



**SEPTEMBER 23, 2018**

ORDER OF SERVICES

**SUNDAY**

8am Worship  
9:45am Bible Study  
11am Worship  
5pm Worship

**TUESDAY**

10am Bible Study

**WEDNESDAY**

7pm Bible Study

## LOCAL EVENTS

**SEP. 22-26**

Start times:  
Sa: 6pm | Su: 8am  
Mon-Wed: 7pm

**Figueroa COC 80th Anniversary Celebration & Gospel Revival Crossing Jordan!**  
Celebrating Our Past, Present & Future | Contact: Church @ 323.753.2536  
Figueroa COC 455 W. 57th Street, LA Guest speaker: **Billy Curl**. See event bulletin in rear entryway for more details & schedule of events.

**OCT. 5-7**

**30th Annual United Christian Women's Seminar** | Contact: **Mary Curl**  
Theme: "Christian Women: We Can't Come Down" Nehemiah 6:3-4 Pre-register Adults \$150. Youth \$100. through Sept. 16; Sept 17 - 23 \$175. Visit: [www.unitedchristianwomen.com](http://www.unitedchristianwomen.com) to register online.

**Outreach Ministry 2018** | Contact: **Ruby Morgan and Valerie Duplessis**  
The goal is 500 Items such as toiletries, toothpaste, deodorant, underwear, etc. There are bins in the in the foyer and back entry ready for your donation.

**OCT. 27**

11am - 3pm

**Oldies but Goodies!** | Contact: **Regina Bryant**  
Crenshaw COC **ROREX HALL**. Take a trip down memory lane with good music, fun and fellowship. This is a senior *sponsored* event ~ but **Everyone is invited!** If you'd like to be a DJ, please contact **Vivian Morrison**.

**NOV. 3**

9am

**Men's Conference 2018 | Real Talk Ministries | Family, Faith, Church**  
Free Conference hosted by: Mead Valley COC @ 18501 Haines St. Perris, 92570. Register online at [meadvalleycoc.com](http://meadvalleycoc.com)

**NOV. 10**

6:30am

**San Diego ZooSafari Park** | Contact: **Regina Bryant (8am) Neidra Brown (11am)**  
Everyone is invited to join us for a fun filled day! Bus will leave the Annex at 6:30am sharp. Price PP is \$80. incl park admission, ride on train and all shows.



**12th BI-ANNUAL CHILDREN'S CLOTHING GIVEAWAY**

**Saturday, September 29th, 2018**  
**11:00am - 3:00pm**  
**Come collect FREE new and used clothing for your children!**

Baby Formula	Small Toys	Newborn - Adult Sizes
Small Furniture	Diaper Bags	School Uniforms
Blankets	Backpacks	Jackets/Coats
Books	Diapers/Pull-ups	Socks and Shoes

**Crenshaw Church of Christ**  
2719 W. Martin Luther King Jr. Blvd  
Los Angeles, CA 90008  
(ROREX HALL)

Web: [facebook.com/childrensclothinggiveaway](https://facebook.com/childrensclothinggiveaway)  
Questions: [childrensclothinggiveaway@yahoo.com](mailto:childrensclothinggiveaway@yahoo.com)



**SNACX PRESENTS**  
**MASK OFF Workshops**  
DIVING DEEP IN THE WORD,  
AND UNMASKING!  
REGISTER TODAY!

**OUR SPEAKERS:**

**CHRIS HAMILTON**

**TODD MOORE**

**CHRISTIAN ROBINSON**

October 19-21  
Cost: \$65.  
[snacxcoc@gmail.com](mailto:snacxcoc@gmail.com)

Saturday October 20, 2018  
La Punte Church of Christ  
15124 Amar Rd, La Puente, CA 91744



# Christian Women's Seminar

December 7-8, 2018

Church of Christ  
6070 Division Street  
San Diego, CA 92114



**KEYNOTE SPEAKER** Mikki Taylor  
Newark, New Jersey  
Author, Editor-at-Large, ESSENCE Magazine

## Songstress



DeLania Braden  
Los Angeles, CA

## INSPIRATIONAL SPEAKER

Terri Mays  
Chickasha, OK



## MOTIVATIONAL SPEAKER

Carmel Malone  
Los Angeles, CA



MASTER, THE TEMPEST IS RAGING  
Please Quiet My Spirit

*Mark 4:35-41 Psalms 46:1-3 Hebrews 13:5-6*

## Youth Program (left to right)

**Harriet Liggins** (ages 7-11)  
San Diego, CA

**Michele and Amanda Gidron**  
(ages 12-17)  
San Diego, CA

**Christina Thompson** (ages 18-25)  
San Diego, CA



## Young Sisters & Youth Workshops

Ages 18-25

Young Adult Facilitator

**Christina Thompson-Smith**

61st & Division Street Church of Christ

“Jesus Help Me Calm My Inner Storm”

Ages 12-17

Youth Facilitator

**Michelle & Amanda Gidron**

61st & Division Church of Christ

“Navigating the Storm”

Ages 7-11

Youth Facilitator

**Harriett Liggins**

61st & Division Church of Christ

“FINDING NEMO”



### HOTEL SUGGESTIONS

<b>Hilton Mission Valley</b> 1-800-682-6099 Group Code W05	<b>\$99.00</b> <b>Exp 11/11</b> <b>\$10 Parking</b>
<b>Ramada Inn National City</b> 1-619-474-2800	<b>\$90.00 w/bk</b> <b>Exp 11/23</b> <b>Free Parking</b>
<b>Homewood Suites</b> 1-800-560-7964 Group Code WS5	<b>\$115.00</b> <b>Exp 11/7</b> <b>Free Parking</b>
<b>Springhill Suites Mission Valley</b> 1-888-236-2427 Group Code DSCS	<b>\$139.00 w/bk</b> <b>Free Parking</b>

Please mention 61st & Division Church of Christ

**Chair: Mae Brown**  
**Co-Chair: Mary A. Franklin**  
**Co-Chair: Carol Jean Thomas**

## CWS 2018 Registration

December 7-8, 2018

Theme:

**Master, the Tempest is Raging, Please Quiet My Spirit**

Scriptures:

Mark 4: 35-41  
 Psalms 46: 1-3  
 Hebrews 13: 5-6



Keynote Speaker

**Mikki Taylor**

Author, Beauty Authority, Editor-at-Large, Essence Magazine  
 Newark Church of Christ

Motivational Speaker:

**Carmel Malone**

Crenshaw Church of Christ

Saturday Inspirational Speaker:

**Terri Mays**

First & Georgia Church of Christ

**2 WAYS TO REGISTER**

**1) Mail in Check**

- A. Complete Registration Section
- B. Make checks payable to:

**CWS**

- C. Mail Registrations to:

61st & Division COC  
 P.O. Box 742286  
 San Diego, 92174

**—OR—**

**2) Pay Online**

- A. Go to **eventbrite.com**
- B. Search on event entitled:

**CWS at 61st  
& Division COC**

- C. Register and pay!

61st & Division COC  
 6070 Division St  
 San Diego, 92114  
 (619) 263-6931—(619) 263-6933 fax

Direct questions to the Registration Chair  
 Stephanie Black at  
**CWSCHAIRPERSON@GMAIL.COM**

**REGISTRATION SECTION**

**CHECK ONE**

Age: 26+( ) 18-25( ) 12-17( ) 7-11( )

**NAME:**

\_\_\_\_\_

**Address** \_\_\_\_\_

**City:** \_\_\_\_\_

**State:** \_\_\_\_\_ **Zip:** \_\_\_\_\_

**Congregation:**

\_\_\_\_\_

1st Time Attendee? YES / NO (circle one)  
 If YES, who referred?

\_\_\_\_\_

**Registration Fees**

<b>26 &amp; Over</b>	<b>\$35.00</b>
<b>18—25*</b>	<b>\$20.00</b>
<b>12—17*</b>	<b>\$15.00</b>
<b>7—11</b>	<b>FREE</b>

\*If a Young Adult or Youth requires financial assistance,  
 please contact us.

**Teeshirts: M L XL 2X (approx. cost \$20.00)  
 will available for purchase**

**SEMINAR INFORMATION**

**Friday Program**

12/7/2018

Dinner & Registration .....5:00pm

Program.....7:00pm

**Saturday Program**

12/8/2018

Breakfast & Registration ..... 7:00am

Program.....8:30am

Lunch..... 12:30pm

Lunch/vendor fair will be held at Anchors

**For Official Use Only**

See Program Booklet for Directions.

