### **Profile** Andrew Garcia First Name Middle Last Name Initial Plantology / Cope Health Founder and Community Solutions Health Worker Employer **Email Address** Primary Phone Alternate Phone Are you 18 years of age or older? (Required) ⊙ Yes ○ No Question applies to multiple boards Do you live within the City Limits of Merced? (Required) Street Address Suite or Apt City State Postal Code Question applies to multiple boards Are you a registered voter in the City of Merced? (Required) Yes ○ No Which Council district do you live in? \* ✓ District 5 Are you currently serving on a Board or Commission? If so, please list: N/A Which Boards would you like to apply for? Arts and Culture Advisory Commission: Submitted Question applies to multiple boards **Highest Level of Education Completed: \*** Associate's Degree

Andrew A Garcia

☑ Bachelor's Degree

#### Communication

The City of Merced uses email as a preferred method of communication regarding your application. Is this acceptable to you?

If you selected no, please identify how you would like to be contacted:

### **Interests & Experiences**

Tell us about yourself, and why you are applying for this particular Board or Commission:

I'm a local small business owner and lifelong Merced resident with a deep appreciation for this city and the people who make it what it is. I run a plant shop here in town, and through that work I've gotten to connect with a wide range of residents—families, students, seniors, and other small business owners. I also work in community outreach, where I help people navigate everyday challenges and connect them to helpful resources. I'm applying for these Boards and Commissions because I care about where I live and believe in being involved. Whether it's improving our parks, supporting local arts and events, or making sure things are fair and well-run behind the scenes, I want to play a part in keeping Merced moving in a positive direction. I bring a strong work ethic, a practical mindset, and real experience working with the public, and I'd be proud to serve the city in any of these roles.

### Please list your current employer and relevant volunteer experience.

I currently work for COPE Health Solutions as a Community Health Worker, helping connect individuals and families across Merced County to healthcare, services, and support programs. I also own Plantology, a local plant shop in Merced that serves as both a small business and a community space, hosting pop-ups and events that bring people together. In both roles, I stay actively involved in local outreach, volunteering at farmers markets, neighborhood events, and other initiatives that support connection, wellness, and civic pride.

# What is your understanding of the roles and responsibilities of this Board or Commission?

From what I understand, each of these Boards and Commissions plays a key role in helping the City of Merced run smoothly and serve its residents better. The Arts and Culture Advisory helps support and promote creative opportunities in the community, whether that's public events, local artists, or cultural programs. The Personnel Board is focused on making sure hiring, discipline, and personnel policies are handled fairly and in line with city standards. And the Parks and Recreation Commission helps guide how our parks, programs, and public spaces are used, improved, and enjoyed by everyone. To me, being on any of these Boards means showing up, listening, giving honest input, and working with others to make smart, practical decisions that benefit the community. It's not about talking just to talk—it's about being reliable, respectful, and contributing to something bigger than yourself.

# Do you have experience or special knowledge pertaining to this Board or Commission?

While I haven't previously served on a Board or Commission, I bring strong experience from community work and an entrepreneurial spirit that's grounded in management, business, and economics. Running my own business has taught me the importance of leadership, problem-solving, and balancing practical needs with creative solutions. My role as a Community Health Worker has given me firsthand insight into the challenges and opportunities in Merced, and the importance of clear communication and collaboration. I'm confident that this background equips me with a fresh perspective and the skills needed to contribute effectively, ask thoughtful questions, and help guide decisions that benefit the community.

# Any other comments you would like to add that may assist the City Council in their decision?

I believe I'm the right person for these roles because I bring real-world experience as a business owner combined with hands-on community work that keeps me connected to the people of Merced. I understand the day-to-day challenges our city faces and have the practical skills to help find effective solutions. I'm committed, dependable, and ready to bring fresh energy and a results-driven mindset to the table. Choosing me means adding a voice that's deeply rooted in this community and focused on making meaningful, lasting improvements. I'm eager to serve and make a positive difference for all Merced residents.

AG_Resume_2025.pdf
Upload a Resume
Requirements
Question applies to multiple boards  AB 1234 Ethics Training
✓ I Agree *
Question applies to multiple boards  Attendance Policy
✓ I Agree *
Question applies to multiple boards  Statement of Economic Interests - FPPC Form 700
— •

Question applies to multiple boards  Oath of Office
✓ I Agree *
Question applies to multiple boards  Public Scrutiny
Question applies to multiple boards  How did you hear about this vacancy? *
If you selected other, please indicate how you learned about the vacancy:
<b>Demographics</b>
Ethnicity
Gender
<b>⋈</b> Male
Date of Birth
Submission
I declare under penalty of disqualification or termination that all statements in this application are true and complete to the best of my knowledege.
AG

# Andrew Garcia

#### **Skills**

- Excellent Oral and Written Communication
- Fluent in English & Spanish
- Proficient in Microsoft Office and Google Workspace
- Client Advocacy
- Care Coordination
- Cultural Competency
- Supervision

### **Experience**

#### Marketing Manager / Plantology

2023 - Present

Develop and implement marketing strategies to enhance brand visibility and customer engagement. Build strong community relationships through events, workshops, and outreach initiatives. Collaborate with local businesses and organizations to drive foot traffic and foster a vibrant plant-loving community. Oversee branding, social media, and promotional campaigns to support business growth.

### Operations Manager / All American Trucking & Transport

2011 - 2024

Led and optimized logistics operations, enhancing efficiency, reducing costs, and ensuring regulatory compliance. Managed high-volume shipments with seamless execution while leading a high-performing team to drive productivity and customer satisfaction. Implemented process improvements that streamlined workflows, increased scalability, and maximized profitability.

### Office Coordinator / Menlo Suite Executive Offices

2009 - 2011

Provided professional front desk support, greeting clients and directing them to the appropriate departments. Managed administrative tasks, including scheduling appointments, handling deposits, and maintaining accurate records. Oversaw office operations by coordinating supply orders, preparing mail, and managing a multi-line phone system.

