Retirement Best Wishes to APCTC

Director Dr. Chong Suh

After 33 years of dedicated service and leadership, Dr. Chong Suh, Director of Asian Pacific Counseling & Treatment Centers (APCTC) and one of SSG’s largest and Divisions, is retiring on July 31, 2017. APCTC is a nationally recognized provider of mental health services with an unwavering reputation of dedication and service to API individuals and families, especially those who have been underserved due to cultural and linguistic barriers. APCTC was established in 1977 as a directly operated program of LA County Department of Mental Health (DMH), and was privatized in 1990 under Special Service for Groups.

Dr. Suh was a key leader during this transition as a directly operated LA County provider to a privatized full service behavioral health outpatient operation. Executive Director Herbert Hatanaka recalls Dr. Suh’s strategic vision and commitment to purpose during those early years saying “...During those years various mental health programs serving the API communities seemed to come and go, but APCTC remained the constant. The constant that others respected and tried to imitate. That’s leadership. That’s Chong.”

Under Dr. Suh’s leadership APCTC remained responsive to community needs while leading large-scale efforts in response to emergencies such as the 1992 LA Riots, 1994 Northridge earthquake, and 9/11. They served vulnerable populations including immigrants and refugees, whom experienced trauma and high incidents of PTSD relating to their historical struggles. Dr. Suh was often consulted by local and ethnic media for matters relating to mental health and pushed for research grants and other opportunities to de-stigmatize mental health. In 1992, she was instrumental in the effort to receive funding from the State Department of Rehabilitation to create APCTC’s Vocational Rehabilitation Program, which is stronger than ever today. APCTC is also renowned for their Adult Specialized Rehabilitation that includes a complete Wellness Program and community integration services. In addition to client direct services, APCTC sponsors a monthly NAMI support group for family members of clients.

As a multi-disciplinary, multi-lingual, and multi-cultural provider, APCTC provides a full range of culturally appropriate behavioral health services throughout LA with five (5) outpatient sites (including their acclaimed Wellness Center), as well as several agency owned housing units geared for clients. Dr. Suh’s gift of healing and grace is showcased through her direct interactions with clients, who are always uplifted when Dr. Suh joins them for cooking and art classes.

Dr. Suh recently created an updated APCTC motto: “Making the Hope of Wellness and Recovery into a Reality.”

SSG’s Board, Management and colleagues join together to thank Dr. Suh for creating an amazing legacy of care for vulnerable populations.

Dr. Suh - you will continue to inspire us!

Thank You!
Thank You to SSG’s Student Interns!

Each year various SSG Divisions accept student interns from various schools, colleges and universities. These students come from various disciplines including mental health, public health, occupational therapy and more. SSG Divisions gladly accept, train and utilize student interns for client services. These interns provide a valuable resource and are highly valued and appreciated. The following are the interns FY 2016-2017 including interns for Summer 2017. Much thanks to all!

**SILVER 2016-2017**
- Andrea Cabrera, USC School of Social Work
- Gennie Samala, UCLA School of Social Welfare
- Linda Heang, CSULA School of Social Work
- Leslie Garcia, CSULB School of Social Work
- Maria Avalos, CSULB School of Social Work
- Amani Hamed, CSULB School of Social Work
- Dalma Rodriguez, CSULB School of Social Work
- Silvia Yu, USC School of Gerontology

**APCTC 2016-2017**
- Christina Ching, UCLA School of Social Work, MSW Intern

**Network of Social Work Management 2016-2017**
- Angelica Cano, USC Suzanne Dworak-Peck School of Social Work, MSW Student

**OTTP-LA Summer Interns**
- Shirley Jalade, Santa Ana College, Occupational Therapy Assistant Student Level II
- Olivia Kardos, California State University, Dominguez Hills, Fieldwork I Student
- Emily Cobb, University of St. Augustine for Health Sciences, Occupational Therapy Student Level II
- Daniel Endow, California State Dominguez Hills, Occupational Therapy Student Level I
- Amy Duong, West Coast University, Occupational Therapy Student Level II

**OTTP-LA 2016-2017**
- Lillian Azouz, CSUN MSW
- Danielle Sumida, CSULB MSW

**Occupational Therapy Students Level II:**
- Samantha Talavera, Dominican University
- Lilliana Lopez, West Coast University
- Adam Delgado, West Coast University
- Ashleigh Dark, Standbridge University

