

## Welcoming Cocina Distrito!

February 20th was the date of the Ribbon Cutting for Downey's newest location for fine dining, Cocina Distrito! Everyone was on hand from our Mayor Sean Ashton, Mayor Pro Tem, Rick Rodriguez, Council Members Alex Saab and Blanca Pacheco along with Miss Downey Julie Ledesma and her Court, Chamber Board Members and many of our Chamber Ambassadors.



Mr. Kirk Cartozian cuts the red ribbon to mark the opening of his new restaurant, Cocina Distrito. Helping with the ribbon are Council Member Blanca Pacheco, Mayor Sean Ashton, Chamber President, Joanna Peterson of Gallatin Dental, Mayor Pro Tem, Rick Rodriguez, Miss Downey Julie Ledesma and her court.



Helping to celebrate the restaurant's opening are the Chamber Directors and Ambassadors joined by Miss Downey and the Miss Downey Princesses.



These are delicious!!! Cuisine representing all the States of Mexico is featured and served daily.



Cocina Distrito is a chef driven restaurant celebrating the colorful tastes found throughout Mexico. Located at 12056 Paramount Blvd, Cocina Distrito is currently serving Lent Specials on Fridays until March 23rd.



And "Yes!" they have an extensive tequila bar along with a wonderful wine and beer selection.



# Downey Business

## --STAFF--

Michael Calvert, Executive Director  
Sarah Sellers, Administrative Assistant  
Leticia Arriaga, Events Coordinator

## DOWNEY CHAMBER OF COMMERCE

11131 Brookshire Avenue  
Downey, CA 90241  
(562) 923-2191  
email: info@downeychamber.com  
www.downeychamber.com

## --OFFICERS--

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SHEILA TETANGCO-BARTOLONE, Financial Partners  
Credit Union

JEANNIE WOOD, Albertsons

MICHAEL CHIRCO, Chirco Heating & Air

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MIKE MURRAY, Downey Grocery Outlet

SUE ROBISON, Security Land Escrow

MARIANA PACHECO, Pacheco Realty and Associates

CINDY KOVACH, US Bank

The board of directors meets at the chamber office  
on the third Monday of each month at 12:00 noon.

# Message from the President



Greetings everyone,

Every year, the Downey Chamber of Commerce recognizes an exceptional Director, Volunteer, and Ambassador in appreciation of their service to the Chamber and the Downey Community. This is a great award that has honored citizens who achieves profound impact year after year. For 2017/2018, I am pleased to announce the recipients of these awards.

For Director of the Year, we are proud to honor Cindy Kovach. Cindy has been involved at the Chamber for years through U.S. Bank, and has been an invaluable asset to event planning, community engagement and so much more. Cindy has given so much to the Downey Community, including service with Downey's Coordinating Council, The Symphony Guild, The Women's Club and the Lions Club. It is an honor to recognize Cindy Kovach as our Director of the Year.

Our Volunteer of the Year is Maria Fernandez of Sunrise Realty. Maria's willingness to sacrifice time and energy for her community is so admirable. From helping with events like Christmas Parade to our annual Fun on the Fairways, we don't know what we would do without Maria. She is a prime example of an engaged community member and is more than deserving of the distinction of Volunteer of the Year.

This year, our Ambassador of the Year Award is Troy Busher of PIH Health. He has been an incredible representative of the Downey Chamber of Commerce. From events to networking, Troy has served as a reminder of just how great our Chamber can be. It is a testament to how exceptional this young man is!. The Chamber is very proud to acknowledge him!

All of our award winners were acknowledged for their admirable engagement with the Chamber and Downey communities. Whether they attended ribbon cuttings or volunteered for the Christmas Parade, we are so grateful for their service in the 2017-2018 Chamber year. Congratulations to our honorees!

I hope everyone has a fantastic beginning of Spring!