**DATE RECEIVED:** \_\_\_\_\_

**Check #** \_\_\_\_\_ **Amount** \_\_\_\_\_

**Cash Amount:** \_\_\_\_\_

**Admin Name:** \_\_\_\_\_

NATIONAL ASSOCIATION  
**2019 Celebrated Seniors**



GARDEN OAKS  
CHURCH OF CHRIST



Houston Golf



George R. Brown Convention Center



Houston, Texas  
May 1-5, 2019



Downtown  
Aquarium



DISCOVERY GREEN



2017  
WORLD SERIES  
CHAMPIONS



HOUSTON  
ZOO  
NATURALLY  
WILD



Galleria

**May 2-5, 2019**

**Hotel  
Registration**

**Hyatt Room  
Rates  
\$135.00**

**Conference Registration  
Birmingham-Onsite  
\$75.00**

**Early Bird Reg.  
\$85.00 May 21 thru Dec. 31**

**Regular Reg.  
\$95.00 Jan. 1, 2019 thru April 1**

**Late Reg.  
\$105.00 April 2 thru On-Site**



Pre-Seminar Concert – Thursday, May 2, 2019  
 25<sup>th</sup> Annual Seminar / May 2-5, 2019  
**“It’s Just Another Mountain for a Mountain Climber”**  
 Official NACS Seminar Registration Form  
 Website: [www.celebratedseniors.org](http://www.celebratedseniors.org)

The 2019 NACS seminar will be in Houston, TX and is hosted by Brother John Tillman, Jr. The event will take place at the Hyatt Regency Downtown – 1200 Louisiana, Houston, TX 77002.

**\*\*PLEASE PRINT CLEARLY\*\***

Last Name	First Name	Middle Initial	
Last Name	First Name	Middle Initial	
Address			
City	State	Zip Code	
Daytime Phone Number ( ) ( ) ( )	Evening Phone Number ( ) ( ) ( )	Mobile Phone Number ( ) ( ) ( )	
E-Mail Address		Congregation	
EVENT	INVOICE PRICE	# REQUESTED	COST
Birmingham Conference	\$75.00		\$
Early Bird Registration May 21-Dec. 31, 2018	\$85.00		\$
Regular Registration January 1, 2019 - April 01, 2019	\$95.00		\$
Late Registration April 2 to on-site Registration	\$105.00		\$
			\$
			\$
			\$
<b>TOTAL COST</b>			<b>\$</b>

**Registration Includes: Souvenir Gift Bag, Souvenir Booklet & Banquet Ticket**

**Method of Payment**

Check or Money Order

Name as it Appears on Credit Card:	
PLEASE BILL <input type="radio"/> Master Card	<input checked="" type="radio"/> Visa <input type="radio"/> American Express <input type="radio"/> Discover
Credit Card Number:	Expiration Date:
Signature:	CSV:

Please send ALL Forms and Make all Checks or Money Orders payable to:  
 Garden Oaks Church of Christ - 2019 NACS/4926 N. Shepherd Dr. Houston, TX 77018  
**DEADLINE FOR ALL REGISTRATION FORMS IS MARCH 31, 2019**  
 For registration information, please contact Lena Brown at 713-694-2349 or  
[gocoffice@gardenoakscofc.org](mailto:gocoffice@gardenoakscofc.org)





**CHURCH OF CHRIST  
CRUSADE**  
P.O. Box 78465  
Shreveport, LA 71137-8465

Tuesday, June 19, 2018

Dear Fellow Crusade Supporter:

**ELDERS**

South Union Church of Christ  
7427 Ardmore Street  
Houston, TX 77054  
(713) 747-5440  
John Ellis  
Leonard Davis  
Freddy Holland  
Wilfred Dogan  
Kirkland Hall  
James Rivers

The great "**CRUSADE FOR CHRIST 2019**" will be held in Fort Worth, Texas, **June 23-June 28, 2019** at the **Fort Worth Convention Center**. This phenomenal evangelistic campaign is the largest of its kind among Churches of Christ. The Lord has truly blessed this effort and each Crusade grows in attendance and the number of seeds planted for the Lord. We believe this **Crusade** will be the best ever and we want to encourage **YOU** to make plans now to attend. We desperately need your help — through prayers, financial support, and attendance — to continue this evangelistic effort.

**NATIONAL DIRECTOR**

Dr. Daniel Harrison  
(773) 723-8579  
(708) 957-5815

The **2017 CRUSADE FOR CHRIST** in Charlotte, NC was magnificent. Our foot soldiers knocked on over 6,500 doors. **We witnessed a great number of restorations and 42 souls were baptized into Christ.** Bible classes continue to be taught in that city as a result of the Crusade.

**DIRECTOR/  
STAFF & FINANCE**

John H. Dansby, Sr.  
(318) 221-8120  
(318) 929-0054

2019 will mark the **40<sup>th</sup> Anniversary of the Crusade** and we want to enter Fort Worth with a great number of Christians, to take the city for Christ! We want the world to know that the Church of Christ is a caring group of Christians spreading the Gospel so that "We May All Be One." Please tell **everyone** you know about the **2019 Crusade for Christ** and encourage them to attend. Many from across this great brotherhood have indicated **that they did not receive any word of the past Crusades.** Therefore, we earnestly solicit your help in getting the word out concerning this enormous evangelistic effort.

**DIRECTOR/  
OUTREACH**

Leonardo Gilbert  
(708) 692-3000  
(773) 568-2929

**PERSONAL WORK  
DIRECTOR**

Lloyd Harris  
(501) 310-8097  
(501) 812-6136

**PERSONAL WORK  
COORDINATOR**

Freeman Green  
(386) 295-3233  
(386) 322-0298

I have enclosed registration and banquet forms as well as a fact sheet that you may reproduce and pass along to others. The Banquet will take place on **SATURDAY, JUNE 22, 2019 AT THE SHERATON FORT WORTH DOWNTOWN HOTEL.**

On behalf of the Elders of the **South Union Church of Christ, Houston, Texas**, and our **National Director, Dr. Daniel Harrison**, we say, "Thank-you for your sincere and caring Christian attitude as we work together in Him." We look forward to seeing each and every one of you at the 2019 Crusade for Christ in Fort Worth, Texas.

**\*\*\* CORRECTED LETTER-PARA 4, BANQUET WILL BE ON JUNE 22, 2018 \*\*\***

In Him,

*John H. Dansby*

John H. Dansby  
JHD/djj

THAT WE MAY ALL BE ONE

12o EVENTO BI-ANNUAL

# REGALO DE ROPA PARA NIÑOS



**Sabado, Septiembre 29th, 2018**  
**11:00am - 3:00pm**  
**Venga Por Ropa Nueva Y Usada**  
**Para Sus Niños GRATIS!**

**Formula para bebé**  
**Muebles Pequeños**  
**Cobijas**  
**Libros**

**Juguetes Pequeños**  
**Pañaleras Sacos**  
**Mochilas**  
**Pañales/Pull-ups**

**Recien Nacido - Adulto**  
**Uniformes De Escuelas**  
**Abrigos**  
**Calcentines y Zapatos**

**Crenshaw Church of Christ**

**2719 W. Martin Luther King Jr. Blvd**

**Los Angeles, CA 90008**

**(ROREX HALL)**



**Web: [facebook.com/childrensclothinggiveaway](https://facebook.com/childrensclothinggiveaway)**  
**Preguntas: [childrensclothinggiveaway@yahoo.com](mailto:childrensclothinggiveaway@yahoo.com)**

Dollar Day is coming!!!

Southwestern Christian College Dollar Day

Crenshaw, please prepare to donate to dollar day on

~~September 30, 2018.~~

Let's make this donation the largest one ever.

\$

We have done great in the past, but I know we can do more. Let us strive to donate \$1,000.00 this time. Can we do it?? With God all things are possible. Crenshaw has always come through when requested to make donations; whether socks, books, blankets or any other. You are now being asked to donate **big dollars**. We can reach the goal if each one does his or her part. Give from the heart and you will be blessed.

God bless you one and all. You may see Mary Curl or Mary Dubrel.

United Christian Women  
of the Churches of Christ

# 30TH ANNUAL *Seminar*

OCT 5TH-7TH 2018

**Deborah Houston**  
*Keynote Speaker*



Sunday Worship Speakers

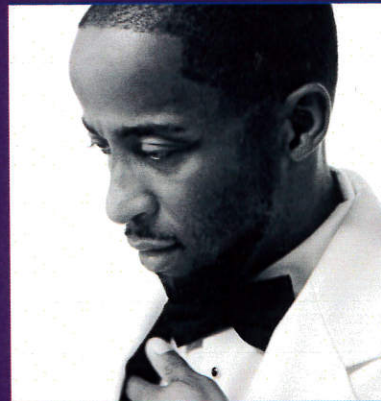
Sunday Worship Song Leaders



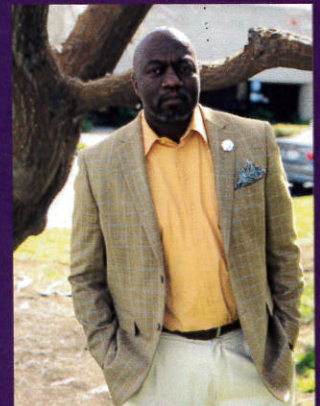
**Tyson Moore**  
Minister  
Crenshaw Church of Christ



**Stan Harmon**  
Minister  
Hawthorne Church of Christ



**Darryl Burnett**  
Music Director & Artist  
Crenshaw Church of Christ



**Darron Jones**  
Minister of Music  
Metropolitan Church of Christ

Saturday night banquet theme:

## “The Royal Priesthood”

# *Kings & Queens*

“It’s going to  
be a Reunion”

“Reunite with old  
UCW friends”

Get your royal crowns/tiaras ready!