**Occupational Therapy Assistant Students Level II:**
- Lindsey Ashton Cayado, Santa Ana College
- Laura Gregory, Santa Ana College
- Laura Garcia, Santa Ana College
- Audrey Mitchell, St. Catherine University

**Occupational Therapy Students Level II:**
- Kathryn Scheruing, Stanbridge University
- Raquel Ramos, Dominican University
- Jacquelyn Braceros, West Coast University
- Erwin Borja, University of Southern California
- Jamie Escalona, University of Southern California
- Stephanie Marshall, Texas Tech University
- Mike Nader, University of Southern California

**Occupational Therapy Assistant Students Level II:**
- Francine Jaeger, Santa Ana College
- Amber Wesley Guirola, Santa Ana College
- Christine Nguyen, Santa Ana College
- Nancy Ruiz, Santa Ana College

**PROJECT 180**
- Elizabeth Montoya, CSUDH
- Christa Crayotn, CSULA
- Clarissa Delgado, CSULA
- Rosalinda Lopez-Jimenez, CSUN
- Madeline Rasch, UCLA
PALS

Latina Task Force

The Latina Task Force is a coalition of professionals with diverse backgrounds, united in a common cause against breast and cervical cancer, educating and empowering Latina women to obtain early cancer screening and treatment. PALS for Health/ALAS para tu Salud participated in the Latina Task Force’s 14th Annual “Latina Salud y Vida” Conference on Saturday June 10th, 2017. This conference seeks to increase awareness of cancers affecting Latinas, as well as to educate women about cancer prevention and wellness. This all Spanish-language conference is hosted in different communities every year to ensure this valuable information reaches Latinas throughout the County, and typically 100-150 women attend. Mireya Muñoz has been a member the planning committee for the past 14 years, and PALS is proud to be part of this amazing task force.

Sacramento Visit

On Wednesday June 7th PALS for Health participated in a visit to the State Capitol with other members of the Having Our Say Coalition, to speak with Senators and Assembly members about the importance of strengthening and protecting language access for limited English speakers regardless of changes to federal policy.

OTTP-SF

Vision Board Workshop

In collaboration with various community partners, OTTP-SF’s Sean Cochrun helped lead “It’s All About You” - A summit for youth in the Western Addition impacted by trauma. The summit offered skills training to over 50 youth, teaching them how to cope with community violence and other forms of trauma.
BACUP

Mental Health Awareness Celebration

We here at BACUP Art Corner were involved with a celebration in May, for Mental Health Awareness Month. We rolled out the red carpet for our clients and friends of BACUP. We had a successful attendance of over 100 visitors. We served lunch to all with several art activities, and had a comedy show performed by our own Bob Watson. Event photos were taken by Juan Burgueno Jr.

AP Recovery

Client Recovery Story

Janet L. is pictured with her food handlers’ certificate. Janet was able to complete the 8 week course in 5 weeks. Janet used the computer lab on site to study on weekends and was able to pass her exam. Her treatment team at AP Recovery has been working with Janet to accomplish her vocational goals. Janet is now in the process of applying for jobs!
OTTP-LA is excited to announce the launch of COLORS, the new group that was designed to meet the unique needs of our LGBTQ transitional age youth client base. Conceived by Dr. Rhonda Windham OTR/L and James McLindon, LMFT, the weekly group offers both mental health rehabilitation and group psychotherapy. LGBTQ youth are more likely than their heterosexual peers to experience difficulties in their lives and school environments, such as bullying, teasing, harassment, assault, substance abuse and mental illness. Some studies show that LGBTQ adolescents are twice as likely to engage in suicide-related behaviors as their heterosexual peers. The Colors group offers a safe space for LGBTQ clients to obtain peer support while working on self-esteem, self-acceptance, anxiety & depression management, communication skills and personal safety. We are looking forward to the success that this new group will see in the future.