-- Joanna Peterson, President  
Downey Chamber of Commerce

# Calendar of Events

**Tuesday, March 13 @ 6:30pm**  
**City Council Meeting**  
City Hall Council Chamber

**Wednesday, March 14 @ 11:30am-1pm**  
**Women in Business**  
Topic: Website Development &  
SEO Management  
Location: Frantones Restaurant  
10808 Alondra Blvd., Cerritos

**Monday, March 19 @ Noon**  
**Board of Directors Meeting**  
Chamber Board Room  
11131 Brookshire Avenue

**Tuesday, March 20 @ 4:30pm**  
**Ribbon Cutting Ceremony**  
Energy Consulting Group  
8141 2nd Street, Suite 411, Downey

**Wednesday, March 21 @ Noon**  
**Ambassador Committee Meeting**  
La Barca Grill & Cantina  
11010 Paramount Blvd., Downey

**Monday, March 26 @ Noon**  
**State of the City**  
Rio Hondo Event Center  
10627 Old River School Rd., Downey

**Tuesday, March 27 @ 6:30pm**  
**City Council Meeting**  
City Hall Council Chamber

**Wednesday, March 28 @ Noon**  
**City Affairs**  
Speaker: TBD  
Farmers & Merchants Bank  
9001 Firestone Blvd., Downey

# Monthly Insider

## Body Soul Mind

Best Workout Nutrition Strategies

March 2, 2018



A useful guide for what to eat before, during, and after exercise.

In the three hours before your workout, you'll want to eat something that helps you:

- Sustain energy;
- Boost Performance;
- Hydrate;
- Preserve muscle mass; and
- Speed recovery

### Protein before Exercise.

- Can help you maintain, lose or gain muscle size.
- Can reduce markers of muscle damage.
- Floods your bloodstream with amino acids just when your body needs them most

### Carbs Before Exercise.

Eating carbs before exercise:

- Fuels your training and helps with recovery.
- Preserves muscle and liver glycogen.
- Stimulates the release of insulin.

### Fats before exercise.

Eating fats before exercise:

- Don't appear to improve nor diminish sport performance
- Do help to slow digestions, which maintains blood glucose and insulin levels and keeps you on an even keel.
- Provide some vitamins and minerals, and they're important in everyone's diet.

### Option 1: 2-3 hours before exercise.

This far in advance of your workout, have a mixed meal and a low-calorie beverage like water.

### Option 2: 0-60 minutes before training.

Rather than eating a larger meal 2-3 hours before exercise, some people like to eat a small meal closer to the session.

The only issue with that: the closer you get to your workout, the less time there is to digest. That's why we generally recommend something liquid at this time, like a shake or a smoothie.

Contact me: [www.bodysoulelite.com](http://www.bodysoulelite.com)

Certified Nutrition Exercise Specialist: Daniel Barillas

Email: bodysoulelite@gmail.com



## Executive Director's Message



This March 18th I will be running my 33rd Los Angeles Marathon! I think back to the time that I began my "running career" and the numerous miles ran, water drank, and the many many pairs of running shoes that have "given their lives" so I can complete! After a relationship with long distance running that has spanned the better part of 35 years I am beginning to appreciate the commitment that has been accomplished. I outlined this personal example as a small definition of what commitment may mean. This next paragraph will give examples of real dedication and purpose and some of the members that make Downey a great place to do business.

This month is a very special time here at the Chamber. On February 28th, we celebrated not only the 115th Anniversary of the Chamber, but we honored those businesses that have made a long-term commitment to being members!! As examples: PIH Heath, 21 years; Lang Roofing Company, 25 years; Cerritos College, 31 years; Pacific Western Bank, 35 years; Financial Partners Credit Union, 40 years; US Bank, 60 years; and Andrew Rancho Del Norte; 70 years!! Now that is a true commitment!! First, I want to thank these companies and the many other businesses we honored on the 28th. It is so gratifying that the Chamber has had such an opportunity to partner and be a part of their long-term success. More importantly, the Downey Chamber of Commerce, wants to thank all 457 members who currently support and make our organization as effective as it is. The Chamber is looking forward to making the future brighter and better for all of Downey's businesses.

-- Michael Calvert, Executive Director  
Downey Chamber of Commerce



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\* "Poor Nutrition Increases Sickness Absence 50%," Workplace Savings and Benefits, accessed October 22, 2012.

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Members “On the Town”



Enjoying the ribbon cutting at Downey’s newest “In Spot”, Cocino Distrito, are Chamber Executive Director Michael Calvert, President Elect Carrie Uva, Board Member Michael Chirco, and former Board Member and City Councilwoman Blanco Pacheco.