**Registration: \$150**

**Sheraton Gateway Los Angeles ~ 6101 West Century Blvd ~ Los Angeles, CA 90045**

**Registration Chairpersons:**  
**Sherriel Myles 310.780.2910**  
**Wendy Greene**

**2018 General Coordinators:**  
**Earlene Bryson 661.252.1633**  
**Darlene Williams 323.422.3263**

# REAL TALK MINISTRY



## MEN'S CONFERENCE 2018

FAMILY - FAITH - CHURCH

November 3rd, 9:00am

- **MAN TO MAN** -

**GOD IS STILL THE ANSWER**

Hosted by The Mead Valley  
Church of Christ

18501 Haines St., Perris, CA 92570  
Host Minister: Elgin Prewitt Jr.  
619-726-7075

FAMILY - FAITH - CHURCH

**GOD IS STILL THE ANSWER**

November 3rd, 9:00am

**FREE  
CONFERENCE \$**

For More Information Contact  
Pastor: Roland Ruffin - 209-298-4331  
Min. Donald Thomas - 248-229-5529

FAMILY: Genesis 7:13 Get On Board  
And Your Family will Follow.

FAITH: Heb. 11:1 Evidence Of Hope

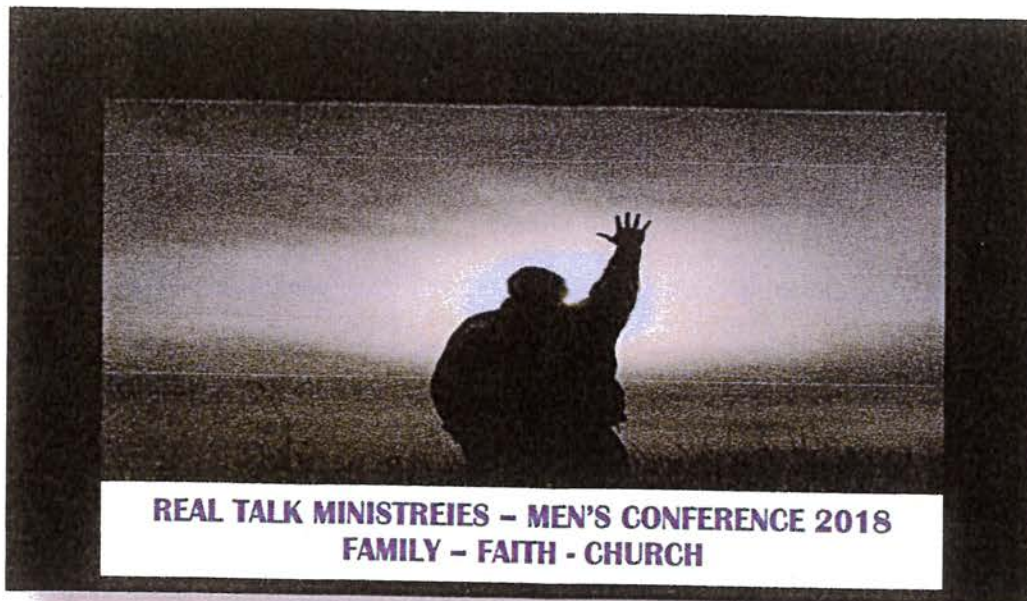
THE CHURCH: Heb. 12:23 Gatherings  
Of Unity In Diversity For Wholeness.



MAN TO MAN  
REAL TALK

RSVP [www.meadvalleycoc.com](http://www.meadvalleycoc.com)

Join us on facebook Real Talk Ministry



**GOD IS STILL THE ANSWER**

Grace to you my brothers from the Lord Jesus Christ – We invite you to this powerful day of Fellowship, Real Talk concerning the things that affects the kingdom of God. {FFC}

**OUR VISION**

**TO SEE MEN OF FAITH WORKING TOGETHER FOR ONE PURPOSE!**  
**SAVING SOULS**

**Psalms 133:1** teaches us that Unity Brings Satisfaction to The Father  
Unity is a Witness to the world  
When does the world really believe the Father sent Jesus as our Savior?  
When they see Love and Unity in the body of Christ { that's us }.

So brothers please come and join us for a day of blessings -A full Breakfast & Lunch including Spiritual Food awaits you.

**Speakers & Topics**

**FAMILY-----Get on Board and your Family will follow { Gen. 7:13}**

Minister: Donald Thomas & Pastor: Benjamin Briggs

**FAITH-----Evidence of Hope { Heb. 11:1}**

Minister: Vincent Hawkins & Pastor: Lincoln Berridge

**CHURCH-----Gatherings of Unity in Diversity for Wholeness { Heb. 12:23}**

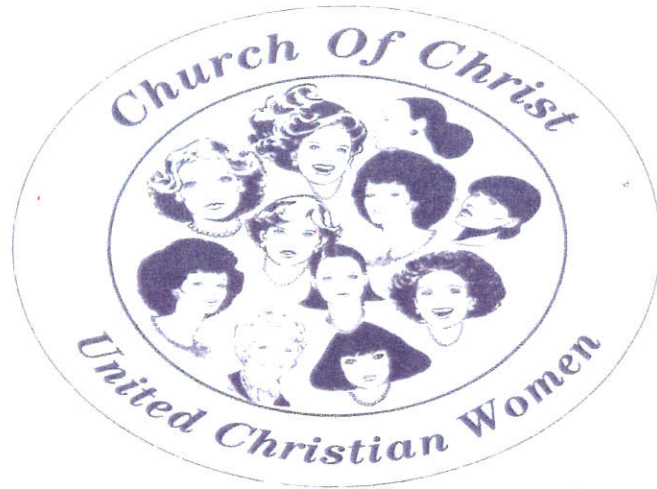
Minister: Stan Harmon Jr. & Pastor: Roland Ruffin

**RSVP @ [www.meadvalleycoc.com](http://www.meadvalleycoc.com)**

**Please reach out and bring those that are still outside the Kingdom**

**Sincerely: Elgin Prewitt {Minister}**  
**{619} 726-7075 [elginprewitt@msn.com](mailto:elginprewitt@msn.com)**

October 5-7, 2018  
Sheraton LAX



Theme: "Christian Women:  
We Can't Come Down"

# 30<sup>th</sup> Annual Seminar

Friday, October 5<sup>th</sup> from 12 noon - 3pm

**Health Workshop**

Facilitator: Beverly McLawyer

7:00pm - Special **SURPRISE** speaker  
"Still on the Mountain Top!-Can't Come Down"

Fun, Fun, Fun - Friday Game night with

MEGA prizes!

Saturday night Royal Banquet

Kings

Queens



Ladies get your gown and Tiara,  
brethren get your robe and crown!

**Promoting  
Healthy  
Living**



## Registration Details

### Seminar Registration Fees

\$150.00 for Adults -\$100.00 for Youth

Last day for pre-registration: *September 16, 2018*

Late registration: \$175

From September 17-September 23

(no personal checks after *September 16*)

No registrations will be accepted after

*September 23, 2018*

REGISTER ON-LINE: [www.unitedchristianwomen.org](http://www.unitedchristianwomen.org)

**October 5-7, 2018**

**Sheraton Gateway-LAX**

**6101 West Century Blvd.**

**Los Angeles, CA 90045**

**RESERVATIONS**

**1.310.642.111**

**1.800.325.3535**

**[www.sheratonlax.com](http://www.sheratonlax.com)**

**To book online:**

**<https://www.starwoodmeeting.com/book/ucw>**

mention "UCW Seminar" for negotiated rates

(Must register before *September 13, 2018*

for group rates)

**Sleeping Room Rates**

**Singles/Doubles~\$139**

**Triples~\$159; Quads~\$179**

**Single/Double Corner Suite~\$189**

**Executive Suites~\$179**

**Valet Parking ~\$16.00 per day plus 10% city tax  
and in and out privileges**

### UCW OVERSEERS

Carl C. Baccus

Billy C. Curl

Thomas C. Davis, I

Vincent Hawkins

David Holmes

Ronell Merriweather

Anthony Stokes

### ADVISORS

Donna L. Davis

Earlene Bryson

Mary Curl

Rose Singleton

Bertha Washington

Darlene Williams

Bernice Pitts (honorary)

## General Coordinators

Earlene Bryson - Darlene Williams

## Assistant General Coordinators

Ellen Crigler - Pamela Ervin

## Committee Chairpersons

Willie Mae Brown

Ernieca Burnett

Lorraine Spears

Teresa Wilson - Pamela Ervin

Stacey Jackson

Latrice Lundy - Hellen Matlock

Sonia Henry - Linda Garrett

Ethel Jones - Marilyn Williams

Velma Lowe

Vickie Merriweather

Sherriel Murry-Myles - Wendelin Greene-Martin

Ruby Morgan - Valerie Duplessis

Belinda Henderson - Michele Pounds

Modesty Briggs - Beverly McLawyer

Donna Davis - Rose Singleton - Darlene Williams

# 30<sup>th</sup> Annual United Christian Women's Seminar



**Sheraton Gateway - LAX**

**6101 West Century Blvd**

**Los Angeles CA 90045**

**(310) 642-1111**

**October 5-7, 2018**

**"Christian Women: We Can't Come Down"**

**Nehemiah 6: 3-4**



# Seminar Schedule

Friday, October 5, 2018

10:30am-7:00pm Registration  
6:45pm-8:30pm Opening Session  
8:30pm-12:00am Vendor Extravaganza

Saturday, October 6, 2018

6:00am-6:45am YOGA Session  
7:00am-8:00am Registration  
7:45am-8:25am Breakfast  
8:30am-8:45am Devotion  
8:45am-10:00am Session I Workshop  
Youth/Adults  
10:15am-11:30am Session II Workshops  
Youth/Adults  
11:45am-1:30pm Lunch Program  
1:30pm-5:00pm Free Time & Vendor  
Extravaganza  
5:00pm-8:30pm Banquet  
Theme: The Royal Priesthood: Kings & Queens  
(wear your crown/tiara)  
Keynote Speaker Deborah Houston  
8:30pm-Midnight Vendor Extravaganza  
9:30pm-10:15pm Zumba Session

Sunday, October 7, 2018

## Worship Coordinator

Elder Thomas C. Davis, I  
Church of Christ, Crenshaw

## WORSHIP

8:00am ~10:00am

## Guest Ministers

Stanley Harmon  
Hawthorne  
Congregation

Tyson Moore  
Crenshaw congregation

## Guest Song Leaders

Darron Jones  
Metropolitan Congregation

Daryl Burnett  
Crenshaw Congregation

## ADULT WORK SHOP SESSIONS

**Session I: (combined session)**

**Beyond Sunday Morning**

Psalm 34:1; Isaiah 29:13

Worship is not something we do once a week. It is a lifestyle rooted in God's Love. The Call to Worship does not end with the Benediction.