#### Education

### University of California, Merced / 2020-2022

Management, Business, and Management

Merced College / 2018-2020

Business Management

Profile				
Brie First Name	Middle Initial	Wolf Last Name		
EarthWorks ClaySpace Employer	Founder Job Title			
Email Address				
Primary Phone	Alternate Phone			
Are you 18 years of age or	older? (R	equired)		
⊙ Yes ○ No				
Question applies to multiple boards <b>Do you live within the City</b>	Limits of	Merced? (Requi	red)	
⊙ Yes ○ No				
Street Address			Suite or Apt	
Question applies to multiple boards  Are you a registered voter	in the Cit	y of Merced? (Re	equired)	Postal Code
⊙ Yes ○ No				
Which Council district do y	ou live in	<b>?</b> *		
✓ District 2				
Are you currently serving	on a Board	d or Commission	? If so, please	list:
Which Boards would you li	ke to app	y for?		
Arts and Culture Advisory Comr	nission: Sub	mitted		
Question applies to multiple boards Highest Level of Education	Complete	ed: *		
✓ Associate's Degree				

Submit Date: May 22, 2025

#### Communication

The City of Merced uses email as a preferred method of communication regarding your application. Is this acceptable to you?

⊙ Yes ○ No

If you selected no, please identify how you would like to be contacted:

### **Interests & Experiences**

Tell us about yourself, and why you are applying for this particular Board or Commission:

I am an artist, educator, and community advocate with a deep commitment to creative equity. As the founder and director of Earthworks Clayspace, a community ceramics studio in Merced, I've built inclusive, hands-on art programming for both youth and adults. I hold a degree in Early Childhood Education with an emphasis in Curriculum Development, and my career has been rooted in expanding access to meaningful, culturally responsive learning experiences—especially for children and families who are often overlooked. My work is shaped by a global perspective; over the past 12 years, I've traveled to more than 40 countries, often in a humanitarian or volunteer capacity. Whether working with displaced youth, facilitating arts-based healing spaces, or building creative curriculum, I've witnessed firsthand the universal power of art to bridge cultures, foster resilience, and strengthen communities. I see the Merced Arts & Culture Advisory Board as an opportunity to bring that global understanding home—supporting local artists, advocating for inclusive funding strategies, and co-creating a cultural identity that reflects the depth and diversity of our city.

### Please list your current employer and relevant volunteer experience.

I am currently the founder and director of EarthWorks ClaySpace, a community ceramics studio based in the heart of Downtown Merced. I manage studio operations, design and lead a variety of courses, and partner with local schools (including Merced College and UC Merced), libraries, and nonprofit organizations to deliver accessible arts programming. Outside of my professional work with EarthWorks ClaySpace and as a teacher for many years, I've volunteered extensively, both locally and abroad. My service experience includes arts education and trauma-informed programming for high-risk youth, migrant families, and unhoused individuals. I've also contributed to international volunteer projects related to education, creative placemaking, and humanitarian relief worldwide. In Merced, I regularly collaborate with other local business owners, artists, and community leaders to support inclusive events and initiatives.

# What is your understanding of the roles and responsibilities of this Board or Commission?

I understand the Arts & Culture Advisory Board serves a critical role in shaping Merced's creative vision. The Board provides guidance to the City Council on matters related to public art, arts funding, cultural programming, and creative infrastructure. Members help identify opportunities to support local artists and arts organizations, review public art proposals, and advocate for inclusive and equitable cultural investment. Additionally, I see the Board as a vital connector—bridging city leadership with the voices and talents of Merced's diverse communities. This includes ensuring that policies and initiatives reflect the cultural richness of our city and that underrepresented groups have meaningful access to creative opportunities and public spaces.

### Do you have experience or special knowledge pertaining to this Board or Commission?

Yes, I bring extensive experience in grassroots arts programming, creative education, and community engagement. As a studio director and program developer, I understand both the administrative and creative needs of artists and educators. I've written grants, managed budgets, and developed curriculum for intergenerational, multi-lingual, and neurodiverse audiences. My work emphasizes equity, accessibility, and joy—values I believe should also guide our city's cultural development. My global humanitarian work has also given me a unique lens on cultural storytelling, public art as activism, and the role of creativity in resilience and healing. I've seen what happens when underserved communities are invited into the conversation—and I'm passionate about building those pathways in Merced.

### Any other comments you would like to add that may assist the City Council in their decision?

Merced is at a cultural turning point, with new energy, voices, and ideas ready to shape our city's creative future. I would be honored to contribute to that momentum as a member of the Arts & Culture Advisory Board. I bring not only direct experience but a genuine love for this city—its people, its potential, and its many untold stories. I'm also well-connected in the local creative and civic landscape, with strong relationships across business owners, artists, educators, and elected officials. I believe this network can help support collaboration, transparency, and real community impact. I would be proud to serve and to help make Merced a place where art and culture are not only visible, but vital.

Upload a Resume
Requirements
Question applies to multiple boards  AB 1234 Ethics Training
<b>▼</b> I Agree *
Question applies to multiple boards  Attendance Policy
□ I Agree *
Question applies to multiple boards  Statement of Economic Interests - FPPC Form 700
✓ I Agree *

Question applies to multiple boards  Public Scrutiny
✓ I Agree *
Question applies to multiple boards  How did you hear about this vacancy? *
✓ A Friend
If you selected other, please indicate how you learned about the vacancy:
Demographics
Ethnicity
None Selected
Gender
<b>▽</b> Female
Date of Birth
Submission
I declare under penalty of disqualification or termination that all statements in this application are true and complete to the best of my knowledge.

BW

### **Profile** Caroline Meraz First Name Middle Last Name Initial Concierge Consulting CEO Job Title Employer **Email Address** Primary Phone Alternate Phone Are you 18 years of age or older? (Required) ⊙ Yes ○ No Question applies to multiple boards Do you live within the City Limits of Merced? (Required) Suite or Apt Street Address City State Postal Code Question applies to multiple boards Are you a registered voter in the City of Merced? (Required) Yes ○ No Which Council district do you live in? \* ✓ District 3 Are you currently serving on a Board or Commission? If so, please list: No Which Boards would you like to apply for? Arts and Culture Advisory Commission: Submitted Question applies to multiple boards **Highest Level of Education Completed: \*** Associate's Degree

Caroline Meraz

#### Communication

The City of Merced uses email as a preferred method of communication regarding your application. Is this acceptable to you?

If you selected no, please identify how you would like to be contacted:

### **Interests & Experiences**

Tell us about yourself, and why you are applying for this particular Board or Commission:

I want to join a commission for the City of Merced because I believe in being an active participant in shaping the future of our community. As someone who has worked extensively in both public and nonprofit sectors—and who is deeply rooted in Merced—I have seen firsthand the challenges and opportunities our city faces. Joining a commission is a way for me to bring my experience, perspective, and commitment to service to the table in a meaningful and solutions-focused way. I'm passionate about creating inclusive, sustainable, and community-centered progress. Whether through youth development, public health, economic opportunity, or civic engagement, I want to contribute to policies and initiatives that reflect the needs and strengths of the people who call Merced home. I see this as a chance to listen, collaborate, and advocate for positive change.