Recently, the Downey City Council honored Mr. Ken Thompson for his service to America during WWII and for celebrating his 101st birthday in February. Helping to make the occasion more festive are former Chamber Board member Blanca Pacheco, Board Member Mariana Pacheco, our honoree, Mr. Thompson, along with Chamber President Joanna Peterson.

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## Congratulations and Thank You!

The following businesses have celebrated another year as members of the Downey Chamber of Commerce. Businesses listed are those that renewed last month and are marking another year with us. This is a monthly feature of *Downey Business*. All members will be recognized during the course of a year. The Downey Chamber thanks you for your support.

<b>73 Years</b> Southern California Edison Co.	<b>9 Years</b> United Medical Imaging
<b>53 Years</b> Frantone's, Pizza Spaghetti Villa	<b>8 Years</b> Watch It Grow Hydroponics M.R. & Associates
<b>35 Years</b> Health First Medical Group	<b>6 Years</b> Henry Huen Farmer's & Merchants Bank La Barca Grill & Cantina, Inc.
<b>31 Years</b> Cerritos College	<b>5 Years</b> D & D Installation, Inc. Manna Kettle Korn
<b>21 Years</b> PIH Health	<b>3 Years</b> C & E Capital
<b>19 Years</b> Amapola Deli & Market L'Abri Management, Inc.	<b>2 Years</b> Mission Real Estate Group Drumming For Your Life Institute Yogurtland
<b>11 Years</b> Nationwide Environmental Services State Farm Insurance - Louis Grimaldi Pristine Property Managment	

## Welcome New Members!

You have just joined the most prestigious business organization in the Mid-Cities area. We are happy with your decision to do so and welcome you! There are many benefits to being a member of the Downey Chamber of Commerce, chief among them networking, advertising opportunities, seminars, legislative advocacy, and community recognition. Attention, established members! Send a note or stop by and say hello to these new members. You both will be glad you did.

<b>Mimi's Café</b> James West, General Manager <a href="http://www.mimiscafe.com">www.mimiscafe.com</a> 8455 Firestone Blvd. Downey, CA 90241 (562) 862-2828	<b>Energy Consulting Group</b> Devlin Duarte, Chairman <a href="http://www.energy-consultinggroup.com">www.energy-consultinggroup.com</a> 8141 2nd Street #411 Downey, CA 90241 (866) 204-9978
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## Lifetime Members

Steve Allen	Meredith Perkins
Diane Boggs	Jim Reynolds
Dominick DiMario	Mary Stauffer
Maria Larkin	David R. Gafin
Susan Nordin	

## Ambassador Profile



For the month of March the Chamber would like you to meet, Monica Miranda who is our Ambassador Profile. Monica works for Financial Partners Credit Union, at the Gateway Office on the corner of Downey Avenue and Firestone Boulevard. She is an expert when it comes to any member service like home or car loans, credit cards and consumer and commercial checking and savings products. Her experience is based on a 17-year career working in the financial industry. The first job was as a bank teller and she is currently the Branch Manager!

Being born and raised in Montebello, Monica graduated from Montebello High School and then continued her business courses at Bryman College. She has two wonderful children, Manny who is 11 and currently attends St. Benedict Parish School and 19 years old Precious who is currently attending Mills College in Oakland. When Monica speaks of her children, she is always reminded about the important role her mother, Connie Miranda, played in providing support and for always being there for her and her family. Without her Mom, it would have been very difficult for Monica to pursue her career in the financial industry.

Monica's hobbies always involve her children, from hiking on Sundays, taking vacations, going to theme parks, and watching movies. Maybe she goes to Zumba by herself, but I'm not so sure.

Miranda has been an Ambassador for a little over a year. She is very active in the monthly Ambassador meetings along with other Chamber functions. She is very grateful to be a part of an organization that encouraged her to be a part of the community she works in. Networking as an Ambassador for the Chamber has helped her build relationships with city officials, other Chamber Members, Business Owners and their employees. Creating a winning combination between the fantastic and dynamic Financial Partners Credit Union and using the networking opportunities created by the Chamber has become the best and easiest way to be successful at work and in the community!

The persons who have the most influence on Monica are her previous mentors Alicia Sandoval and Tom Ing. Together they taught her to get to know the team personally and professionally and most importantly to listen. Both mentors have motivated her to always do the right thing and to lead by example. This process is how to create a winning team. If Monica to could someone for a day she would be: Oprah Winfrey. She was born into poverty with many struggles and transitioned into a powerful, influential and even spiritual leader who has influence worldwide. She has credibility, talent, and she's done it all on her own. She makes people care because she cares.