**Session II: (select one)**

1. **When They Go Low, We Go High**  
Isaiah 54:17

Dealing with Distractors

2. **Body Builders**  
Ephesians 4:16

Building for God's Glory.

3. **Down, But Not Out**  
2 Cor 4:8-9

While we're going through the worst, we're getting in on the best. Get Back on Your Feet...The Fight is Not Over Yet.

4. **3 "R's" For Rekindling 1<sup>st</sup> Love**  
Revelation 2:2-7

Remember, Repent, & Return.

## MIDDLE SCHOOL - HIGH SCHOOL WORK SHOP SESSIONS

**Session I: (combined session)**

**A Chosen Generation**

1 Peter 2:9

Created by God for a specific purpose; to bring Glory to His Name.

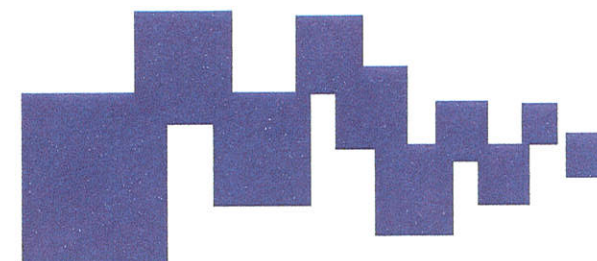
**Session II: (select one)**

1. **I Walk (High School)**  
Ephesians 4:2

Walk worthy of the royal calling God has placed on you in Christ Jesus.

2. **Power Up! (Middle School)**  
Ephesians 6:10-11

Suit Up! Take Your Stand! & Fight!





28th Annual Ladies Day  
Saturday, October 13, 2018

Quartz Hill Church of Christ  
5029 West Avenue L-12  
Quartz Hill, CA

[www.churchofchrist-qh.com](http://www.churchofchrist-qh.com)

***Diamonds in the Rough***  
***"For ye were sometimes darkness,  
but now are ye light in the Lord: walk  
as children of light" Eph 5:8***

Continental Breakfast  
Guest Speakers  
Luncheon

THE SOUTHERN AND NORTHERN ADULT  
CONFERENCE EXPERIENCE PRESENTS



OCTOBER 19-21, 2018

**MATTHEW**  
**23:27-28**

ARE YOU READY TO TAKE YOUR MASK OFF?

REGISTRATION: \$65

FOR MORE INFORMATION, EMAIL [SNACXCOC@GMAIL.COM](mailto:SNACXCOC@GMAIL.COM)

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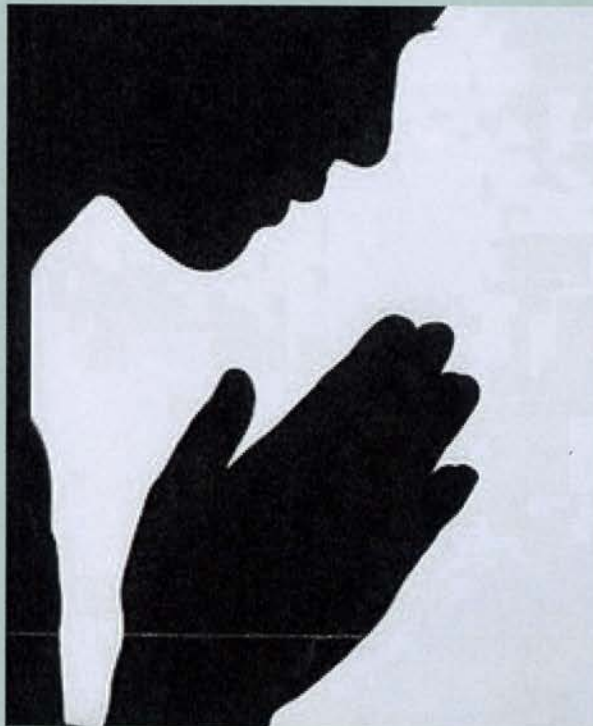
**\*\*\*Save The Date\*\*\***

*Chula Vista Church of Christ Ladies Day,  
Saturday October 6, 2018*

# ***The Power of a Praying Woman***

*Therefore I say unto you, What things soever ye desire, when ye pray, believe that ye receive them, and ye shall have them. (Mark 11:24)*

*Join us for a powerful time of praise and prayer as we will have special guest speakers to share their stories and scriptures of the power of God!*



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**FRIDAY, NOVEMBER 2ND**

Program - 6pm

**SATURDAY, NOVEMBER 3RD**

Registration & Light Breakfast - 8am  
Fashion Show - 6pm

**SUNDAY, NOVEMBER 4TH**

Program - 9am  
Ladies Bible Class - 9:45am  
Worship - 10:45am

*Registration*  
**\$20.00**



LOS ANGELES  
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### The HTA offers the following trainings in 2018:

- Customer Service
- Server/Busser
- ServSafe Food Handler Certificate
- TiPs Safe Alcohol Service
- Knife Cuts
- Kitchen Math
- Barista

**Learn** from our experienced instructors

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**Build** your career

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Karen Mitchell  
Ricardo Robles

Phone: 310.529.6638  
Phone: 213.399.2612

Email: Karen.Mitchell@LAHTA.org  
Email: Ricardo.Robles@LAHTA.org

### Upcoming Orientations:

Tuesday, August 7<sup>th</sup> at 1:30pm  
Thursday, August 23<sup>rd</sup> at 1:30pm  
Tuesday, September 4<sup>th</sup> at 1:30pm  
Thursday, September 20<sup>th</sup> at 1:30pm  
Tuesday, October 2<sup>nd</sup> at 1:30pm  
Thursday, October 18<sup>th</sup> at 1:30pm  
Tuesday, October 30<sup>th</sup> at 1:30pm  
Thursday, November 15<sup>th</sup> at 1:30pm  
Tuesday, November 27<sup>th</sup> at 1:30pm

**At:**

Hospitality Training Academy  
130 S Alvarado Street, 2<sup>nd</sup> Floor Los Angeles, CA 90057  
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Website: [www.LAHTA.org](http://www.LAHTA.org)



# Culinary Apprenticeship Program— Chef de Partie/ Line Cook



## Meeting the Needs of the Growing Hospitality Industry

The Chef de Partie/Line Cook Apprenticeship Program prepares workers for culinary positions in a variety of kitchens at hotels, restaurants, airport concessions and other UNITE HERE Local 5 locations. This competency-based program is approved by and registered with the U.S. Department of Labor (DOL). The program begins with 150 hours of classroom and kitchen training to produce highly skilled workers. Next, apprentices are hired and continue apprenticeship training on the job with ongoing review by HTA's instructors.

Our industry partners have spoken and we've heard what matters to them:

The right skills  
Good work habits  
A great attitude!

### How HTA Helps Businesses Meet Their Workforce Training Needs:

Most culinary programs consist of thousands of hours of coursework designed to produce Executive Chefs. HTA understands that businesses generally prefer to hire at the Line Cook level and to train to industry specifications on site. Our program does just that by measuring skills based on the apprentices' demonstration of competencies while performing actual work.

**Candidate Assessment and Selection:** Ideal Line Cook candidates are not necessarily those with experience. Our admissions process includes aptitude assessments (such as hand-eye coordination) and looks for individuals who demonstrate natural abilities and strong motivation to learn the skills required to succeed in accelerated training and high-volume work environments.