Please list your current employer and relevant volunteer experience.

I am currently the CEO of Concierge Consulting, where I lead strategic operations, community outreach, and capacity-building initiatives for nonprofits and small businesses throughout the Central Valley. In terms of volunteer experience, I have been actively involved in the Merced community for over a decade. I currently serve on the Citizens Bond Oversight Committee for Merced City School District and have held roles on various advisory boards focused on health, family engagement, education, and community development. I am a Court Appointed Special Advocate (CASA) for foster youth, an active member of Kiwanis of Greater Merced, and have served as a coach and Assistant Commissioner for a local youth sports league since 2013. I have also worked closely with local law enforcement, school districts, and nonprofits to build inclusive partnerships that address critical community needs, especially in underserved populations. My goal is always to bring a collaborative, equity-focused approach to every role I take on—whether in a professional or volunteer capacity.

### What is your understanding of the roles and responsibilities of this Board or Commission?

My understanding is that members of a City of Merced Board or Commission serve as vital links between the community and local government. These bodies are designed to provide informed recommendations, insight, and oversight on specific issues that impact city policy, planning, and services. Commission members are responsible for attending meetings regularly, reviewing materials, participating in discussions, and voting on matters within the scope of their advisory role. Each board or commission typically focuses on a specific area—such as planning, arts, youth, or recreation—and members are expected to bring a combination of lived experience, community perspective, and critical thinking to help guide city leadership in making decisions that reflect public needs and priorities. Ultimately, the goal is to support transparency, accountability, and community involvement in local governance. I also understand that being a member requires a commitment to ethics, public service, and collaboration—and I'm fully prepared to meet those responsibilities with professionalism and dedication.

### Do you have experience or special knowledge pertaining to this Board or Commission?

Yes, as both a Merced resident and a local business owner, I bring a unique combination of lived experience and professional insight that aligns closely with the goals of city commissions. Through my work as CEO of Concierge Consulting, I've collaborated with government agencies, nonprofits, and community organizations on initiatives related to youth engagement, economic development, education, and public health. I have experience navigating local systems, leading community programs, and supporting underserved populations through capacity building and civic education. Additionally, I have served on multiple advisory boards and committees, including the Citizens Bond Oversight Committee for Merced City School District, which has given me direct experience in public accountability, fiscal oversight, and policy review. My volunteer work with CASA, Kiwanis, and youth athletics has also kept me closely connected to the diverse needs and strengths of our community. This combination of leadership, community service, and grassroots engagement allows me to contribute meaningfully to the responsibilities of a City of Merced Board or Commission.

# Any other comments you would like to add that may assist the City Council in their decision?

I am deeply committed to the long-term growth, equity, and well-being of the City of Merced. As someone who has both lived and worked in Merced for many years, I understand the unique challenges our community faces—but I also see its incredible potential. I bring a collaborative, solutions-focused mindset and a strong history of public service, leadership, and community advocacy. If selected, I will approach this role with dedication, professionalism, and a sincere desire to represent the voices of Merced residents. I am ready to listen, learn, and contribute in a meaningful way to help ensure our city continues to grow in ways that serve all of its people. Thank you for considering my application and for the opportunity to serve.

Upload a Resume

### Requirements

### Caroline Meraz

Ethnicity	
<b>✓</b> Hispanic	
Gender	
<b>▽</b> Female	
Date of Birth	

### **Submission**

I declare under penalty of disqualification or termination that all statements in this application are true and complete to the best of my knowledege.

CM

#### Caroline Meraz

May 2, 2025

Hiring Committee Merced City School District 444 W 23rd Street Merced, CA 95340

Dear Members of the Hiring Committee,

I am writing to express my interest in the **Executive Assistant/Confidential** position with the **Merced City School District**, as advertised on EDJOIN. With over **10 years of experience** working with the **Merced County Office of Education (MCOE)** and various local school districts, I have developed a comprehensive understanding of the district's needs and operations. This experience, coupled with my skills in executive support, bilingual communication, and administrative management, positions me well to contribute effectively to the Superintendent's Office.

As a **business consultant** with experience providing **confidential administrative assistance** to high-level executives, I am skilled in managing complex, sensitive tasks independently while maintaining the utmost discretion. I am adept at composing a wide range of **written materials** including reports, memos, and official correspondence—skills that directly align with the duties described in the job posting. Additionally, my **bilingual proficiency** in **Spanish and Portuguese** has allowed me to serve diverse communities, a key asset when working with students, parents, staff, and other stakeholders.

I have also had the privilege of working on the MCSD Bond Measure last fall and currently serve on the Bond Oversight Committee. These roles have provided me with a deeper understanding of the district's operations and financial priorities while strengthening my ability to collaborate with district leadership and provide oversight in a confidential and professional manner.

Key aspects of my experience and qualifications include:

- Confidential Administrative Support: Managing sensitive materials and communication for senior leadership, ensuring confidentiality in all interactions and documentation.
- Calendar & Travel Coordination: Organizing and maintaining the schedules of executives, including travel arrangements and event coordination, as well as assisting with the preparation and distribution of agendas and meeting minutes.
- **Policy & Compliance Management**: Assisting in the interpretation and enforcement of district policies and procedures, ensuring compliance with local, state, and federal

- regulations. I have experience researching and applying **education codes** and government policies, which aligns with the requirements outlined in the job description.
- **Board & Committee Support**: Attending board meetings, preparing minutes, and supporting the **Superintendent and Board of Trustees** in all aspects of meeting preparation and communication.
- Community & Stakeholder Engagement: Serving as a liaison for parents, staff, and the
  public, answering inquiries, and ensuring positive and productive relationships with all
  stakeholders.
- **Technology Proficiency**: Highly skilled in a variety of software programs, including **word processing, spreadsheet management**, and **data systems**, enabling me to manage complex files, databases, and reports effectively.

I am excited about the opportunity to support the **Superintendent's Executive Cabinet** and contribute to the smooth and efficient operation of the **Merced City School District**. I am confident that my experience in **executive support**, **bilingual communication**, **policy compliance**, and my **long-term experience with MCOE** will allow me to make meaningful contributions to your team.