Monica philosophy comes down to one thoughtful phrase, stay relevant and keep your skills fresh and work to the best of your abilities.

Join the Downey Chamber of Commerce!






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# Let's Do Lunch

February 1st was a great day to network, lunch, and get some great prizes!! The Chamber held our monthly Let's Do Lunch at the popular "Bar Louie" in the Promenade! Nearly 50 diners came together to share best practices and best of all some wonderful giveaways donated by our members. Thank you Chris, the General Manager of Bar Louie, for setting up such a great space to hold our event. He also designed our menu and made sure that everyone's food was wonderfully prepared and served quickly!!

A very special thank you to our President Joanna Peterson who arranged for the drawing prizes and hosted a lively and entertaining event. Joanna's company, Gallatin Dental, gave away many food certificates and dental supplies. Along with Farmer's & Merchant's Bank, Financial Partners Credit Union, Ruby's Diner, Beautiful Homes Realty, and our host Bar Louie, who all gave away multiple gift bags, discount coupons, and certificates for free food. We really appreciate all your efforts Joanna in making this a truly wonderful and effective event.



Inspecting the many prizes to be raffled off during our event are Alex Hanks of Ocean Breeze Spa, Chamber President Joanna Peterson of Gallatin Dental, Christina Vaca of Intero Real Estate Services, City Council Member Blanca Pacheco, Chamber Board Member Michael Chirco of Chirco Heating and Air Conditioning, Mayank Neg, and Notary Public Robert Pryor.



"We are ready to network!" Joining our group are Gabby Santos of St. Pius/St. Mathias School, Joanna Deres of Farmer's & Merchants Bank, Pastor Alec Bernard of Desert Reign Church, Isela Polizzi of TNC Printing, Ryan Smith of Computek with Walter Escobar of Financial Partners Credit Union in the front row.



# Downey Chamber's Annual Golf Tournament

FORE!!!!

What are you doing on June 20th? I know, you'll be playing at the Downey Chamber's Annual Golf Tournament. Take advantage of the Spring weather, before the heat of summer, and take an afternoon off to support the Downey Chamber. The day starts at noon and ends with an always entertaining dinner and auction. Come to Rio Hondo Golf Course on June 20th and have the time of your life!!



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**SE HABLA ESPAÑOL**



# Street Faire is Coming May 5th

Please plan to join the Chamber along with booths, bands, and about 12,000 buddies for the 25th Annual Street Faire. We will be back on Brookshire Avenue and look forward to seeing everyone there!



# Women in Business

It was a Happy Valentines Day for our Women in Business Group. Meeting at Frantone's in Cerritos, our guest speaker was Carrie Uva who spoke about estate planning and setting up family trusts. Additionally, Carrie is a noted realtor here in Downey, so she was also able to give us her thoughts regarding the current real estate market trends. Thank you for all who attended our event and we look forward to our next meeting on March 14th again at Frantone's Cerritos.



Happy to get all this valuable legal advice are Jessica Flores, Community Development for the City of Downey, Leticia Arriaga, Chamber Event Coordinator; Carrie Uva our guest speaker; Trisha Gutierrez of QM Funding, Caren Spilsbury, Director of the Norwalk Chamber; Susan Arthur Director of the Norwalk Chamber; Jessie Liu of Keller Williams Realty; Michelle Romeo Norwalk Chamber; and Elizabeth Valdez of Heartfelt Wellnes.

## 25<sup>th</sup> Annual



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DOWNEY CHAMBER OF COMMERCE  
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## Taking A Look Down the Legislative Pipeline: Proposed State Legislation in 2018 That May Affect Employers



With the new year well under way, state legislators in Sacramento have been hard at work putting forth legislative proposals. Many of these bills are targeted at employers and the employment experience in general. This article will provide a brief summary of some of the more significant proposals circling the halls of the State Capitol.

### Sexual Harassment – General

It is no surprise that sexual harassment will be the focus of lawmakers' efforts this year. High-profile sexual harassment allegations and the #MeToo movement have put the problem of sexual harassment in the spotlight like never before. Below, are the bills geared toward preventing sexual harassment and the perpetrators of sexual harassment in one way or another.

