



## Spring 2020 NEWSLETTER

PECG Updates	pg. 2
Emergency Leave Programs	pg. 2
Introduce a Girl to Engineering Day	pg. 2
What's Been Happening	pg. 3
Membership Appreciation	pg. 3
Sacramento Regional Science Bowl	pg. 3
Earth Day	pg. 3
Bunkering Down Book List	pg. 4
River City Crossword	pg. 5
Our River City Section	pg. 6
River City Scholarship	pg. 6
Pandemic Pastimes	pg. 6



**Brad Shelton**  
*Director*

**Karmina Padgett**  
*President*

**Kevin Pfeiffer**  
*President Elect*

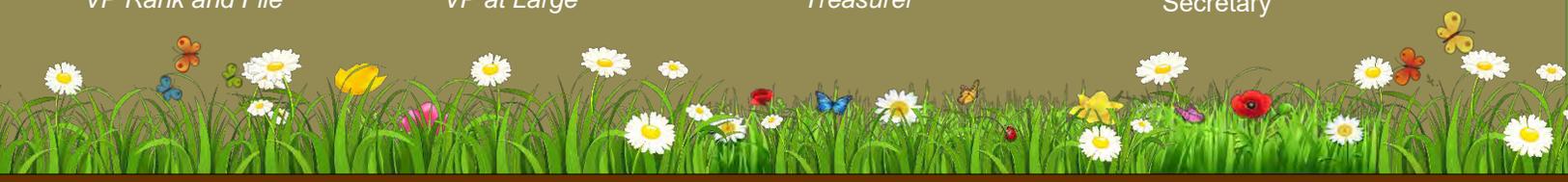
**Moises Lopez**  
*VP Supervisory*

**Stephen Burke**  
*VP Rank and File*

**Bryan Neff**  
*VP at Large*

**John Isberner**  
*Treasurer*

**Timothy Chow**  
*Secretary*



# PECG Updates

## Emergency Leave Programs

Federal law has provided two leave benefits, seen below, for state employees impacted by COVID-19, including those subject to quarantine or who must stay at home due to school and day care closures.

Emergency paid sick leave (EPSL) applies to state employees with at least one day on the job. It provides full pay at regular rates for up to two weeks (80 hours) when COVID-19 impacts them in one of six categories:

1. Subject to a Federal, State, or local quarantine or isolation order related to COVID-19;
2. Advised by a health care provider to self-quarantine related to COVID-19;
3. Experiencing COVID-19 symptoms and are seeking a medical diagnosis;
4. Caring for an individual subject to an order described in (1) or self-quarantine as described in (2);
5. Caring for his or her child whose school or place of care is closed (or child care provider is unavailable) due to COVID-19 related reasons; or
6. Experiencing any other substantially-similar condition specified by the U.S. Department of Health and Human Services

Emergency family leave (EFL) provides employees who have worked for the state for at least 30 days with up to 12 weeks of paid leave if you are providing care to your child whose school or day care is closed because of COVID-19. The first two weeks of EFL are unpaid, although employees can elect to use the two weeks of EPSL described above.

For the latest details, please see [CalHR's updated guidance](#) and frequently asked questions about the program. CalHR guidance states specifically that both new leave benefits must be provided to qualifying employees upon request and cannot be rejected by state departments. If you believe you are being unfairly denied access to these benefits, or if you would like assistance with your department's application and approval process, please contact your [local PECG office](#).

## Introduce a Girl to Engineering Day



Two PECG leaders, Harpreet Bhalla (Capitol Section V.P. Rank and File) and Karmina Padgett (River City Section President), celebrated "Introduce a Girl to Engineering Day" with nearly two dozen female leaders from engineering groups and associations at the State Capitol yesterday. They were the special guests of Assemblywoman Luz Rivas (San Fernando Valley), the author of Assembly Concurrent Resolution 154 (ACR 154), which declares February 20, 2020, as Introduce a Girl to Engineering Day in California and urges women to pursue careers in engineering and other STEM-related fields. Rivas has a Bachelor's degree in Electrical Engineering from MIT.

