Strategy: Understanding Mental Health

These points capture the essence of the article's discussion on mental health, its impact, common conditions, the significance of language, and available resources for support and education.

1. Definition of Mental Health: Mental health encompasses how we think, feel, and act, and it significantly impacts our physical health. It's a dynamic concept that exists on a continuum from positive functioning to severe symptoms of mental health conditions.
2. Work and Mental Health: While work can be beneficial for mental health, it can also have negative effects. A positive and supportive workplace environment is crucial for maintaining good mental health.
3. Common Mental Health Conditions: Anxiety, depression, and substance misuse are highlighted as prevalent mental health conditions. Professional assistance is recommended for those concerned about themselves or others.
4. Language Matters: The article emphasizes the importance of using respectful and inclusive language when discussing mental health to combat stigma. It provides preferred language choices to replace stigmatizing terms and encourages accurate usage of terminology related to mental health treatments and conditions.
5. Resources for Further Information: The article offers additional resources for individuals seeking more information on responsible reporting and communicating about mental health issues.

Tips to help improve Mental Health

Remember that everyone's journey to better mental health is unique, so it's essential to find strategies that work best for you. If you're unsure where to start or need additional support, don't hesitate to reach out to a mental health professional.

[Click Here!](#)

Tip 1: Stay Active

Regular physical activity can have a positive impact on mood and reduce feelings of stress and anxiety. Aim for at least 30 minutes of exercise most days of the week.

Tip 2: Eat well

A balanced diet rich in fruits, vegetables, whole grains, and lean proteins can support overall well-being and contribute to better mental health.

Tip 3: Get Adequate Sleep:

Quality sleep is essential for mental health. Aim for 7-9 hours of sleep per night and establish a regular sleep schedule.

Tip 4: Manage Stress

Practice stress-reduction techniques such as deep breathing, meditation, yoga, or progressive muscle relaxation to help manage stress levels.

Tip 5: Stay Connected

Maintain social connections with friends, family, and community groups. Spending time with supportive people can provide a sense of belonging and reduce feelings of isolation.

Tip 6: Set Realistic Goals

Set achievable goals for yourself and break them down into smaller steps. Accomplishing goals can boost self-esteem and improve overall well-being.

Tip 7: Seek Help When Needed

Don't hesitate to reach out for professional help if you're struggling with your mental health. Therapy, counseling, or medication can be effective treatments for various mental health conditions.

Tip 8: Practice Self-Care

Make time for activities that you enjoy and that help you relax and recharge. This could include hobbies, spending time outdoors, or practicing mindfulness.

Tip 9: Limit Alcohol & Drug Use

Excessive alcohol and drug use can negatively impact mental health. Limit consumption and seek help if you're struggling with substance misuse.

Tip 10: Practice Gratitude

Cultivate a sense of gratitude by regularly reflecting on things you're thankful for. Keeping a gratitude journal or simply taking a few moments each day to appreciate the positives in your life can improve mood and outlook.

FOLLOW US ON SOCIAL MEDIA



LOS ANGELES COUNTY CHICANO EMPLOYEES ASSOCIATION



@LACCCEAOFFICAL



LACOUNTYCHICANO.ORG

PLEASE TAG US ON ALL SOCIAL MEDIA PLATFORMS WITH THE HASHTAG #LACCCEA FOR A CHANCE TO BE REPOSTED OR FEATURED IN OUR UPCOMING NEWSLETTER.





VOLUNTEERS NEEDED

WE ARE LOOKING FOR GOOD-HEARTED MEMBERS WHO ARE WILLING TO HELP US AT EVENTS AND WITH OUR CHARITY WORK.

INTERESTED IN JOINING US?

FIND OUT MORE INFO:

LACOUNTYCHICANO.ORG/VOLUNTEER-OPPORTUNITIES

626-365-1591



it pays to
RECRUIT!



RECEIVE \$25 OR 2 DODGER TICKETS

LACCEA IS OFFERING \$25.00 FOR EACH NEW MEMBER THAT YOU RECRUIT. WANT MORE CASH? THERE IS NO LIMIT TO THE NUMBER OF MEMBERS YOU MAY RECRUIT, YOU WILL RECEIVE \$25.00 FOR EACH NEW MEMBER THAT SIGNS UP. PLEASE NOTE THAT YOU WILL RECEIVE THE \$25.00 FOR EACH NEW MEMBER THAT YOU RECRUIT AFTER THE 90-DAY APPLICATION PERIOD. DON'T FORGET TO INCLUDE YOUR INFORMATION IN THE "RECRUITER'S INFORMATION" BOX TO GET CREDIT FOR THE RECRUITMENT. IF YOU HAVE ANY QUESTIONS PLEASE CALL 626-365-1591. PLEASE NOTE THE DODGER TICKETS APPLY WHEN AVAILABLE.

Click for applications