Thank you for consideri	g my application. I would welcome the opportunity to discuss how I	
can support the district'	goals and contribute to the success of the Superintendent's Office. I c	ar
be reached at	or via email at	
Sincerely, <b>Caroline Meraz</b>		

Profile					
Denice Loria		Woyski			
First Name	Middle Initial	Last Name			
Retired					
Employer	Job Title				
Email Address					
Primary Phone	Alternate Pho	one			
Are you 18 years of age (	or older? (	Required)			
⊙ Yes ⊙ No					
Question applies to multiple boards  Do you live within the Cit	ty Limits o	of Merced? (R	Require	d)	
⊙ Yes ⊃ No					
Street Address				Suite or Apt	
City  Question applies to multiple boards				State	Postal Code
Are you a registered voto	er in the C	ity of Merce	d? (Req	uired)	
⊙ Yes ⊃ No					
Which Council district do	you live i	n? *			
☑ District 4					
Are you currently serving	g on a Boa	rd or Commi	ssion? I	f so, please	list:
No					
Which Boards would you	like to ap	ply for?			
Arts and Culture Advisory Cor	mmission: Si	ubmitted			
Question applies to multiple boards  Highest Level of Education	on Comple	eted: *			

Submit Date: May 03, 2025

### Denice Loria Woyski

■ Bachelor's Degree

#### Communication

The City of Merced uses email as a preferred method of communication regarding your application. Is this acceptable to you?

If you selected no, please identify how you would like to be contacted:

email, phone, text

### **Interests & Experiences**

Tell us about yourself, and why you are applying for this particular Board or Commission:

I am a retired chemist and a retired wedding and portrait photographer. I am a former member of Arbor Gallery Fine Art as a Photographer and a member of the Merced Camera Club and am currently teaching photography through the Merced College Community Education program. I have been a passionate photographer for over 20 years and I am a dedicated advocate for the arts. I am eager to serve on the Arts and Culture Advisory Commission to help foster creativity and support the artistic community in our city. I believe that the arts have the power to inspire, educate, and bring people together, and I am committed to contributing my skills and experiences to further arts and culture in our city. Through this role, I hope to ensure that the arts remain an integral part of our community's growth and identity.

Please list your current employer and relevant volunteer experience.

Current Employer/Occupation: Retired Merced College Community Education Instructor Volunteer Experience: Elected Officer and Program Director, Merced Camera Club Lead Photographer, Pet Portraits Fundraiser for Arbor Gallery Judge, County Fair Photography Exhibition Judge, High School Art Show Classroom and Event Volunteer, Atwater High School Photography Program Instructor, Cyanotype Workshop for Golden Valley High School Science Students -- will lead hands-on sessions demonstrating the intersection of science and art -- workshops will be help in November 2024

### What is your understanding of the roles and responsibilities of this Board or Commission?

I understand that the Arts and Culture Advisory Commission serves as an advisory body to the City Council, with the responsibility of guiding decisions related to public art, art projects, cultural programs, and the promotion of the arts within the City of Merced. The Commission plays a crucial role in shaping the cultural landscape of the city, ensuring that the arts are accessible and supported. As a member, I would actively participate in reviewing art initiatives, advising on cultural programs, and advocating for the importance of art in our community. I recognize that the Commission comprises 7 voting members and additional exofficio non-voting members, and I am prepared to collaborate effectively within this structure.

# Do you have experience or special knowledge pertaining to this Board or Commission?

As a retired chemist and lab manager, retired professional photographer, and photography instructor, I bring a unique blend of scientific expertise, and artistic skill to the Arts and Culture Advisory Commission. My background in chemistry has provided a deep understanding of the technical aspects of photography, particularly in processes like cyanotypes and traditional darkroom techniques, where chemistry and art intersect. Additionally, my work as a volunteer with photography students and the broader community has given me valuable experience in teaching, mentoring, and fostering a passion for the arts. This combination of skills enables me to offer a well-rounded perspective to support and promote art initiatives that engage and inspire our community.

# Any other comments you would like to add that may assist the City Council in their decision?

I am deeply committed to the arts and the positive impact they have on our community's culture, education, and well-being. My passion for both artistic expression and fostering creative opportunities for others drives my desire to serve on the Arts and Culture Advisory Commission. With my diverse background in science, fine art, and community engagement, I am eager to contribute to the city's efforts to enhance and promote the arts. I am confident that my experience, collaborative mindset, and dedication to making the arts accessible to all would be a valuable asset to the Commission's mission.

Denice_Loria_Woyski_CV.pdf
Upload a Resume
Requirements
Question applies to multiple boards  AB 1234 Ethics Training
▼ I Agree *
Question applies to multiple boards  Attendance Policy
✓ I Agree *
Question applies to multiple boards  Statement of Economic Interests - FPPC Form 700
✓ I Agree *

Question applies to multiple boards  Public Scrutiny
✓ I Agree *
Question applies to multiple boards  How did you hear about this vacancy? *
<b>⊘</b> Other
If you selected other, please indicate how you learned about the vacancy:
Bulletin Board at City Hall
Demographics
Ethnicity
Gender
<b>▼</b> Female
Date of Birth
Submission
I declare under penalty of disqualification or termination that all statements in this application are true and complete to the best of my knowledege.

California

# Denice Loria Woyski

ARTIST CV
APPLICATION FOR MERCED ARTS AND CULTURE ADVISORY COMMISSION

### CONTACT



# EXHIBITIONS & AWARDS

Mariposa County Fair Pro Division, 2 Best of Show (Division and overall)

> Digital Camera World Int'l Photo Competition Honorable Mention

Rumm Gallery Yosemite Icons March 2019

> Concierge Real Estate Spring 2019

Arbor Gallery Fine Art Continuous

# PRIVATE COLLECTIONS

Merced, CA Garden Grove, CA Riverside, CA Mariposa, CA Paso Robles, CA

#### EDUCATION

### BACHELOR OF SCIENCE IN CHEMISTRY

CSU, Fullerton Fullerton, CA

#### ARTIST STATEMENT

As a former chemist and professional photographer, I bring a unique perspective to my art, viewing the world through both a scientific lens and an artistic eye. My background in chemistry has instilled in me an appreciation for the intricate details that comprise the whole, while my fascination with light and shadow informs my photography. I strive to capture the fleeting magic of light and its ability to illuminate the beauty in our surroundings, and to share my passion for photography with others to inspire them to see the world anew.