**Intensive Skills Training and On-Going Evaluation:** Training is extremely fast-paced. During more than six-weeks of full-time training, apprentices receive instruction from our Culinary Instructors and develop skills through trial, error and success. After each day of training, students spend their evenings studying to reinforce the information taught in the kitchen. At the end of the program, students earn the following certifications:

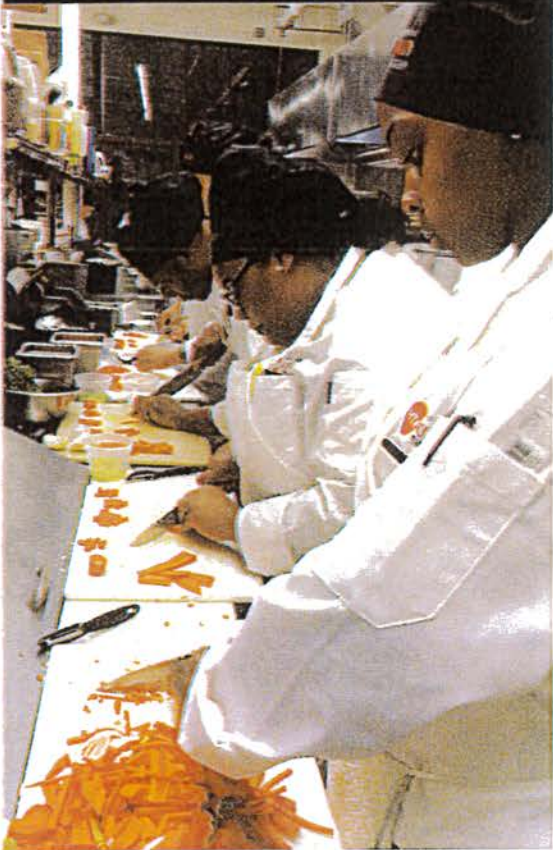
- ServSafe Food Handler
- American Hotel and Lodging Educational Institute (AHLEI)
- Hospitality Training Academy (HTA)
- U.S. DOL Registered Apprenticeship

**Continuation of Competency-Based Skills Development:** As students near completion of up-front training, they participate in interviews with Executive Chefs, Directors of Food and Beverage, and Human Resource Directors from top union hospitality employers. Once hired, training continues in accordance with the U.S. DOL apprenticeship standards, and skills are certified by demonstration of competency in the workplace by both the HTA Instructor and the employer.

# Culinary Apprenticeship Program— Chef de Partie/ Line Cook



## Training Program Content



The Chef de Partie/Line Cook Apprenticeship Program consists of 150 hours of upfront, lecture and hands-on training by HTA Culinary Instructors followed by a minimum of 1,000 hours of work-based learning with their new employer. Training is comprised of ServSafe Food Handlers Certification (6 hours) and Fundamentals of Culinary Arts (144 hours), and then reinforced through the AHLEI training that the students complete online as homework. Key program content and skills/knowledge includes:

**Fundamentals of Culinary Arts (144 hours):** The course teaches skills necessary to successfully enter the culinary industry at the Chef de Partie/Line Cook Level. Among the topics covered are: a brief history of the culinary arts, as well as fundamental concepts and skills, coupled with the traditional techniques involved in basic cookery.

Upon completion of the Culinary Apprenticeship program, apprentices are able to:

- Practice standards in work attitude and deportment expected of industry professionals within a group work environment.
- Identify basic kitchen utensils, measuring devices and equipment associated with the culinary profession.
- Comprehend culinary terminology as they use standardized recipes for menu production with quantity conversion.
- Perform precise classical knife skills, and proper preparation techniques to clean and cook food items for maximum yield.
- List and describe the method of preparation for stocks, thickeners, foundational/derivative sauces, and soups.
- Demonstrate knowledge and the ability to fabricate poultry, beef, pork, fish, seafood, and shellfish.
- Prepare and apply major cooking techniques for various cuts of meat, poultry, fish, and seafood, vegetables, fruits, and starches. (braising, poaching, etc.)
- Prepare and apply the basics of breakfast cookery, including knowledge of eggs, breakfast meats, and breakfast starches.
- Demonstrate an ability to set up a buffet line for service.



For more information, go to: [www.lahta.org](http://www.lahta.org)

email: [info@lahta.org](mailto:info@lahta.org) phone: 424-343-9403

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# Room Attendant Apprenticeship Program



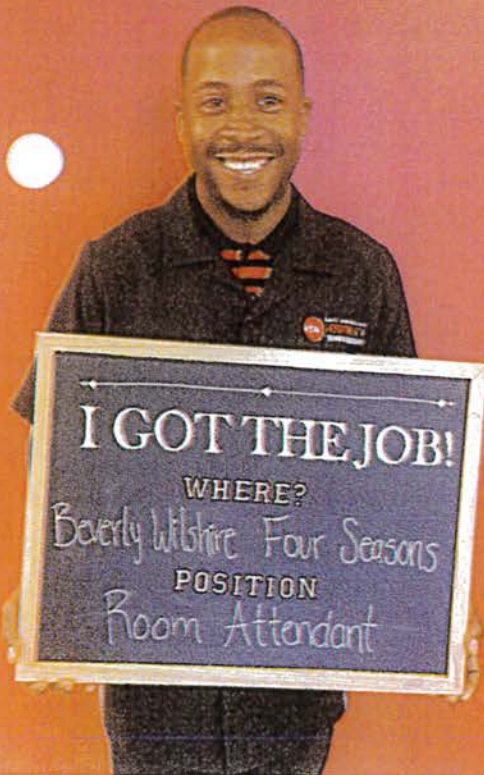
## Training Program Content

The Room Attendant Apprenticeship Program consists of 153 hours of upfront, lecture and hands-on training by HTA Room Attendant Instructors followed by a minimum of 1,000 hours of work-based learning with their new employer. Training is comprised of Room Services (80 hours) and additional modules including Hotel Operations, Technology and Social Media, Ergonomics, and Awareness of Safety and Security (73 hours). The training is then reinforced through the AHLEI training that the students complete online as homework. Key program content and skills/knowledge includes:

**Room Services (80 hours):** The course provides students with the actual hands-on training and competencies needed to successfully and safely perform the duties of room attendants within the required time of fourteen rooms per day. This course will cover all facets of room cleaning including, but not limited to ergonomics, chemical cleaners, biohazards, bedmaking, bathroom, floors, amenities and more.

Upon completion of the Room Attendant Apprenticeship program, apprentices are able to:

- Practice standards in work attitude, understand expectations of employers and employ the skills necessary to satisfy and exceed those expectations.
- Identify basic cleaning tools, linens and amenities and prepare the linen cart before service.
- Understand green initiatives and eco-friendly chemical cleaners.
- Know how to enter a room following hotel policy.
- Assess and respond to different types of cleaning needs, damage, missing items or illegal items.
- Understand which protective personal equipment (PPE) is necessary for each task.
- Understand OSHA regulations and follow safe practices when dealing with sharp objects, chemical cleaners, and bloodborne pathogens.
- Develop safe ergonomic practices related to specific work tasks.
- Understand different types of communication and appropriate etiquette for guest interactions.
- Demonstrate the ability to clean fourteen rooms in one shift and evaluate the room during the final walkthrough.




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For more information, go to: [www.lahta.org](http://www.lahta.org)

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# Room Attendant Apprenticeship Program

## Meeting the Needs of the Growing Hospitality Industry

The Room Attendant Apprenticeship Program prepares workers for housekeeping positions in a variety of UNITE HERE Local 11 hotels. This competency-based program is approved by and registered with the U.S. Department of Labor (DOL). The program begins with 153 hours of classroom and mock hotel room training to produce highly skilled workers. Next, apprentices are hired and continue apprenticeship training on the job with ongoing review by HTA's instructors.

Our industry partners have spoken and we've heard what matters to them:

The right skills  
Good work habits  
A great attitude!



### How HTA Helps Businesses Meet Their Workforce Training Needs:

Most room attendants get training on the job as needed. Our program provides employers with a pool of qualified candidates who are knowledgeable of the industry standards and have a proven record of meeting employer expectations.

**Candidate Assessment and Selection:** Ideal Room Attendant candidates are not necessarily those with experience. Our admissions process includes an extensive interview process and looks for individuals who demonstrate the ability and strong motivation to learn the skills required to succeed in accelerated training and high-volume work environments.

**Intensive Skills Training and On-Going Evaluation:** Training is extremely fast-paced. During more than six-weeks of full-time training, apprentices receive instruction from our Room Attendant Instructors and develop skills through trial, error and success. After each day of training, students spend their evenings studying to reinforce the information taught during the day. At the end of the program, students earn the following certifications:

- American Hotel and Lodging Educational Institute (AHLEI)
- Hospitality Training Academy (HTA)
- U.S. DOL Registered Apprenticeship

**Continuation of Competency-Based Skills Development:** As students near completion of the front-loaded curriculum, they participate in interviews with General Managers, Housekeeping Directors, and Human Resource Directors from top union hospitality employers. Once hired, training continues in accordance with the U.S. DOL apprenticeship standards, and skills are certified by demonstration of competency in the workplace by both an HTA Instructor and the employer.

# Physical Requirements for Hospitality & Food Service Careers

Many jobs within the hospitality and food service industry require a great deal of physical stamina. Often, workers are expected to move, lift and carry items ranging in weight from 10 to 100 pounds.

The HTA's training programs are designed to give you the skills to apply and obtain these jobs. This chart lists some of the requirements employers have provided for different jobs and is designed to help you determine whether you can meet the physical demands of each classification, with or without reasonable accommodation.

## Barista

- Move, lift, carry, push, pull, and place objects weighing up to 25 pounds without assistance.
- Stand, sit, or walk for an extended period of time or an entire shift.