As she presented ACR 154 on the Assembly floor, Asm. Rivas asked Bhalla, Padgett, and the other women engineers in attendance to stand and be recognized in the Assembly gallery. Assemblywoman Jacqui Irwin (Thousands Oaks), also spoke in support of ACR 154 on the Assembly floor. Irwin holds a Bachelor of Science in Systems Engineering from UC San Diego.



# What's Been Happening

## PECG Fort Sutter and River City Membership Appreciation

On February 23, River City Section officers and members teamed up with the Fort Sutter Section and passed out coffee, pastries, and PECG swag to PECG members in the Cal EPA lobby. The group was educated about PECG services, mingled with other members, and learned how PECG continues to look after their members and prioritize their wellbeing..



## Sacramento Regional Science Bowl



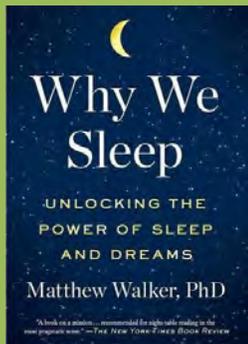
On February 29, 2020, PECG River City Member Paul Deaver (right) and River City Treasurer John Isberner (left) volunteered at the Sacramento Regional High School Science Bowl. Organized by the U.S. Department of Energy, high school and middle school students from 10 Northern California counties met at Cordova High in Rancho Cordova for the region's premier science and math competition. Deaver and Isberner shared their experience as members of PECG, their work with state government, and discussed career opportunities that students can anticipate.

## Earth Day

Khristina Leyba was recently inspired by the layered mess from wasted soap that her kids left on the counter when they washed their hands. Beyond that, the single-use plastic soap dispensers weren't durable, and throwing them away was a waste. To celebrate Earth Day, she upgraded the family soap dispenser. First, she bought a foaming pump. Then she reused a standard-size glass mason jar to mix and contain a simple blend of one-part soap and five-parts water. The new device provides her family with a more sustainable means for hand washing by reducing the amount of soap per wash and uses a durable, refillable dispenser. Hats off to Khristina!



# Bunkering Down Book List

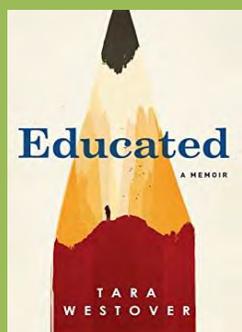
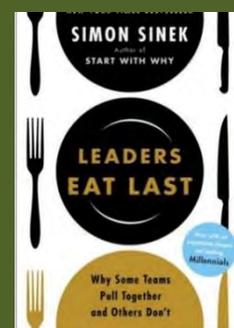


## Why We Sleep by Matthew Walker

If you're looking for a book to put you to sleep without any guilt, you've just found it! Learn from a sleep scientist about how a good night's rest can help boost your ability to retain information, strengthen your immune system, and the many severe consequences sleep deprivation does to your body. Supported by scientific studies, the book also dives into many intriguing topics ranging from how your body prepares for sleep, how caffeine affects your body, and our society's misconceptions of sleep. Spending around a third of our day sleeping might help to know a little more about how your slumbering influences you!

## Leaders Eat Last by Simon Sinek

In the US Marines, the most junior individuals always eat first and the most senior individuals always eat last. Why? It's their culture. In this book, Sinek dives into how an organization, like the U.S. Marines, embodies a leadership culture and how being a leader is a responsibility and not a title. In harmony, the book also explores how it's usually not the leader giving the directions that makes people spectacular, but the great employees (rank-and-file staff) that make their leader look spectacular.