### PROFESSIONAL EXPERIENCE

#### PHOTOGRAPHER/OWNER - WOYSKI PHOTOGRAPHY (2006 TO PRESENT)

- Photograph weddings and portraits, creating custom albums tailored to clients' visions.
- Develop and maintain comprehensive marketing strategies for print and digital platforms.
- Mentor local high school students, sharing skills and fostering their artistic growth.

#### PHOTOGRAPHY INSTRUCTOR (2005 TO PRESENT)

- Beginning Photography Instructor, The Drawing Board, Art Studio, Yorba Linda, CA
- Guest Instructor, Intermediate Photography, North Orange County Community College District
- Instructor, Sierra Walk Shops
- Private Photography Lessons Instructor
   Beginning Photography Merced College Community Education Instructor
   (January 2024)

### MEMBER, ARBOR GALLERY COOPERATIVE (May 2023 to Present)

- Serve as Web and Social Media Manager and Marketing Director, enhancing the gallery's online presence and outreach efforts.
- Chair the Sustainability Grant Implementation Committee, focusing on intgrating sustainable practices into gallery operations.
- Exhibit fine art photography, contributing to the cooperative's artistic community.

#### ADDITIONAL RELEVANT EXPERIENCE

- Extensive background in quality assurance, engineering, and management within the defense and biochemistry sectors, providing a solid foundation for meticulous attention to detail and project management.
- Active participant in local arts organizations, fostering community engagement and supporting the promotion of the arts.

### **Profile** Jessica Hackett Middle First Name Last Name Initial Savemart Cake Decorator Employer Job Title **Email Address** Primary Phone Alternate Phone Are you 18 years of age or older? (Required) ⊙ Yes ○ No Question applies to multiple boards Do you live within the City Limits of Merced? (Required) Street Address Suite or Apt City State Postal Code Question applies to multiple boards Are you a registered voter in the City of Merced? (Required) Yes ○ No Which Council district do you live in? \* Unknown Are you currently serving on a Board or Commission? If so, please list: No Which Boards would you like to apply for? Arts and Culture Advisory Commission: Submitted Question applies to multiple boards **Highest Level of Education Completed: \***

Jessica A Hackett

✓ High School Graduate✓ Some College, No Degree

Communication
The City of Merced uses email as a preferred method of communication regarding your application. Is this acceptable to you?
⊙ Yes ⊙ No
If you selected no, please identify how you would like to be contacted:
Interests & Experiences
Tell us about yourself, and why you are applying for this particular Board or Commission:
I'm a passionate artist, baker, and writer who believes deeply in the power of creativity to build community and inspire change. I'm applying to this board to help support and uplift local artists, contribute fresh ideas, and ensure the arts remain accessible and vibrant for everyone.
Please list your current employer and relevant volunteer experience.
I currently work as a cake decorator at Savemart Supermarkets. I also volunteer my time creating baked goods for community events and fundraisers.
What is your understanding of the roles and responsibilities of this Board or Commission?
The Arts and Culture Advisory Commission plays a vital role in shaping the cultural identity of the community. It supports local artists, advises on public art and cultural policy, and helps create inclusive, enriching experiences that reflect and celebrate our diverse voices.
Do you have experience or special knowledge pertaining to this Board or Commission?
Yes, I'm a cake decorator, painter, and illustrator with a strong passion for creative expression. My background gives me insight into the value of supporting local artists and fostering community through the arts.
Any other comments you would like to add that may assist the City Council in their decision?
I'm deeply committed to supporting the arts in our community and would be honored to contribute my creativity, perspective, and passion to help the city's cultural scene thrive.
Upload a Resume

### Requirements

AB 1234 Ethics Training
✓ I Agree *
Question applies to multiple boards  Attendance Policy
✓ I Agree *
Question applies to multiple boards  Statement of Economic Interests - FPPC Form 700
✓ I Agree *
Question applies to multiple boards  Public Scrutiny
✓ I Agree *
Question applies to multiple boards  How did you hear about this vacancy? *
✓ Other
If you selected other, please indicate how you learned about the vacancy:
Email alert
Demographics
Ethnicity
Gender
Date of Birth

### **Submission**

Question applies to multiple boards

l de	clare under	penalty o	of disqualifi	cation or t	ermination t	that all	statements
in th	is applicat	ion are tr	ue and com	plete to th	e best of my	knowle	edege.

JΗ

Profile							
<b>Joy</b> First Name	S Midd Initia		Widmark Last Name				
Self Employer	Wri Res	solution	ithor and nary Heartist				
	, jez .						
Email Address							
Primary Phone	Alter	nate Phone	2				
Are you 18 years of	age or old	er? (R	lequired)				
⊙ Yes ⊙ No							
Question applies to multiple boa <b>Do you live within the</b>		nits of	Merced? (Re	quired	1)		
⊙ Yes ⊙ No							
Street Address					Suite or Apt		
City					State		Postal Code
Question applies to multiple book  Are you a registered		he Cit	ty of Merced?	(Requ	uired)		
⊙ Yes ⊙ No							
Which Council distri	ct do you l	live in	? *				
Unknown							
Are you currently se	rving on a	Boar	d or Commiss	ion? If	f so, please	e li	st:
No							
Which Boards would	you like t	о арр	ly for?				
Arts and Culture Adviso	ry Commissi	on: Sul	omitted				
Question applies to multiple book Highest Level of Edu		mplet	ed: *				
☑ High School Graduat	e						

Joy S Widmark

Professional Degree

#### Communication

The City of Merced uses email as a preferred method of communication regarding your application. Is this acceptable to you?

○ Yes ⊙ No

If you selected no, please identify how you would like to be contacted:

I am easy to reach by phone and love to connect in person

### **Interests & Experiences**

Tell us about yourself, and why you are applying for this particular Board or Commission:

I have always been drawn to the arts ever since I was a little person. I have been a cosmetologist for 35+ years. This livelihood has afforded me the freedom to explore many creative endeavor. As well as being a hair sculptor and colorist, I have expressed my joy in dance, poetics and songwriting jewelry design and visual arts, "with joy...life is art". I am a self published author of a very special and timely book called "Simply Rich - A Cosmic Romance" This book is unique in that it begins at both ends and resolves in the middle. I am applying for this position for the Arts and Culture Advisory Commission because I love the Arts and I love we the people! It would be an honor to serve the city of Merced in this way. I have a real passion for growing our community creatively!