- **SB 1300** – Provides that an employee does not have to prove that he or she experienced sexual harassment or discrimination in a case in which that employee has alleged that the employer failed to take all reasonable steps necessary to prevent harassment or discrimination from occurring. This bill would also prohibit settlement agreements releasing claims under the Fair Employment and Housing Act (FEHA) in exchange for a raise or bonus or as a condition of employment or continued employment.
- **AB 1867** – Would require employers with 50 or more employees to maintain records of employee complaints of sexual harassment for 10 years.
- **AB 1870** – Currently, employees have one (1) year to file a charge of harassment with the Department of Fair Employment and Housing (DFEH). This bill would extend the time for doing so to three (3) years. It is important to note that this extension is not limited to harassment claims, but would apply to all forms of employment discrimination prohibited by the FEHA.
- **AB 3080** – In its current form, this bill pertains to E-Verify. However, the Assemblywoman who introduced this bill has announced plans to amend it to prohibit the mandatory arbitration of sexual harassment claims. This would mean that such claims, if incapable of early resolution, would go to trial in a court of law, likely in front of a jury. The bill may also be amended to provide protections against retaliation for employees coming forth publicly about harassment they were subjected to or observed.

### Sexual Harassment – Training

Current law requires California employers with 50 or more employees to provide two (2) or more hours of sexual harassment prevention training to supervisors every two (2) years. The training must also be provided within six (6) months of a supervisor's assumption of a supervisory role. Just last year, these requirements were expanded to include training and education on harassment based on gender identity, gender expression, and sexual orientation. The following bills seek to expand on these requirements:

- **SB 1300** – Would require all employers (regardless of size) to provide sexual harassment prevention training to all employees (not just supervisors) within six (6) months of hire and once every two (2) years.
- **SB 1343** – Somewhat repetitive of SB 1300, this bill would require employers with five (5) or more employees to provide sexual harassment prevention training to all employees by 2020. After that point, the training would be required once every two years. In addition, the DFEH would be required to produce a training video that employers could utilize to meet this requirement.
- **AB 2338** – Provides that talent agencies must provide training and materials regarding sexual harassment prevention, nutrition, and eating disorders to employees and artists. Further, the training and materials must be provided in a language the employee or artist understands.
- **AB 2079** – This bill is a place holder for now. The Assemblywoman who introduced this bill indicated that she intends to amend it to allow janitors to become certified as peer educators to be able to provide sexual harassment training at worksites to other janitors.

### Sexual Harassment – Confidentiality and Settlement Agreements

It is true, settlement agreements quite often contain language requiring the terms of settlement agreements to remain confidential. The #MeToo movement has drawn much attention to the use of these confidentiality provisions, which allow alleged sexual harassers to get by without the scorn associated with sexual harassment cases that are made public. The following legislative proposals are intended to prohibit such confidentiality agreements in connection with sexual harassment claims:

- **SB 820** – This proposal seeks to prohibit the usage of any provision in a settlement agreement that would prevent the disclosure of factual information related to a civil lawsuit involving an act of sexual assault or sexual harassment. Including such a provision would render that agreement void.
- **AB 3057** – Along the same lines as SB 820, this bill seeks to prohibit the inclusion of provisions in settlement agreements which prohibit the disclosure of factual information related to sexual abuse or sexual harassment.

### Other Employment-Related Bills

With the overwhelming focus of lawmakers and the public on snuffing out sexual harassment and its associated problems, it is easy to overlook the other proposals that, if passed, would affect employers. Consider a few examples:

- **AB 1761** – "Hotel employers," as defined in the bill, would be required to provide employees with a panic button to call for assistance when working alone in guestrooms. Hotel employers would also be required to maintain a list of guest alleged to have acted violently or in a harassing manner against employees and to refuse to provide service to any person on that list for a period of three (3) years.
- **AB 1976** – Would require employers to provide employees with a room, other than a bathroom, to express breast milk for an infant. This expands on the current requirement that employers provide a location other than a bathroom stall.
- **AB 2026** – This bill pertains most directly to used car salespersons. These individuals would be prevented from being employed from an auto dealership that sells used vehicles unless the used car salesperson completes a specified education program. Employers in the business of selling used vehicles would be required to maintain records that its salespersons are in compliance.
- **AB 2069** – Perhaps this bill will impact California employers more than any of those discussed above. This bill seeks to prohibit employers from taking an adverse employment action (i.e., refusing to hire, firing, suspending, etc.) against a person possessing a medical marijuana card on the basis of that status or a positive drug test for cannabis. The bill carves out employers who would lose monetary benefits or licensing under federal law as a result of the bill. Currently, employers can prohibit medical marijuana use by employees.

