



435 College Avenue • Modesto, California 95350-5800

mjc.edu

(Distributed during hearing
by Douglas Pham)

PC 5/26/16
5
4 pages

May 25, 2016

Commissioner
Community Development Agency
Placerville, CA

Dear Madam/Sir:

Mr. Douglas Pham has been an instructor for the Modesto Junior College (MJC) Community Education Department since 2012.

He has been the instructor of the Zen Meditation & Practice Mindfulness, sharing the skills that he learned in his Temple with our students. Mr. Pham donated his pay to the Modesto Junior College Foundation during the first years of his employment with MJC Community Education to be utilized for the Kids' Camps of this department.

Mr. Pham now donates his pay to the Temple that taught him his skills in Zen Meditation. He is a person who gives back to the community and is mindful of helping his community.

Please feel free to contact me for additional information at (209) 575-6635 (work), or elizabeth@yosemite.edu.

Sincerely,

A handwritten signature in black ink, appearing to read 'Elizabeth'.

Elizabeth Orozco-Wittke, Manager
Community Education & Contract Programs

Community Education
Technical Education, Community Education and Workforce Development Division
Office: (209) 575-6063 • Morris Bldg. Office 104 • Fax: (209) 575-6025
Yosemite Community College District

16-0530 Public Comment
PC Rcvd 05-26-16



UNITY CHURCH OF MODESTO

2467 Veneman Avenue

Modesto, CA 95356

209-578-5433

Web Site: www.unitychurchofmodesto.com

Email: unityofmodesto@sbcglobal.net

May 23, 2016

To Whom It May Concern:

During the years of 2009 through 2011, we were blessed to have Douglas Pham contribute to our community by generously offering Zen & Mindfulness Classes to our Unity of Modesto members on a weekly basis. He asked simply for love offering donations which he contributed back to our church community.

We are grateful to Mr. Pham for devoting his time and generosity to our local community.

Many Warm Blessings,

A handwritten signature in cursive script that reads "P. Patterson".

Paul Patterson

Spiritual Leader

Unity Church of Modesto

FROM THE DESK OF
REV. MERRY ANN KAIN

May 24, 2016
Community Development Agency

Placerville Calif

To whom it may concern,

Doug Pham came to my church "Unity Church of Modesto and taught a class called Zen and Mindfulness Practice. he taught this class for over two years. At the time of his class I was the Director of Adult education and was in charge of bringing quality classes to our community which would enrich the lives of the people we serve. Doug was very effective in sharing the teachings of Zen Mindfulness to reduce stress and to bring a sense of peace into our daily lives.

I feel this class changed my life in the following ways. It taught me the value of being in this now moment. The practice of watching the breath has taught me the value of being focused on whatever is happening in each moment. The practice of mindfulness has helped my health as well because I have tools to bring me lower stress and much needed rest.

Doug brought this class to my church on a volunteer basis and never once did he ask for of accept compensation of any kind for his time. There was a love offering collected for the use of the church. He was mindful and centered and was a wonderful example of someone who is present in the now.

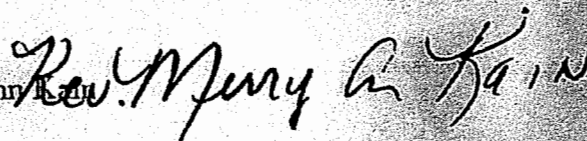
The changes that occurred as a direct result of this class were better health, deeper enjoyment of life, Peace in my heart and in my family.

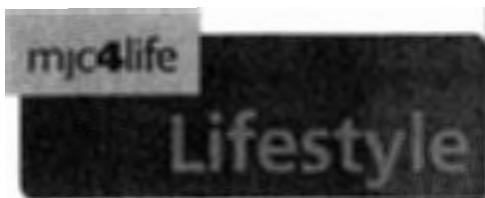
Every person in this class received countless benefits from the practice of Mindful that Doug Pham brought to our Church. I am friends with some of the class participants who report that they have continued their mindfulness practices of sitting meditation and walking meditation. They report that they feel more present for each day.

I am now the Senior Minister of Unity Spiritual Center of the MotherLode in Sonora California and I continue to sit in meditation every day. It has benefited my professional life because as I got really still I discovered my purpose and was given the guidance to make my dreams come true. This practice is a gift for me and for everyone who is taught to sit and be still.

I know that the expansion of the temple will bring great benefit to the world and to every person because these teachings bring clarity and right thinking to all people regardless of religious beliefs.

Sincerely yours, Rev. Merry Ann Kain





HEALTH/BEAUTY



CPR, AED & First Aid for your Community or Workplace (Ages 14 and up)

Whether you want to be trained to be ready for an emergency involving family or friends, or to be trained for an emergency within your workplace, this course will provide you with the training needed. CPR, AED, and Basic First Aid combination training is an excellent choice for the community, and is consistent with recommendations of the National First Aid Science Advisory Board and OSHA's best practices for first aid training programs in the workplace. The CPR/AED/First-Aid Course helps develop knowledge, skills, and the confidence to respond. Ages 14 and up welcome, must sign up with parent and fill out minor consent form. It's never too early to learn how to save a life!

NOTE: 2-year certificate will be provided upon successful course completion. Optional workbook available in class for \$10.

Douglas Buchanan \$69 + \$10 mat. fee*
 Apr 23 Sat 9am - 1pm
 1 session John Muir, WC, 265

*pay \$10 material fee to instructor at class

NO SUGAR

Say Goodbye to Sugar Cravings

Are you guilty of having a sweet tooth? This class will help you understand the reasons behind your sugar cravings and the effect of refined sugar on your mood and energy level. This class will permanently change your relationship with sugar. Discover how to gain control without deprivation and receive practical tools to deconstruct your cravings. Learn more about the teacher at www.mjc.edu/commed.

Caroline Mitri \$35
 Apr 6 Wed 6pm - 8pm
 1 session Sierra Hall, WC, 207

Zen and Mindfulness Practice



Zen & Mindfulness Practice

This class will be an introduction to the practice of Zen. Zen Buddhism was discovered by Buddha over 2500 years ago and it is still widely practiced by Buddhist Monks and laypersons worldwide. The aim of Zen is to achieve enlightenment through meditation, train to clear the mind and practice mindfulness to manage your daily stress by utilizing four main postures, sitting, standing, walking and laying down. Participate in class discussion, book reading and meditation exercises.

NOTE: Bring a yoga mat and cushion. Wear comfortable clothes. Bring book: The Miracle of Mindfulness by Thich Nhat Hanh with the ISBN #0-8070-1239-4. Check Amazon.com for new and used books.

Douglas Pham \$69
 Apr 7 - May 26 Thu 7pm - 8:30pm
 8 sessions John Muir, WC, 253