Please list your current employer and relevant volunteer experience.

I am in the process of establishing an arts program for people of all ages to bring all facets of the human experience into a new form of integrative theater. This is something that I have been envisioning for quite some time and I have a creative template to offer Community Theater as a medium of bringing people together to bring our true stories to life for fun and healing.

What is your understanding of the roles and responsibilities of this Board or Commission?

I have a basic understanding of the roles and responsibilities of the Arts and Culture Commission for Merced as listed. I have served on a board in the past in the private sector.

Do you have experience or special knowledge pertaining to this Board or Commission?

I do not have any previous experience with this Arts and Culture Commission. I have served on the board of my church for several terms and have a general understanding of serving on a board. It is wonderful to exchange perspective and ideas and work for creative outcomes!

Any other comments you would like to add that may assist the City Council in their decision?

We are living in a most challenging and artful times in all of history. I would be happy to contribute to the conversation and opportunities of this commission for the thriving arts within our community...and the world at large.

Requirements
Question applies to multiple boards  AB 1234 Ethics Training
✓ I Agree *
Question applies to multiple boards  Attendance Policy
✓ I Agree *
Question applies to multiple boards  Statement of Economic Interests - FPPC Form 700
☑ I Agree *
Question applies to multiple boards  Public Scrutiny
✓ I Agree *
Question applies to multiple boards  How did you hear about this vacancy? *
If you selected other, please indicate how you learned about the vacancy:

### **Demographics**

Ethnicity	
Caucasian/Non-Hispanic	
Gender	
<b>▽</b> Female	
Date of Birth	
Submission	
	disqualification or termination that all statements and complete to the best of my knowledege.

JSW

# JOY SUNDEE WIDMARK



#### PROFESSIONAL SUMMARY

A positively grounded team player in service to the art of living! Advocating for the freedom for all people to have a safe place to be true through creative and cathartic self expression. Creating a world where all who wish to can find a safe place in life to share the heart... as true works of art!

### **SKILLS**

- Creative Thinking
- Relationship Building
- · Idea Brainstorming
- Originality and Creativity
- · Creative Direction
- Concept Development

### **EDUCATION**

**Ogden High School** Ogden, UT • 06/1983

High School Diploma

### WEBSITE, PORTFOLIO, PROFILES



#### **WORK HISTORY**

### Self-employeed - Writer / Cultural Heartisan / InnerGchi Fitness

Merced, CA · 09/2018 - Current

- Authored collection/book "Simply Rich-A Cosmic Romance"
- Created 21st Century Peace Sign and Science Universal Heartware Symbol

### Self-employeed - Cosmetologist/Artist

Merced, CA · 06/1984 - Current

- Established memorable customer experiences with creative applications and services.
- Performed Super Natural Hair Design and Beauty Services for special events and all occasions.

### Sierra School Of Beauty - Cosmetology Instructor Merced, CA • 09/2017 - 09/2018

- Supervised and monitored students' use of tools and equipment.
- · Engaged students in academic and practical

- conversations that elicited critical thinking, creativity, collaboration and communication.
- Provided detailed instruction and role modeling for acceptable social and work-related behaviors.
- Connected instruction to real-world experiences and to students' post-secondary goals.

Artist - Melissa Etheridge - Personal Stylist / Joyologist Los Angeles, CA • 10/1996 - 09/2001

- Touring hair and makeup and some staging for concert performances and events.
- · Joyology and atmosphere for dressing and green rooms.
- Traveling Hair Sculptor and Crew Soul Support

Profile				
Raymond	C	Essig		
First Name	Middle Initial	Last Name		
Self	<u>17th</u>	er of The Partisan Street Public Hou		
Employer	Job Title	2		
Email Address				
Primary Phone	Alternat	te Phone		
Are you 18 years o	f age or olde	r? (Required)		
⊙ Yes ◌ No				
Question applies to multiple b		ts of Merced? (I	Required)	
⊙ Yes ⊖ No				
Street Address			Suite or Apt	
City			State	Postal Code
Question applies to multiple b  Are you a registere		e Citv of Merce		r ostar code
⊙ Yes ⊜ No				
Which Council dist	rict do you liv	/e in? *		
✓ District 3				
Are you currently s	serving on a B	Board or Comm	ission? If so, plea	se list:
No				
Which Boards wou	ld you like to	apply for?		
Arts and Culture Advis	ory Commissior	n: Submitted		
Question applies to multiple b		pleted: *		

Submit Date: May 28, 2025

Raymond C Essig

▼ Some College, No Degree

#### Communication

The City of Merced uses email as a preferred method of communication regarding your application. Is this acceptable to you?

If you selected no, please identify how you would like to be contacted:

### **Interests & Experiences**

Tell us about yourself, and why you are applying for this particular Board or Commission:

I am a born and raised Mercedian who has dedicated their life to exploring, supporting, and representing the arts in Merced. I have performed almost 1,500 shows around the country in different bands and as a solo musician playing all original material. Releasing seven records to date. I owned my first business at 19 putting on nine free to the public music festivals called The Gathering of Goodness in Applegate Park and twice or three times a week pop up concerts in local businesses. I led the charge of organizing, curating, and operating a weekly pop up in Bob Hart Square called Art in the Hart. I owned my first brick and mortar business in 2004 when I leased and operated The Mainzer Theater until my landlords bankruptcy in September 2006. During this time I brought in artists such as Richie Havens, Canned Heat, Bandits of Horses, Decemberists, And hundreds more, all while making it a point for local artists to design the posters, and local artists to open the show. In 2007 at 27 I opened The Partisan that's focus was providing a space for local artists to perform, while bringing in national and international talent. In 2013 I opened 17th Street Public House that focused on craft beer (also and art). From 2014 to 2019 I worked at Playhouse Merced and eventually became Executive Director after the departure of my theater mentor. I resigned in 2019 to refocus my energy on The Partisan after purchasing and remodeling the building. I am a proud Ahwahneechee / Southern Sierra Miwuk, with lineage on my maternal and paternal sides. I see the importance of cultural representation and mindfulness. Though my businesses are in the arts, I am not applying for this commission to represent my job. I am applying as a citizen who cares deeply about proving mindful, fair, and supportive opportunities for local artists to represent our community for our community in a way that will inspire and cultivate a thriving experience living and visiting our ever expanding city for generations.