### Conclusion

Clearly, this legislative cycle is predominantly focused on sexual harassment. It will be interesting to see how these bills, and the many other proposals not discussed above, are amended as they wind their way through the legislative process. Because these proposals increase the potential for liability for employers, taking notice of them now will help employers to prepare for the potential legal landscape in the near future.

Colin P. Calvert is a partner in the Irvine, California office of the labor and employment law firm Fisher Phillips. Please do not hesitate to contact him if you have any questions or seek additional information. Mr. Calvert may be reached at (949) 798-2160.





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CA**FWD**:  
California's Future Workforce Development





**2018**  
**Future of Work**  
**MeetUps**

**Southeast Los Angeles MeetUp**  
Co-Hosts: Southeast Los Angeles Workforce Development Board, Cerritos College



**March 5, 2018**  
9:00 am – 11:30 am



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**THE FUTURE OF WORK**  
Artificial intelligence, the rise of gig economy platforms, and a new wave of automation will further change the future of work and the skill sets required to thrive in the workforce. How will employers be impacted? How can workers upskill to avoid becoming stranded? Understanding shifts in the future of work can help policy makers, employers, and workers move forward on strategies to ensure California's economic resilience.  
Join us for a regional Future of Work MeetUp to share your observations about the future of work, learn about model workforce development practices, and discuss strategies helpful to employers and workers.

**WHY YOU SHOULD PARTICIPATE:**

- **Business & Industry** - Learn model workforce development practices to ensure a quality, diverse and reliable talent pipeline for current and future needs.
- **Economic Development Professionals** - Tap into a fertile ecosystem of workforce and education partners and innovations to attract, grow and retain businesses in your area.
- **Community College Leaders** - Broaden your circle of partners who can inform and support your student success outcomes and guided pathways strategies.
- **Workforce Development Boards & Community Based Organizations** - Learn how to further social mobility by leveraging community college Strong Workforce Program investments and other workforce innovations.
- **Policy and Civic Leaders** - Engage with business, education and community leaders to create meaningful work-based learning opportunities and jobs for Californians.

**AGENDA & TOPICS:**

- Signals on the Future of Work
- Implications for Employers and Workers
- Regional Industry/Education Partnerships in Workforce Innovations
- Overcoming Worker Barriers to Upskilling
- Live Polling: Growing Regional Ecosystems - Input on Priorities & Actions

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Mayor Sean Ashton**

**Monday, March,  
26th, 2018  
at 12:00 Noon**

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**Bellflower Dental Ribbon Cutting**

February 15th was a great day to travel to the City of Bellflower to honor Bellflower Dental with a ribbon cutting. Dr. Tsibel and his staff have created a wonderful place for all your dental needs. The environment is so friendly and caring giving the patients a very comforting place to care for your teeth. They are located at 10318 East Rosecrans Avenue in Bellflower.



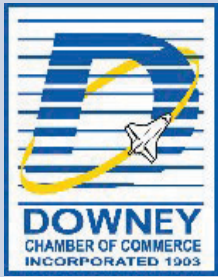
It's official Dr. Tsibel cuts the red ribbon as Bellflower Dental staff and supporters look on.



Downey Mayor Sean Ashton welcomes to the Downey Chamber. Happy to be members are Nora Tatum, Patient Relations and Dr. Arkady Tsibel both of Bellflower Dental. Expressing congratulations for their wonderful facility is Chamber President, Joanna Peterson, Chamber Treasurer and former Downey Mayor David Gafin, along with Miss Downey, Julie Ledesma and her Court.



It's "all smiles" at Bellflower Dental!! Enjoying this wonderful event are Marisela Vazquez Marketing Coordinator, Nora Tatum, Mayor Sean Ashton, Dr. Tsibel, Joanna Peterson, David Gafin, along with Miss Downey and her Court.



The Mission of The Downey Chamber of Commerce is to advocate and support a healthy and profitable business environment which improves the quality of life!