## Bartender

- Move, lift, carry, push, pull, and place objects weighing up to 50 pounds without assistance.
- Stand, sit, or walk for an extended period of time or an entire shift.
- Grasp, turn, and manipulate objects of varying size and weight, requiring fine motor skills and hand-eye coordination.
- Reach overhead, below the knees, bend, twist, pull and stoop and/or move through narrow, confined, or elevated spaces or over sloping, uneven, or slippery surfaces and steps, or up and down stairs and/or service ramps.

## Bar Back

- Regularly lift and/or move up to 50 pounds.
- Stand and walk throughout a full shift, as well as lift and carry, bend, kneel, push, pull, ascend and/or descend ladders, stairs and ramps.
- Reach with hands and arms and use hands to finger, handle or feel objects, tools or controls.
- Vision abilities include close, distance and peripheral vision, as well as depth perception and ability to adjust focus.

## Bell Attendant

- Requires continuous movement and full mobility to lift up to 75 pounds, and push a cart weighing up to 200 pounds.

## Bus Person

- Carry, push, and/or lift up to 50 pounds.
- Stand and/or walk for long periods of time.

## Cashier/Order Taker

- Move, lift, carry, push, pull, and place objects weighing up to 10 pounds without assistance.
- Stand, sit, or walk for an extended period of time.

## Line Cook/Prep Cook/ Pantry Cook

- Move, lift, carry, push, pull, and place objects weighing up to 50 pounds without assistance.
- Requires full mobility.
- Able to stand, sit, or walk for an extended period of time or an entire shift.
- Reach overhead, below the knees, bend, twist, pull and stoop.

## Dishwasher/Steward/Utility

- Move, lift, carry, push, pull, and place objects weighing up to 50 pounds without assistance.
- Reach overhead, below the knees, bend, twist, pull and stoop.
- Stand for at least 8 hours.
- Able to work with and stand hot temperatures.

## Food Runner

- Move, lift, carry, push, pull, and place objects weighing up to 50 pounds without assistance.
- Stand, sit, or walk for an extended period of time or for an entire work shift.
- Read and visually verify information in a variety of formats (e.g., small print).
- Grasp, turn, and manipulate objects of varying size and weight, requiring fine motor skills and hand-eye coordination.
- Reach overhead, below the knees, bend, twist, pull, and stoop and/or move over sloping, uneven or slippery surfaces and steps, or up and down stairs and/or service ramps.

## Front Desk Agent

- Perform light work exerting up to 30 pounds of force occasionally and/or 20 pounds of force frequently or constantly to lift, carry, push, pull or otherwise move objects.
- Stand for an entire 8-hour shift.

## Host/Hostess

- Requires continuous movement and ability to move, lift, carry, push, pull, and place objects weighing up to 10 pounds.

## Room Attendant

- Lift, push, pull frequently up to 55 pounds.
- Perform 8-hours of physical labor.

## Housekeeping Houseperson/ Banquets Houseperson

- Ability to grasp, move, carry, push, pull, place and/or lift 75 pounds and pull or push carts up to 250 pounds without assistance.
- Stand, sit, or walk for an extended period of time or an entire shift and maneuver through crowded rooms and areas.
- Requires full mobility and considerable physical activity on a continuous basis for room set-ups, tear downs and moving of furniture and/or equipment.

## Server/Banquet Server/ In-Room Dining Server/ Lounge Server

- Requires full mobility and continuous quick-paced movement to lift and carry up to 50 pounds and/or push food carts up to 100 pounds through crowded rooms.
- Stand, sit, or walk for an extended period of time or an entire shift.
- Grasp, turn, and manipulate objects of varying size and weight, requiring fine motor skills and hand-eye coordination and/or reach overhead, below the knees, bend, twist, pull, stoop and/or move over sloping, uneven, or slippery surfaces and steps or up and down stairs and/or service ramps.

# Requisitos Físicos para Hospitalidad y Servicio de Alimentos

Muchos trabajos dentro de Hospitalidad y la Industria de Servicio de Alimentos requieren una gran cantidad de resistencia física. Muchas veces, se espera que los trabajadores muevan, levanten y transporten artículos que varían en peso de 10 a 100 libras.

Los entrenamientos de la HTA están diseñados para brindarle las habilidades necesarias para solicitar y obtener estos trabajos. Esta tabla enumera algunos de los requisitos que los empleadores tienen para diferentes trabajos y está diseñada para ayudar a determinar si puede cumplir con las demandas físicas de cada clasificación con o sin acomodación razonable.

## Barista

- Mover, levantar, transportar o halar objetos que pesen hasta 25 libras sin asistencia.
- Manténerse de pie, sentado o caminando durante un período de tiempo prolongado o un turno completo.

## Cantinero

- Mover, levantar, transportar o halar objetos que pesen hasta 50 libras sin ayuda.
- Manténerse de pie, sentado o caminando durante un período de tiempo prolongado o un turno completo.
- Agarrar, girar y manipular objetos de diferentes tamaños y pesos, requiriendo habilidades motoras finas y coordinación mano-ojo.
- Capacidad de doblarse, girar, halar, agacharse y/o moverse a través de espacios estrechos, elevados, o sobre superficies y escalones inclinados, desiguales o resbaladizos o subir y bajar escaleras y/o rampas de servicio

## Bar Back (Asistente de Cantinero)

- RLevantar y/o mover hasta 50 libras regularmente.
- Capacidad para pararse y caminar durante un turno completo, así como levantar, transportar, empujar, halar, subir y/o bajar escaleras y rampas.
- Alcanzar con las manos y los brazos y usar las manos para tocar con los dedos, manejar o sentir objetos, herramientas o controles. Habilidad para doblarse y arrodillarse.
- Las habilidades de visión incluyen visión cercana, a distancia y periférica, así como percepción de profundidad y capacidad para ajustar el enfoque.

## Bell Attendant (Portero)

- Requires continuous movement and full mobility to lift up to 75 pounds, and push a cart weighing up to 200 pounds.

## Bus Person

- Llevar, empujar, levantar hasta 50 libras.
- Pararse y/o caminar por largos períodos de tiempo.

## Cajero

- Mover, levantar, transportar y halar objetos que pesen hasta 10 libras sin ayuda.
- Pararse y/o caminar por largos períodos de tiempo.

## Cocinero

- Mover, levantar, transportar y halar objetos que pesen hasta 50 libras sin ayuda.
- Requiere movilidad completa.
- Manténerse de pie, sentado o caminando durante un período de tiempo prolongado o un turno completo.
- Capacidad de alcanzar por encima de la cabeza, debajo de las rodillas, doblarse, girarse, halar y agacharse.

## Dishwasher/Utility/(Lavaplatos)

- Mover, levantar, transportar y halar objetos que pesen hasta 50 libras sin ayuda.
- Capacidad de alcanzar por encima de la cabeza, debajo de las rodillas, doblarse, girarse, halar y agacharse.
- De pie por al menos 8 horas.
- Capaz de trabajar y soportar temperaturas calientes.

## Food Runner

- Mover, levantar, transportar, halar objetos que pesen hasta 50 libras sin ayuda.
- Capacidad para pararse, sentarse o caminar durante un período prolongado o durante un turno de trabajo completo.
- Leer y verificar visualmente la información en una variedad de formatos (por ejemplo, letra pequeña)
- Agarrar, girar y manipular objetos de diferentes tamaños y pesos, requiriendo habilidades motoras finas y coordinación mano-ojo.
- Capacidad de alcanzar por encima de la cabeza, debajo de las rodillas, doblarse, girarse, halar y agacharse y/o moverse a través de espacios estrechos, confinados o elevados o sobre superficies y escalones inclinados, desiguales o resbaladizos o subir y bajar escaleras y/o rampas de servicio.

## Front Desk Agent (Recepcionista)

- Realizar trabajos ligeros que ejerzan hasta 30 libras de fuerza ocasionalmente y/o 20 libras de fuerza con frecuencia o constantemente para levantar, transportar, empujar, halar o mover objetos.
- Capacidad de estar de pie durante un turno completo de 8 horas.

## Anfitrión/Anfitriona

- Requiere movimientos continuos y la capacidad de mover, levantar, transportar, empujar, halar y colocar objetos que pesen hasta 10 libras.

## Recamarera

- Levantar, empujar, y halar con frecuencia hasta 55 libras.
- Realizar 8 horas de trabajo físico.

## Housekeeping Houseperson/ Banquets Houseperson

- Capacidad para agarrar, mover, transportar, empujar, halar, colocar y/o levantar 75 libras y halar o empujar los carros de hasta 250 libras sin asistencia.
- Capacidad de pararse, sentarse o caminar durante un período de tiempo prolongado o un turno entero y maniobrar a través de habitaciones y áreas estrchas.
- Requiere una movilidad completa y actividad física considerable de forma continua para la configuración del salón y el movimiento de muebles y/o equipos.

## Mesero/Mesero de banquete In-Room Dining Server/ Lounge Server

- Requiere movilidad total y movimiento continuo de ritmo rápido para levantar y transportar hasta 50 libras y / o empujar los carros de alimentos hasta 100 libras a través de áreas abarrotadas.
- Manténerse de pie, sentado o caminando durante un período de tiempo prolongado o un turno completo.
- Capacidad para agarrar, girar, y manipular objetos de diferentes tamaños y pesos. Requiere habilidades motrices finas y coordinación mano-ojo y/o alcance arriba, debajo de las rodillas, doblarse, girar, halar y/o moverse sobre superficies inclinadas, irregulares o resbaladizas. Habilidad para subir y bajar escaleras y/o rampas de servicio.