Please list your current employer and relevant volunteer experience.

Self employed The Partisan 432 W Main St 17th Street Public House 315 W Main Street Merced Theater Foundation Operations Committee co chair 1 term Gathering of Goodness Free outdoor Music and Arts Festival at Applegate Park 1999 to 2004 Merceds 125th Anniversary celebration at Courthouse Park. And a ton of other things over the years collaborating with different organizations.

What is your understanding of the roles and responsibilities of this Board or Commission?

To work with fellow commission members to serve as an advisory body to the City Council on matters having to do with public art, art projects, cultural programs and activities and the promotion of the arts within the City of Merced.

Do you have experience or special knowledge pertaining to this Board or Commission?
Just watching the live streams and discussing the commissions moves with the community.
Any other comments you would like to add that may assist the City Council in their decision?
I'll do my best if selected. I have dedicated my life to the arts in our city, it would be nice to be a part of the official chain of decisions and ideas.
Upload a Resume
Requirements
Question applies to multiple boards  AB 1234 Ethics Training
✓ I Agree *
Question applies to multiple boards  Attendance Policy
✓ I Agree *
Question applies to multiple boards  Statement of Economic Interests - FPPC Form 700
✓ I Agree *
Question applies to multiple boards  Public Scrutiny
✓ I Agree *
Question applies to multiple boards  How did you hear about this vacancy? *
City Website
If you selected other, please indicate how you learned about the vacancy:

Demographics	
Ethnicity	
✓ American Indian/Alaskan Na	tive Aleutian
Gender	
✓ Male	
Date of Birth	

### **Submission**

I declare under penalty of disqualification or termination that all statements in this application are true and complete to the best of my knowledege.

RE

Profile				
Ryan		Villareal		
First Name	Middle Initial	Last Name		
Merced College Employer	Art Galler	y Coordinator		
Email Address				
Primary Phone	Alternate Phone	2		
Are you 18 years of age or	r older? (R	equired)		
⊙ Yes ○ No				
Question applies to multiple boards  Do you live within the City	/ Limits of	Merced? (Requir	red)	
⊙ Yes ⊙ No				
Street Address			Suite or Apt	
Street Address			Suite of Apt	
City			State	Postal Code
Question applies to multiple boards <b>Are you a registered vote</b>	r in the Cit	ty of Merced? (Re	equired)	
⊙ Yes ○ No				
Which Council district do y	you live in	? *		
✓ District 3				
Are you currently serving	on a Boar	d or Commission	? If so, please	list:
Which Boards would you l	ike to app	ly for?		
Arts and Culture Advisory Com	mission: Sul	omitted		
Question applies to multiple boards Highest Level of Education	n Complet	ed: *		
■ Bachelor's Degree				

Submit Date: May 21, 2025

#### Communication

The City of Merced uses email as a preferred method of communication regarding your application. Is this acceptable to you?

⊙ Yes ⊙ No

If you selected no, please identify how you would like to be contacted:

#### **Interests & Experiences**

Tell us about yourself, and why you are applying for this particular Board or Commission:

Since moving to Merced, I have seen it as my duty to promote the arts and engage with the local arts community. This began by encouraging my students to enter their work into competitions, then gradually went to hosting art events of my own, performing on Main Street, then to my current job as Merced College's Art Gallery Coordinator. I have a background that ranges from teaching after-school art courses in Planada to creating with world-renowned artists in Los Angeles. Furthermore, I received my Bachelor's degree in Anthropology which lends well to the cultural aspect of the Commission. My focus was specifically in Cultural Anthropology which was essentially training in leveraging cultural competency for social impact. I hope to help create a supportive, sustainable, and culturally relevant local arts scene that brings together everyone in the community that I would represent: artists and non-artists.

Please list your current employer and relevant volunteer experience.

I currently work at Merced College as the Art Gallery Coordinator. I am also an independent contractor working as an Artree teacher for the MAC.

What is your understanding of the roles and responsibilities of this Board or Commission?

My understanding of the roles and responsibilities of this Commission is that we are an advisory body to City Council that votes on all matters regarding art and cultural activities within the city. This can involve establishing city-wide events, sponsoring public art, and maintaining art projects, working with the allocated budget.

Do you have experience or special knowledge pertaining to this Board or Commission?

Any	other comments	you	would	like to	add	that may	assist the	City	Council	in
thei	r decision?									

Resume.	ndf
<u>nesume.</u>	<u>pui</u>

Upload a Resume

#### Requirements

# Ryan Villareal

I declare under penalty of disqualification or termination that all statements in this application are true and complete to the best of my knowledege.

Ryan Villareal

# **Ryan Villareal**



#### **EXPERIENCE**

#### Merced College - Art Gallery Coordinator

December 2024 - PRESENT

Plan the yearly Art Gallery exhibition program. Maintain the Gallery facilities. Contact artists and create arrangements for exhibitions. Develop the design of exhibitions from marketing to layout of the art.

#### Multicultural Arts Center - Artree Teaching Artist

June 2024 - PRESENT

Contract work in which I lead students in the theatre arts through workshops. Creating a curriculum and cumulative performance piece.

# Performance Artist Millie Brown - Video editor, videographer, pyrotechnics

October 2015 - PRESENT

Assisted the Hollywood-based performance artist Millie Brown in her performances and short films. This involved helping collaborate conceptual ideas, videography, video editing, and communication with different directors.

Aide in live gallery performances.

#### Freelance Photography

June 2023 - PRESENT

My own business that encompasses chiefly my digital photography work and services as well as the creation of laser engraved art from my own design.

While managing a photography studio in Downtown Merced. I have hosted art shows that brought in artists from around the Central Valley.

#### Planada Elementary School District - Substitute and ELOP Teacher

October 2022 - June 2024

Served as one of the district substitutes that was under contract to work everyday on campus either as a substitute teacher or classroom assistant.

Created and led two ELOP courses: Drama Club and Digital Photography that ran for the majority of the Spring semester.