6th Annual Art Show
On May 4th, 2017, OTTP-LA hosted its 6th annual Art Show. The OTTP-LA staff transformed the OTTP-LA Youth Center into a full-fledged art gallery, providing our clients with an opportunity to showcase their visual art and performance art talents to the public. The audience was treated to an array of client performances (singing, poetry reading, etc.). One of the many highlights of the evening was when several of our clients chose to take the stage and share with the audience what their art meant to them. The event had a great turnout, (standing room only at one point!) including clients and their families, community members, staff from the schools we serve, and OTTP-LA staff, friends, and family. Here’s to next year!
APAIT is proud to be among the main organizers of this year’s inaugural RESIST march that coincided with the Los Angeles LGBTQ Pride festivities held on Sunday, June 11, 2017, at the famed Hollywood and Highland Boulevard – site of the first LA gay Pride over forty years ago and home of the Academy Awards. The march’s agenda was to stand up and resist against current government policies attacking marginalized and vulnerable communities like the LGBTQ population, people living with HIV/AIDS, people with physical and mental disabilities, immigrants, the socioeconomically disadvantaged, and people of color communities. (PICTURE CAPTION): The event opened with welcoming remarks from march co-organizers, APAIT’s very own (from left to right) Advisory Board Member Karina Samala and Associate Director Peter Cruz, followed by Congressman Ted Lieu (33rd District).

Venice Beach (Muscle Beach) Pride

On Saturday, June 3rd, 2017, APAIT co-produced the second annual Venice Beach (aka Muscle Beach) Pride with an afternoon of performances, inspiring speeches, and promotion of APAIT programming including its Status is Sexy campaign. Speakers included SSG program director and founder of TransLatin@ Coalition - Bamby Salcedo, founder of the Resist March Brian Pendleton, and performers including the out and proud LGBTQI boy band Echo V (pictured), whose musical style is a mix of pop and R&B.

APAIT Housing Specialist Maria Roman receives LA Pride Honor

Transgender community activist and APAIT veteran Maria Roman was honored with the prestigious Community Empowerment Award by LA Pride during the Trans Night festivities held on June 9, 2017. Maria has been a staunch activist for the LGBTQ community serving in multiple advisory and governing bodies including but not limited to the local Transgender Service Provider Network (TSPN), the LA County HIV Commission, the Liberty Hill Foundation, the Office of National AIDS Policy, and the statewide TRANSform California Workgroup. She is also recipient of the Harvey Milk Award from the Christopher Street West (CSW), Community Hero Award from the Alianza National Latino Conference), and the Women in Leadership Award from the City of West Hollywood. (picture caption: Maria Roman accepting the Community Empowerment Award from LA Pride).
API HIV Activism Oral History
Project and fundraiser

Former SSG Research and Evaluation Director Eric Wat, is in partnership with APAIT to document the history of API HIV activism during the early days of the AIDS epidemic. More than just a disease, HIV/AIDS was also a movement. APIs are especially underrepresented in the documentation of this movement. This oral history project is about recovering this history and honoring our pioneers. There is some urgency to do this now. We’ve lost a handful of AIDS activists already, and those who survived the plague are getting older. We also want to use this history to inspire a new generation to become activists and community builders. The project started a month-long fundraising campaign during the month of June to raise $5,000 towards expenses such as interview transcriptions, travel to interviewees who have moved out of Los Angeles, videography, etc. The fundraiser met its goal within 11 days, but will continue onsite until the end of the month. Please visit the site at: https://www.generosity.com/community-fundraising/api-aids-activism-history-project-los-angeles

LGBTQ Advocacy Day in Sacramento

On May 16, 2017, over 650 LGBTQ and allies participated in the LGBTQ Advocacy at the state capitol to advocate for legislative bills impacting the community, particularly in the areas of HIV, health care, transgender rights, immigrant rights and education. APAIT focused its advocacy on the California HIV Criminalization Reform bill (SB239), which would update the draconian and discriminatory law that currently criminalizes people living with HIV. The reform bill has passed the Senate floor and is currently in debate in the Assembly floor. If it passes through legislature, Governor Brown has until October 15, 2017 to sign or veto the bill. Team APAIT sent a delegation of six participants, including three consumers who are part of the AIDS United POP Advocacy fellowship, and APAIT staff (pictured from left to right) Division Director Jury Candelario, Associate Director Peter Cruz, and Health Educator Jaden Fields.
HOPICS

HOPICS Launches Pioneer ‘Safe Parking Program’
First Of Its Kind In Los Angeles

HOPICS and a South LA based United Methodist Church have launched the ‘Safe Parking Program’ for homeless individuals and families living in their cars to provide a safe overnight haven including bathrooms and showers. As funded by LAHSA, this is a pioneer project for Los Angeles that has more chronically homeless, homeless veterans, and homeless youth than any other city in the country.