## Los Angeles Hospitality Training Academy (HTA) List of Courses

# HTA List of Courses

Certificate Courses			
Course/Module	Learning Objectives	Duration	Location
<b>ServSafe Food Handler Certification</b>	<p>The NRA's ServSafe Food Handler Certification provides comprehensive training on food safety. The five sections are:</p> <ul style="list-style-type: none"> <li>• Basic Food Safety</li> <li>• Personal Hygiene</li> <li>• Cross-contamination and Allergens</li> <li>• Time and Temperature</li> <li>• Cleaning and Sanitation</li> </ul>	5 Hours	On Site at Employer or HTA Office
<b>TIPS</b>	<p>TIPS (Training for Intervention ProcedureS) is a dynamic, skills-based training program designed to prevent intoxication, drunk driving, and underage drinking by enhancing the fundamental "people skills" of servers, sellers, and consumers of alcohol. TIPS gives individuals the knowledge and confidence they need to recognize potential alcohol-related problems and intervene to prevent alcohol-related tragedies.</p>	6 Hours	On Site at Employer or HTA Office
<b>Certification Class for Prep Cooks</b>	<p>The HTA's 80 hour program presents students with an HTA Certification for the "Prep Cook" Classification after taking the following modules:</p> <ul style="list-style-type: none"> <li>• ServSafe Food Handler Certification</li> <li>• Kitchen Math</li> <li>• Food Allergen Training</li> <li>• Knife Skills</li> <li>• Pan Skills</li> <li>• Classical Sauces</li> <li>• Essential Stocks</li> <li>• Sauté Techniques</li> <li>• Roasting</li> <li>• Grilling, Griddling, and Frying</li> <li>• Cold Sauces and Dressings</li> </ul>	80 Hours	On Site at Employer or Various Sites
<b>Customized Cooking Class</b>	<p>Working with incumbent culinary workers to improve their skills on current or upcoming recipes.</p>	Varies	On site at Employer or in HTA Kitchen Site



## HTA List of Courses

Culinary Skills Classes			
Course/Module	Learning Objectives	Duration	Location
<b>Kitchen Math</b>	General overview of all math skills related to cooking, including: <ul style="list-style-type: none"> <li>• Demonstrate understanding of recipe terminology</li> <li>• Demonstrate understanding of liquid measurement values</li> <li>• Ability to convert liquid measurements from one value to another</li> <li>• Demonstrate understanding of relationship between weight and volume measurements</li> <li>• Ability to increase or reduce recipe yields</li> <li>• Demonstrate understanding of fraction math and decimals</li> <li>• Demonstrate understanding of measuring utensils</li> </ul>	3 Hours	On Site at Employer or HTA Office
<b>Food Allergen Training</b>	General overview of food allergies including: <ul style="list-style-type: none"> <li>• Recognizing allergy symptoms</li> <li>• Identifying allergens</li> <li>• Dangers of cross-contact</li> <li>• Proper cleaning methods to avoid cross-contact</li> </ul> <u>Specialized Training for Front of the House:</u> <ul style="list-style-type: none"> <li>• Proper communication of allergen information</li> <li>• Preventing cross-contact</li> <li>• Cleaning procedures in service areas</li> <li>• Special dietary requests from your guests</li> <li>• Dealing with allergen emergencies</li> </ul> <u>Specialized Training for Back of the House:</u> <ul style="list-style-type: none"> <li>• Reading and understanding food label information</li> <li>• Following strong receiving procedures/food-handling</li> <li>• Food preparation habits to avoid cross contact</li> <li>• Facility cleaning and personal hygiene to prevent allergic anaphylaxis</li> </ul>	4 Hours	On Site at Employer or HTA Office
<b>Food Waste Prevention</b>	The Instructor will custom-fit lessons in food prep to match your food order history. Each class will be designed to address specific food waste issues the employer currently faces. Students will learn and practice fabrication, peeling, trimming, and cutting techniques for maximum product yield. Discussion of cross-utilization potential of trim product. Analysis, demonstration, and discussion of the costs of throwing away usable product.	6 Hours	On Site at Employer or HTA Office

## HTA List of Courses

Culinary Skills Classes			
Course/Module	Learning Objectives	Duration	Location
<b>Knife Skills</b>	General overview of all knife skills for use in a kitchen: <ul style="list-style-type: none"> <li>• Selection and care of knives</li> <li>• Identifying all parts of the knife</li> <li>• Using a utility knife safely</li> <li>• Cleaning</li> <li>• Carrying</li> <li>• Sharpening</li> <li>• Storing</li> <li>• Cutting</li> <li>• Positioning guiding hand correctly and safely</li> <li>• Cutting foods into a variety of shapes and sizes:               <ul style="list-style-type: none"> <li>- Julienne</li> <li>- Batonnet</li> <li>- Chiffonade</li> <li>- Dice</li> <li>- Brunoise</li> <li>- Paysanne</li> <li>- Oblique</li> <li>- Mince garlic, shallots, and parsley</li> </ul> </li> </ul>	6 Hours	On Site at Employer or HTA Office
<b>Pan Skills</b>	<ul style="list-style-type: none"> <li>• Properly clarify butter</li> <li>• Understand the proper techniques and guidelines necessary to:               <ul style="list-style-type: none"> <li>- Sauté</li> <li>- Pan Sear</li> <li>- Pan Fry</li> </ul> </li> <li>• Demonstrate basic egg preparations and flipping techniques</li> <li>• Demonstrate standard breading procedures and when to use each one</li> <li>• Understand the importance of timing when cooking multiple food items</li> </ul>	6 Hours	On Site at Employer or in HTA Kitchen Site

## HTA List of Courses

Culinary Skills Classes			
Course/Module	Learning Objectives	Duration	Location
<b>Classical Sauces</b>	<ul style="list-style-type: none"> <li>• Demonstrate understanding of thickening agents</li> <li>• Ability to make and use a roux, slurry, and beurre manie</li> <li>• Ability to make and use a mirepoix</li> <li>• Demonstrate understanding of soups and sauces</li> <li>• Demonstrate understanding of mother sauces:               <ul style="list-style-type: none"> <li>- Béchamel</li> <li>- Veloute</li> <li>- Espagnole</li> <li>- Tomato</li> <li>- Hollandaise</li> </ul> </li> </ul>	18 Hours (Three 6-Hour Sessions)	On site at Employer or in HTA Kitchen Site
<b>Essential Stocks</b>	<p>A well-prepared stock is the foundation for a great dish. If you don't begin with a good product you cannot create a great dish. Students will learn how to make these stocks:</p> <ul style="list-style-type: none"> <li>• Beef</li> <li>• Veal</li> <li>• Chicken</li> <li>• Fish</li> <li>• Vegetable</li> </ul>	6 Hours	On Site at Employer or in HTA Kitchen Site
<b>Classic and Modern Soups</b>	<p>Soups are an essential element to any complete menu. Starting from basic stocks, students will learn the techniques necessary to create a variety of classic and modern soups, including consommé, clear soups, thick soups, "ethnic" soups, and purees.</p>	8 Hours	On Site at Employer or in HTA Kitchen Site
<b>Sauté Techniques</b>	<p>Sauté is the heart of many professional restaurants, making it essential that cooks apply proper techniques based on knowledge of the technical aspects of sauté and quick sauces.</p>	8 Hours	On Site at Employer or in HTA Kitchen Site

# HTA List of Courses

Culinary Skills Classes			
Course/Module	Learning Objectives	Duration	Location
<b>Roasting</b>	Perfect roasting technique means understanding how to control temperature and timing to consistently produce a savory product cooked to the correct internal temperature and retaining the product's natural juices. In this class, students will work with beef, poultry, and fish to achieve properly roasted proteins. Cuts, classifications, temperatures, trussing, brines, and marinades will be discussed and practiced. In addition, students will learn to create natural jus and gravies.	8 Hours	On Site at Employer or in HTA Kitchen Site
<b>Breakfast Cooking</b>	Students will learn the correct methods for cooking a wide range of classic breakfast items, including starches, breakfast meats, and eggs cooked to proper doneness.	8 Hours	On Site at Employer or in HTA Kitchen Site
<b>Grilling, Griddling, and Frying</b>	Grilling, griddling, and frying are three of the best ways to cook dishes quickly and flavorfully. But speed must be matched with good technique and efficiency. Organization and timing are key. Emphasis will be on proper preparation and temperature control for cooking standard meats and starches.	8 Hours	On Site at Employer or in HTA Kitchen Site
<b>Cold Sauces and Dressings</b>	The garde-manger, or pantry kitchen, is responsible for turning out quality cold foods and platters. One of the keys to great buffet dishes is the sauce. In this class, students will learn how to create classic and modern sauces, dressings, and condiments for meats, salads, and other typical buffet items.	8 Hours	On Site at Employer or in HTA Kitchen Site