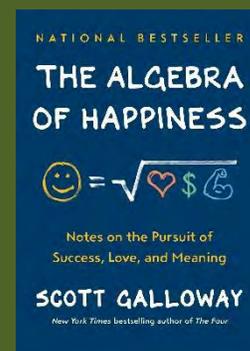


## Educated by Tara Westover

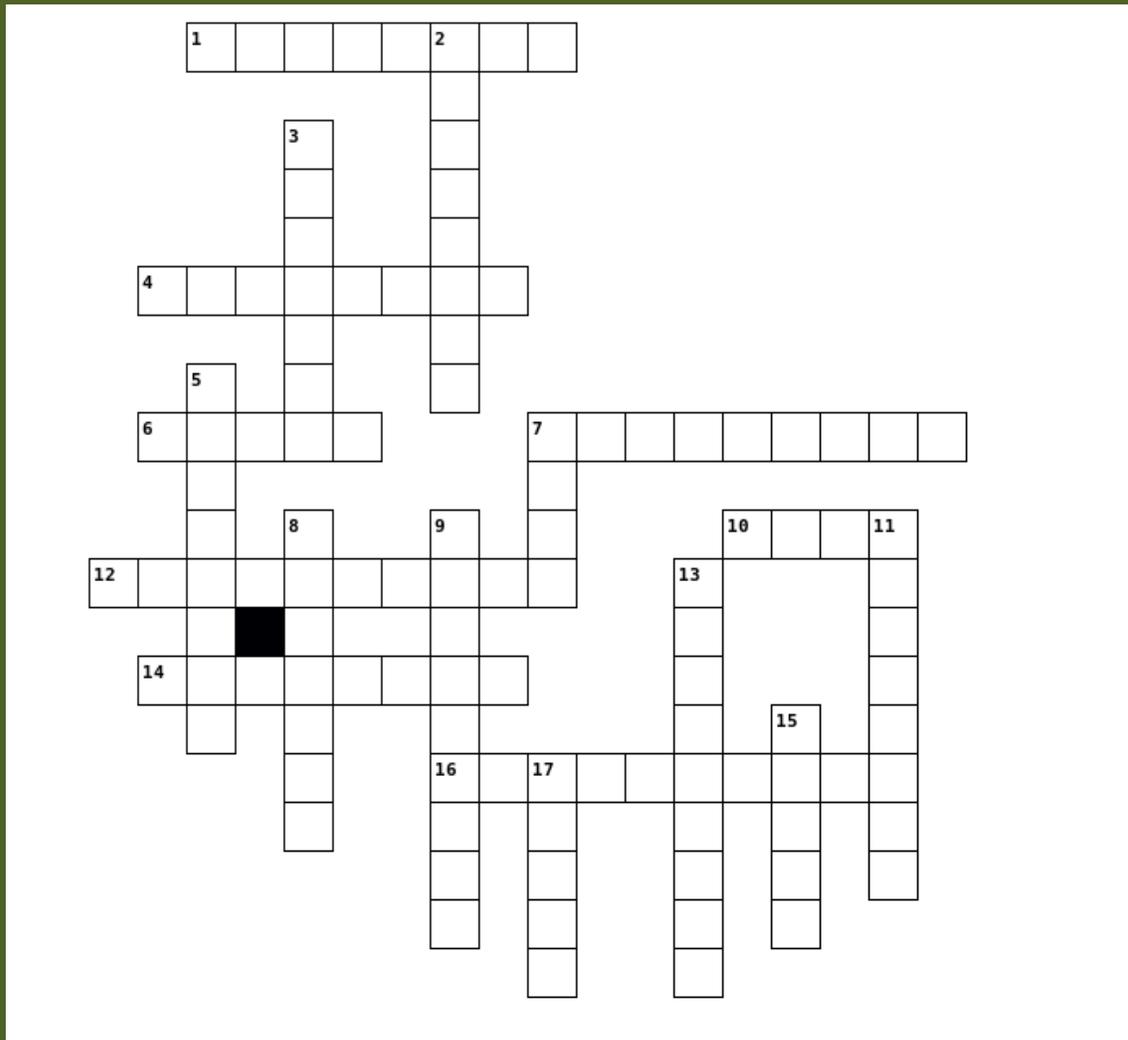
Growing up in the survivalist rural outskirts of Idaho, Westover never received any formal schooling nor proper homeschooling. She spent her days scraping for metal for her father as they prepared for the end of the world. This led her to set foot into a classroom for the first time at 17. Her memoir reveals the challenges she faced growing up in a family that didn't believe in education nor college and expected her to conform to their society. Westover's memoir offers an in-depth, uplifting, and empowering journey of how she realized the most powerful determinant factor in her education and her life was...was her.