#### **EDUCATION**

#### Merced College

August 2023 - December 2024

Focus in Digital Art and Photography

#### California State University, Long Beach — Bachelor's Degree

August 2014 - May 2020

Focus on Visual Anthropology and Film

#### **SKILLS**

Teaching Experience Cross-cultural Competence Adobe Creative Suite Visual and Performing Arts

Submit Date: Jun 05, 2025

Profile				
Sabrina First Name	C Middle Initial	Abong Last Name		_
<b>Tesla</b> Employer	Product Job Title	ion Associate		
Email Address				
Primary Phone	Alternate Ph	one		
Are you 18 years of a	ge or older?	(Required)		
⊙ Yes ⊜ No				
Question applies to multiple board <b>Do you live within the</b>		of Merced? (Re	equired)	
⊙ Yes ⊃ No				
Street Address			Suite or a	Ant
Sireet Address			Suite of A	apt.
City  Question applies to multiple board  Are you a registered v		City of Merced	State ? (Required)	Postal Code
⊙ Yes ♂ No				
Which Council district	do you live	in? *		
✓ District 3				
Are you currently serv	ing on a Boa	ard or Commis	sion? If so,	please list:
regional airport authority	Parks and recre	eation meeting		
Which Boards would y	ou like to ap	pply for?		
Arts and Culture Advisory	Commission: S	ubmitted		
Question applies to multiple board <b>Highest Level of Educ</b>		eted: *		
✓ Associate's Degree				

Sabrina C Abong

#### Communication

The City of Merced uses email as a preferred method of communication regarding your application. Is this acceptable to you?

If you selected no, please identify how you would like to be contacted:

#### **Interests & Experiences**

Tell us about yourself, and why you are applying for this particular Board or Commission:

I have lived in the city of Merced since I was 19 currently 28 years old I own a home in Merced and I pay taxes I advocate, work full time and I am a mother of one child.

Please list your current employer and relevant volunteer experience.

I am currently sitting on the regional airport authority as a voting member for the third district.

What is your understanding of the roles and responsibilities of this Board or Commission?

I have to respect and comply with the brown Act respect my fellow commissioners and advocate for the city I live in.

Do you have experience or special knowledge pertaining to this Board or Commission?

I am an alumni of a cohort on behalf of Building Healthy Communities called boards and commission leadership institute, yes I have been on a national advisory board for foster youth and currently sit on one committee of Merced city.

Any other comments you would like to add that may assist the City Council in their decision?

I am a former foster youth and have loads of experience advocating and creating change in the legislative branch of government.

nonprofitresume.pdf	
Unload a Pecume	

#### Requirements

Sabrina C Abong

Ethnicity	
▼ Caucasian/Non-Hispanic	
Gender	
<b>▽</b> Female	
Date of Birth	_

#### Submission

I declare under penalty of disqualification or termination that all statements in this application are true and complete to the best of my knowledege.

sca

# Sabrina Abong



#### **EDUCATION:**

Los Banos High School Los Banos, CA High School diploma obtained	2013-2015
Willow Glen High School San Jose, CA	2011-2013
Atwater High School Atwater, CA	2011-2011
Merced College Merced, CA Associate's degree with transfer in psychology	May 2018

# **Experience:**

### **Quality Parenting Initiative conference-panelist**

September 2018

 Be a panelist and share my experiences as a former foster youth to improve resource parents to create stability for foster youth and to be nurtured and to have a long lasting home.

# Foster youth support coordinating program-participant

July 2018-Current

• Improve services for current foster youth in the public educational system to improve their experiences while being in public schools from kindergarten to senior year in high school.

# CASA( court appointed special advocate)-mentor

April 2018-current

 Advocate for a current foster child in merced county for whatever he or she may need and write court reports and recommend the court whatever needs he or she may have.

#### **Rural Justice Summit-participant**

March 2018

Attend a conference on how to better organize, solve issues from grassroots, the
importance of emerging, the importance of why young people should vote and observe
what other communities have done and use their model to make Merced Community
better.

#### Golden Valley High School opportunity conference-panelist speaker.

February 2018

• Communicate to foster parents, probation officers, social workers, teachers, CASA workers about the benefits of coping in foster youth and understanding what he or she is going through or what he or she has gone through.

#### The positives and negative of AB 12 and SB 12-participant

February 2018

• Attend a round table on how to better implement these bills to better serve the foster care population.

#### **Youth Connect committee-participant**

February 2018-present

Attend a monthly meeting about how to better serve the displaced youth or homeless
youth of Merced county and how to partner him or her with resources in the community
to make him or her a better productive individual of society.

### San Diego futures foundation-participant

December 2017

 Disseminate refurbished computers to foster parents who had foster children in San Diego county.

# Foster Parent Focus Group-Trainer

September 2017-Current

• Facilitated training to foster parents on how to improve a foster youth mental health and how to build a relationship built on trust and respect.

# Merced College Guardian Scholar

September 2017-May 2018

• Provided foster youth attending Merced College resourced for them to be successful in college.

#### **Big Bear Retreat-Facilitator**

August 2017

• Facilitated training and workshops to develop a guardian scholar club at Merced college.

#### **Continuum Care Reform- Speaker**

July 2017

- Disseminate and provide vital feedback on the "healthy kids" survey to be presented to Foster Youth in group homes to measure level of happiness.
- Provide them with steps that can be taken to positively create relationships with youth that are in care.

# PBS SoCal- Participant

July 2017

 Provide input about foster care and how to best support foster youth through the use of documentaries.

# Merced City School District LCAP Meeting-Participant

May 2017

 Participated in district talks as an impacted youth and provided ways to use the money meant for foster youth to ensure more youth become successful.

#### Merced City School District Board Meeting- Participant

Feb 2017- July 2017

• Attended School Council Meetings and provided a "best practices" approach in how to help the district's foster youth and ensure their success.

#### <u>California Youth Connection – Merced Chapter</u>

May 2016- Current

- Spoke with legislators and provided them personal experiences and information as to why certain legislation will be beneficial for foster youth if passed such as Senate Bill 1060 which aims to keep siblings connected after adoption.
- Met with my Local Assembly member and informed them of what Foster care is and how their support can secure a better future for the nation's Foster Youth.

#### Tay Member of Alameda Behavioral Health- Panelist

February 2020- Current

 Attend monthly meetings on behalf of TAY( Transitional Age Youth) and as a TAY to better help the TAY youth from 16-24.

#### **Nytd Reviewer**

March-current

 Attend virtual training biweekly to review the NYTD survey and the findings that have been found from administering the survey to youth in foster care on a federal level from every state.

#### **Boards commission and leadership Institute**

August-current

• Attend bi-monthly training on how to publicly speak on a board and be on different boards how to efficiently speak publicly.

#### **HeartMath Training**

May-August

• Attend a weekly virtual training to breathe efficiently through stressful times and better calm down.