## HTA List of Courses

Professional Food Server			
Course/Module	Learning Objectives	Duration	Location
<b>Dining Room Skills: High Quality Customer Service</b>	<p>To learn the entire process of great customer service through a combination of lecture and practical role play. Students will learn:</p> <ul style="list-style-type: none"> <li>• The initial greeting</li> <li>• Understanding the customer</li> <li>• "Upselling"</li> </ul> <p>Practical skills such as table service, inputting orders, and coordinating with the kitchen.</p>	8 Hours (Two 4-hour Sessions)	On Site at Employer or HTA Office
<b>Dining Room Skills: Wine Familiarization and Service</b>	<p>Wines and spirits can offer good profit margins in a dining room with a properly trained staff that can upsell the wine list. In this class, students will become familiar with the most popular wine varietals, the wine making process, flavor profiles, and how to provide guests with smooth wine service.</p>	8 Hours (Two 4-hour Sessions)	On Site at Employer or HTA Office

# HTA List of Courses

Skills Enhancements			
Course/Module	Learning Objectives	Duration	Location
<b>Basic Computer Skills</b>	Learn the following information and skills: <ul style="list-style-type: none"> <li>• Computer hardware and software</li> <li>• Basic keyboard and mouse skills</li> <li>• Introduction to Microsoft Windows</li> <li>• Basic internet skills</li> <li>• Gmail accounts</li> </ul>	3 Weeks, 2 1/2 Hours per Session, Once a Week	HTA Office
<b>Intermediate Computer Skills</b>	Learn the following information and skills: <ul style="list-style-type: none"> <li>• Intermediate keyboard and mouse skills</li> <li>• Working in Windows</li> <li>• Understanding how to use a search engine</li> <li>• Advanced Gmail</li> <li>• Microsoft Word and Excel</li> <li>• Sending and receiving attachments</li> <li>• Printing and laying out documents</li> </ul>	4 Weeks, 2 1/2 Hours per Session, Once a Week	HTA Office
<b>Basic ESL/English for Interviewing and Hospitality</b>	<u>Level 1 Ability:</u> <ul style="list-style-type: none"> <li>• This program will expand the students' English vocabulary by learning to conjugate frequently used verbs in the past, future, and future progressive tenses. Adjectives and adverbs will also be introduced.</li> <li>• Ability to communicate with guests, supervisors, and co-workers using proper customer service language.</li> <li>• Familiarity with career ladders within the industry.</li> <li>• Ability to articulate goals, both personal and professional.</li> </ul>	12 Weeks, 2 1/2 Hours per Session, Once a Week	On Site at Employer or HTA Office
<b>Intermediate ESL/English</b>	<u>Level 2 &amp; 3 Ability:</u> <ul style="list-style-type: none"> <li>• This program will expand the students' English vocabulary by learning to conjugate frequently used verbs in the past, future, and future progressive tenses. Adjectives and adverbs will also be introduced.</li> <li>• Ability to communicate with guests, supervisors, and co-workers using proper customer service language.</li> <li>• Familiarity with career ladders within the industry.</li> <li>• Ability to articulate goals, both personal and professional.</li> </ul>	12 Weeks, 2 1/2 Hours per Session, Once a Week	On Site at Employer or HTA Office

# HTA List of Courses

Customer Service Classes			
Course/Module	Learning Objectives	Duration	Location
<b>Customer Service</b>	This course will focus on the Art of Customer Service by: <ul style="list-style-type: none"> <li>• Providing clear and concise instruction on the importance of exceptional customer service</li> <li>• Identify the benefits of great customer service</li> <li>• Provide effective communication tools as it relates to verbal communication and body language</li> <li>• Review the importance of personal appearance and proper uniform attire both on/off duty</li> <li>• How to adapt to specific guest behaviors - negative and positive</li> <li>• How to deal with a difficult guest</li> <li>• Highlight the importance of consistency and industry standards</li> <li>• Demonstrate how social media and online reviews can positively and negatively affect business</li> </ul>	6 Hours	On Site at Employer or HTA Office
<b>Effective Communication</b>	This course will focus on the importance of being an effective communicator by: <ul style="list-style-type: none"> <li>• Reviewing the 3 key areas of communication</li> <li>• Highlighting and reviewing the importance of body language and how to effectively incorporate non-verbal cues</li> <li>• Discussing and addressing issues that commonly arise when dealing with a challenging guest</li> <li>• Stressing the importance of how to diffuse a situation and when to involve management</li> </ul>	4 Hours	On Site at Employer or HTA Office
<b>Leadership Coaching</b>	This course will focus on the importance of being an effective leader by: <ul style="list-style-type: none"> <li>• Identifying what it means to be a leader</li> <li>• Providing tips on giving positive and constructive feedback to staff</li> <li>• Teaching the importance of staff recognition</li> <li>• Teaching the importance of teamwork and how supervisors set the example</li> <li>• Demonstrating how supervisors can be "Leaders for Life"</li> <li>• Providing supplemental reading materials</li> </ul>	4 Hours	On Site at Employer or HTA Office

## HTA List of Courses

Customer Service Classes			
Course/Module	Learning Objectives	Duration	Location
<b>Personal Branding</b>	This course will focus on the importance of personal branding by: <ul style="list-style-type: none"> <li>• Identifying methods to positively affect your personal brand through grooming, professionalism, effective communication, and leadership qualities</li> <li>• Demonstrating how social media can positively and negatively affect your personal brand</li> <li>• Using social media to positively reinforce your personal branding to achieve career goals</li> <li>• Helping develop your personal 30 second elevator pitch</li> </ul>	4 Hours	On Site at Employer or HTA Office
<b>Company Branding</b>	This course will focus on the importance of company branding by: <ul style="list-style-type: none"> <li>• Explaining the power of branding and the impact that branding can have - good and bad</li> <li>• Identifying the specific goals of effective branding and how it can positively reinforce a company's image</li> <li>• Stressing the importance of maintaining a consistent brand message and image</li> <li>• Highlighting the need to make all staff aware of the company brand and mission as Ambassadors of the brand</li> <li>• Demonstrating how social media can positively and negatively affect a brand image and, ultimately, sales</li> </ul>	4 Hours	On Site at Employer or HTA Office



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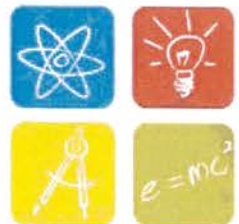
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### We can help by:

- Identifying unsafe medicine use and storage
- Training you or your caregiver on medication management
- Teaching you to better manage blood pressure and blood sugar
- Educating you about medications
- Coordinating care between pharmacies and doctors
- Recommending tools to help you take your medications on time

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### Do you take several medications, or help someone manage their many medications?

Taken correctly, medications can help us feel better and live longer. But making mistakes with medications can lead to serious health problems.

The good news is that a team of experienced pharmacists and nurses is here to help. The C-MEDS program from Independence at Home helps seniors and their caregivers take medications safely for better health. ***Even better news: the C-MEDS program is free.***



## Do you know someone who needs help managing their medications?

Medications can help us feel better and live longer, but they can also be dangerous if taken the wrong way. Many people make mistakes when taking their medicine. In fact, about 50 percent of patients do not take their medications as prescribed.\* These mistakes can cause serious problems, ranging from falls to medical conditions, hospital stays and even death.

The good news is, we have an experienced team of pharmacists and nurses to help you manage your medications. Our goal is to help minimize problems with medicines to increase health outcomes with safe medication use. Medication Safety Program services are provided at no cost to the community.

### Do these questions apply to you—or someone you care for?

- Do you take five or more medications?
- Does more than one doctor prescribe medications for you on a regular basis?
- Do you get your prescriptions filled at more than one pharmacy?
- Is it hard for you to take your medications as prescribed, or do you sometimes choose not to?
- Are there any medications that you need that you are unable to get?
- Do you have questions about how your medicines work and how to take them?

If you answered yes to any of these questions, call us today for help: 866-421-1964

To be eligible for this program, you must be:

- An adult 55 years and older who is having issues related to medication management.
- An adult caregiver who assists a person 55 years and older with their medication management.

\* Brown MT, Bussell JK. (2011). Medication Adherence: WHO Cares?. Mayo Clin Proc.86(4): 304-314.

We're here to answer your medication questions.

To learn more about our medication safety program, contact:

Independence at Home  
3800 Kilroy Airport Way  
Suite 100  
Long Beach, CA 90806

866-421-1964 toll-free  
562-637-7116 phone  
562-492-9236 fax

[IndependenceAtHome.org](http://IndependenceAtHome.org)

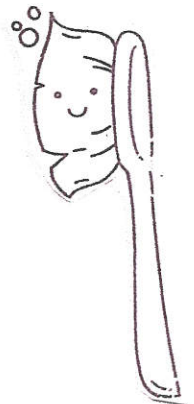
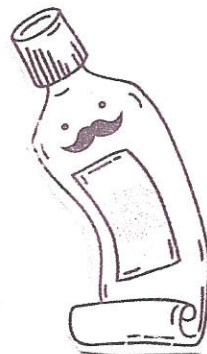
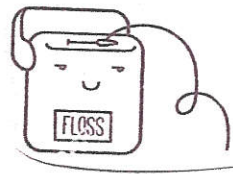
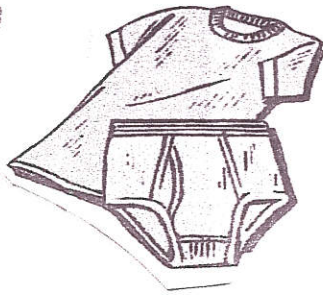
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