The program officially began June 7, 2017 with UMC providing overnight parking for eligible families living in their vehicles. The HOPICS program includes screening and assessment for families while overseeing overnight care including security. Bathroom and shower facilities are also made available as well.

For homeless families living in their vehicles is a constant struggle to maintain safety and independence. Having a safe space overnight is critical in the arduous journey from homelessness to stabilization. While simple in concept logistics are very complex requiring collaboration with neighborhoods, local police and fire departments, service providers and funders.

HOPICS Division Director Veronica Lewis was gratified that the long anticipated launch date finally arrived. Planning and advocacy efforts had been ongoing for over a year. As noted by Ms. Lewis “This was well worth every effort made by myself and other community leaders. These homeless families deserve to know their needs are recognized and respected. HOPICS will always be vigilant in pushing the envelope to secure needed services for those most vulnerable in our community”.

For more information about the HOPICS Safe Parking Program and other services go to https://www.hopics.org

HOPICS is Growing!

Given the recent passage of Measure H, HOPICS is expecting to ramp up various programs and services that assist homeless individuals and families across South LA and beyond. With an increased demand for services, comes the need for additional staff. If you know of anyone looking for a rewarding career in homeless services, please direct them to the HOPICS link below for a comprehensive list of open positions. HOPICS currently has approximately 25 positions open, from benefits specialists and case managers to therapists and program managers. Check back often for new postings, as Measure H funding is expected to roll in all summer.

For more information please visit HOPICS careers page: https://www.hopics.org/careers

PNYP

Class of 2017

On June 9, 2017, PNYP staff hosted an “End of Year Party” to celebrate the academic achievement of its student program participants!

Happy summer vacation!

For more information please visit PNYP’s website: https://www.pnyp.org
Connecting the Dots
SSG NEWS & HIGHLIGHTS

Development Team

Growing SSG
CONNECTING YOUR VISION TO FUNDRAISING

Did you know? These 3 nonprofit marketing tools are your keys to success!

1. Website
   Everything you do should drive people to your site. Why? Let’s think in terms of the 3 M’s: Mission, Marketing, and Mobilization. Directing a consumer or potential donor to your website can be done in dynamic ways. Think of something fun like info graphics, how-to videos, a success story, or a blog.

2. Email
   Whether you are sending out newsletters, e-blasts, or fundraising appeals, mix up the content that you are marketing to your constituents. Some examples of mixed content are a case for support, how to get involved, sharing the impact of a current project, or surveys. Don’t forget: Your constituents won’t know to donate unless you make the ask.

3. Social Media
   You might not like it, or have time for it, but you definitely need it to build relationships with your followers and most invested supporters. This is a tool that can help you expand your network, reach and impact. As your following begins to grow, you will see more successful fundraising.

   Sincerely DT

Grant Announcements

Since March 1, 2017, SSG has been recommended* for the following grants:

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<th>Funder</th>
<th>Program</th>
<th>SSG Division</th>
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<tbody>
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<td>Los Angeles County Department of Public Health - DHSP</td>
<td>Mind Body Spirit Wellness Project - SPA 4</td>
<td>APAIT</td>
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<tr>
<td>Orange County Health Care Agency</td>
<td>HIV Housing Services + Transitional Housing for Substance Users Services</td>
<td>APAIT</td>
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<tr>
<td>Asian Pacific Community Fund</td>
<td>Operating Grant</td>
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<td>CES for Families - SPA 6</td>
<td>Coordinated Entry System Lead Agency</td>
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<tr>
<td>United Way - Home for Good</td>
<td>1) CES Regional Coordination 2) Enhancing Regional Data Infrastructure 3) Piloting/Scaling Systems Integration</td>
<td>HOPICS</td>
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<tr>
<td>California Victim Compensation Program (CVCP)</td>
<td>Trauma Recovery Program</td>
<td>HOPICS - Trauma Recovery Center</td>
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<td>City of LA Mayor’s Office GRYD CORE</td>
<td>Community Based Trauma Service Provider - Newton</td>
<td>HOPICS - Trauma Recovery Center</td>
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<td>LA Co Department of Health Services</td>
<td>Re-entry Community Based Intensive Case Management Services (ICMS)</td>
<td>HOPICS - Project 180</td>
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<td>LA Co DMH - Workforce Education and Training Division</td>
<td>Forensic Involved Focus Groups Collaborative</td>
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<td>San Francisco Department of Public Health</td>
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<td>Kaiser Permanente - Baldwin Park Medical Center</td>
<td>Bridging the Language Gap for Better Health</td>
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<td>Susan G. Komen Los Angeles</td>
<td>Project Language Access for Support in Treatment (Project LAST)</td>
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<tr>
<td>Los Angeles County Workforce Development Agency &amp; Community Services (WDACS)</td>
<td>Linkages Program</td>
<td>SILVER</td>
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<tr>
<td>Los Angeles County Arts Commission</td>
<td>Expressive Arts Therapy Project</td>
<td>WCC</td>
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*Note that some contracts are pending official approval.
Healthy Asian Recipe Development Project