## The Algebra of Happiness by Scott Galloway

Happiness may be the square root of love, finances, and health to some variation as Galloway comedically puts it. This quick and easy read explores many common experiences that contribute to happiness from time at work, financial stability, and developing meaningful relationships while weighing their potential opportunity costs and their diminishing returns. Galloway also throws a spin to the equation discussing more unique variables to led to happiness such as being the caregiver to an ill mother and providing for others. ~~his book goes on how to complete one's equation to happiness, but he leaves out the answer key. That's an answer we get to solve!~~



# River City Section Cabin Fever Crossword



## Across

- 2 Department of Transportation
- 4 asdf jkl;
- 5 The Golden State
- 7 Bargaining Unit 9
- 11 Earth scientist, A rock star
- 13 Newsom
- 14 Hydrogen Dioxide
- 16 Best section in PEGC
- 17 Nine to Five

## Down

- 1 Negotiation Team
- 3 Sandwiches, soups, snack time
- 6 Desktop and Monitor
- 8 Sacramento
- 9 United group of workers
- 10 Work from home
- 12 Designs, builds, maintains
- 15 Requirement for Range D

Click [HERE](#) for an interactive version of the crossword!

# Our River City Section

## River City Scholarship

The River City Section is proud to offer two annual \$500 scholarships that are available only to members and their dependents. Applicants must be a junior or senior in high school, or enrolled in a college or university in a PECG-related field of study. Please [visit our section webpage](#) to download a copy of the application. **The due date to submit the application is June 30, 2020.** Please submit a completed application to Karmina Padgett at [Karmina.padgett@waterboards.ca.gov](mailto:Karmina.padgett@waterboards.ca.gov).

## Pandemic Pastime

Lydia Montgomery was thankful to have a yard this year for Earth Day. She spent the day with her hands in the dirt planting and making a cinder block bench. Do you have a craft or home improvement project as we continue with the stay-at-home orders? Contact Timothy Chow at [Timothy.chow@waterboards.ca.gov](mailto:Timothy.chow@waterboards.ca.gov) and have it featured in our next newsletter.



## Shout Outs for PE/PG

Know a River City Member who recently obtained their Professional Engineering or Professional Geologist License? Let them be recognized by our Section! Send their name and a short bio to Timothy Chow at [Timothy.chow@waterboards.ca.gov](mailto:Timothy.chow@waterboards.ca.gov) to have them featured in an upcoming newsletter.



## Committee Development

We're always looking for likeminded individuals who are looking to be a part of something more. Below is a list of the committees that we want YOU to be a part of.

- Communications – *newsletters, social media, outreach*
- Members Support – *new employee orientation, membership benefits*
- Learning Resources – *reference material, prep courses, study groups, tutors*
- Learning and Cultural Enrichment – *museum tours, panels, trainings*
- Philanthropy – *scholarships, sponsorships, relief programs, volunteering opportunities*
- Social Events – *luncheons, sporting events, networking events*

If you are interested in joining a committee or simply learning more, please contact Karmina Padgett at [Karmina.padgett@waterboards.ca.gov](mailto:Karmina.padgett@waterboards.ca.gov).