This recipe was contributed by Megumi Xavier, who participated in APIFM’s recent Healthy Asian Recipe Development project done in partnership with Leah’s Pantry SF. A selection of Japanese, Korean, and Vietnamese recipes contributed by APIFM community members for this project will eventually be published in print and online on Eatfresh.org, thereby increasing the number of culturally relevant recipes approved by California’s Department of Public Health for use in nutrition education with SNAP-eligible audiences.

Hiyashi Chuka Noodles Recipe By: Megumi Xavier

**Ingredients:**
- 1 package frozen or dried Yakisoba noodles
- 1 large Chicken breast (skinless)
- 1 inch Ginger
- 1 tbsp Sake
- 2 Eggs
- 1 package of Canadian ham
- 1 large Cucumber
- 1 package Bean Sprouts
- Pickled Ginger (packaged)

**Sauce:**
- 3 Tbsp soy sauce
- 4 Tbsp rice vinegar
- 4 Tbsp water
- 1 Tbsp sugar
- 1 Tbsp sesame oil

**Instructions:**
1. Cook dried yakisoba noodles in boiling water according to the package. Drain hot water and cool the noodles under running water. Strain well and set aside.
2. Boil chicken with sake, water, and ginger. Then shred the chicken.
3. Scramble the eggs and add water to make crepes. Roll the crepes and julienne.
4. Julienne the cucumber and the ham.
5. Blanch the bean sprouts.
6. Mix all the ingredients for the sauce in a bowl.
7. Place the cooled noodles and toppings on a plate and pour the sauce over. Top with pickled ginger.

Condolences

SSG mourns the passing of Moses Chadwick (1942-2017), Executive Director of Tessie Cleveland Community Services Center (TCCSC). TCCSC has been a longstanding organizational partner with SSG with many successful projects and collaborations.

SSG Executive Director Herbert Hatanaka is pictured with Moses Chadwick at TCCSC Art Show in 2006.
LA Asian Pacific American Heritage Month 2017

May is recognized nationwide as Asian Pacific Islander American Heritage Month. The City of Los Angeles celebrated this event through the efforts of the LA Asian Pacific American Heritage Month Committee (LA APAHM) chaired by City Councilman David Ryu (4th District). SSG was requested to serve as fiscal sponsor for 2017 as they did the prior year. Festivities began with an opening ceremony at City Hall on May 2, 2017 with Mayor Eric Garcetti, City Council President Herb Wesson, Jr. and Councilmember David Ryu 4th District declaring it “Fresh Off the Boat Day.” The cast and producers of the sitcom were recognized for their positive portrayal of Asian Pacific Americans in mainstream media. On May 6, 2017 Councilmember David Ryu (CD 4) and International Secret Agents (ISA) hosted the 2nd annual IDENTITY LA music festival that was free and open to the public highlighting Los Angeles’ vibrant Asian Pacific American (APA) history as well as showcasing APA’s contributions in shaping the social, cultural, and economic future in Los Angeles. Local and international musical artists drew in Angelenos throughout LA. Awards were given to stand-outs in fields such as the arts, activism, leadership, youth, digital, etc. Specifically for the nonprofit sector the Community Growth Award recognized EPIC (Empowering Pacific Islander Communities) for their activism and education efforts.

Some history: In 1978, Congress passed a joint Congressional Resolution to commemorate Asian/Pacific American Heritage Week during the first week of May. In May 1992, the entire month of May was permanently designated as “Asian/Pacific American Heritage Month.” Here in LA, famed Mayor Tom Bradley helped organize the first Asian Pacific American Heritage Committee in 1978 in order to plan and coordinate activities to commemorate this annual celebration for the City of Los Angeles.

Grace Pendleton is an MFTI employee at OTTP-LA who recently graduated from CSU Northridge with a Master’s of Science in Counseling, with an emphasis in Marriage and Family Therapy. Go Grace!

Josyln Harris is a Case Manager at OTTP-LA whom graduated from Cal State University Long Beach with a Master of Science in Criminal Justice and Criminology. You rock Josyln!

Lillian Azouz started out as a clinical intern for OTTP-LA and is now a staff member. She recently graduated from CSU Northridge with her Masters in Social Work. Way to go Lillian!

Mary Lawrence, COTA just received her BA in General Education with a concentration in Psychology from SNHU online. Great job Mary!

Sarah Rodriguez graduated from Azusa Pacific University on May 6th, 2017. She obtained a Masters of Social Work, with an emphasis in macro social work. You did it Sarah!
Safety in the Field

DRESS FOR SAFETY

#1 Wear low-healed sturdy shoes that protect your feet, and that you can run in

#2 Wear clothing that makes it easy for you to move fast and appropriate for the types of encounters that may arise

#3 Avoid flashy, expensive jewelry or other accessories that make you a target or could be dangerous - dangling necklace, name badge, scarf & neck tie, etc.

#4 Wear long hair up to prevent it from being easy to grab

#5 Don't carry a purse

#6 Do carry a noise-making device, such as a whistle

#7 Do carry a cell phone and make sure the battery is charged

#8 Be cautious in wearing religious and political symbols and gang colors

#9 Stand tall and walk purposefully

#10 Trust your intuition

SSG
**Heat Rash** is skin irritation caused by sweat that does not evaporate from the skin.

*Signs & Symptoms:*
- Clusters of red bumps on skin

*What to do:*
- Keep affected area dry

**Heat Cramps** are painful muscular spasms that occur suddenly due to a loss of body salts and fluid during sweating.

*Signs & Symptoms:*
- Pain, Muscle spasms usually located in arms, legs or abdomen

*What to do:*
- Stop physical activity, Move to a cooler location, Replenish loss fluids, Stretch affected muscles

**Heat Exhaustion** is caused by dehydration usually from excessive sweating.

*Signs & Symptoms:*
- Severe thirst, Profuse sweating, Pale or flushed complexion, Dizziness, Headache, Weakness, Nausea

*What to do:*
- Move person to a cooler location such as into the shade, Sip cool fluids like water or a sports drink, Gently apply cool wet cloths, Seek medical attention if there is no improvement

**Heat Stroke** is the most serious form of heat-related illness, is occurs when the body becomes unable to regulate its core temperature. **Heat stroke is a medical emergency that may result in death! Call 911 immediately.**

*Signs & Symptoms:*
- Throbbing headache, Absence of sweat, Muscle weakness, Nausea & vomiting, Rapid heartbeat, Extremely high body temperature, Confusion & disorientation, Seizure or coma

*What to do:*
- Move person to a cooler location such as into the shade, Gently apply cool wet cloths, Seek medical attention- Call 911 immediately

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**AVOIDING BACKUP COLLISIONS**

Minimize the distance needed to travel in reverse. The less ground covered, the less chance of striking an object.

*Be Patient & DO NOT rush.*

Roll down all windows and listen if someone shouts STOP!

Make sure mirrors are clean and in good positions to maximize the views around the vehicle. Know the vehicle’s blind spots!

Slow movements help maintain control of the vehicle and more accurately judge distances.

Keep checking all sides while backing to ensure conditions have not changed. If necessary Get Out and Look!

Avoid backing up into traffic.

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**SOME DATES TO REMEMBER FOR JULY - AUGUST**

- **7/4** Independence Day (SSG Holiday)
- **7/14** Bastille Day (France)
- **7/16** National Ice Cream Day
- **8/6** National Sisters Day
- **8/26** National Dog Day