



Bid Opportunity: Brea Vet Hospital

There is a small project that requires Union Contractors to perform the work.

Location: Orange County

Scope of work are as follows:

- Concrete and trenching
- Plumbing
- Electrician
- HVAC
- Framing
- Mudding and taping
- Painting
- Carpentry (cabinets and countertop installation)
- Floor finishing (tiles or epoxy)

For more information, please contact [Eric Ding](#) from DS Build:

Phone number- (626) 420-9807

Email- eric.dsbuild@gmail.com

For any questions, contact Council Representative Ernesto Medrano at (714) 651-7273.

[Click here to view the full details on our website.](#)

Brunch Break

Join us in an opportunity to get to know your fellow LAPFCA members over brunch!

Date: Thursday, August 26th, 2021

Time: 10:00 am - 11:00 am

Location: Old Ranch Country Club
3901 Lampson Ave, Seal Beach, CA 90740

Free to all LAPFCA members.

[Click here to view the event details.](#)

To RSVP for this event, please respond to this email.



New LAPFCA Article

This month's *Building on Your Management Skills* piece focuses on the importance of mentorship in our careers and professional

development.

If you're uncertain about what's next in your career path, consider pursuing a mentorship! Whether you become a mentor, or a mentee, this enriching experience will serve as a resource for you to take advantage of throughout your professional endeavors. Read on for some tips to keep in mind as you consider embarking on a mentorship journey.

[Read LAPFCA's New Article Here](#)

[Click Here to Read Past LAPFCA Articles](#)



BUILDING ON YOUR MANAGEMENT SKILLS:

MENTORSHIP



In our digital age, undertaking a mentorship may seem obsolete due to the abundance of information that is accessible on the internet. It's much more convenient to learn from the great minds of Steve Jobs, Bill Gates, and other successful professionals through a simple internet search. The amount of valuable content available online provides consumers with a variety of different ideas, advice, and perspectives. So what's the point of a good old fashioned mentorship? The advantages of fostering a one-on-one relationship with someone that could provide insight, guidance, and direction are endless. For mentees, a mentorship provides them with the opportunity to increase self-confidence, improve goal setting, develop strong communication skills, grow professional networks, learn from other's experiences, and much more. Studies show that mentorships also increase job satisfaction, not only

for the mentees, but for the mentors as well. Through mentorship, mentors are able to master the art of delivering feedback, develop strong leadership and communication skills, increase self-confidence, grow their professional network, and pay it forward to someone else. Thus, the outcome of many mentor partnerships are mutually beneficial.



Other Upcoming LAPFCA Events and Education

Local Union 1036 Commercial and Industrial Painters Picnic

Save the date for Sunday, October 10th, 2021

Further details will be announced soon.

Safety Training Awards Recognition (STAR) Event

Date: Sunday, October 31st, 2021

Time: Doors Open at 10:30 am | Lunch 11 am - 1 pm | Raffle Starts at 1 pm

Location: Santa Anita Racetrack (enter through gate 6), 285 W Huntington Dr, Arcadia, CA 91754

[Click here for more information.](#)

Sexual Harassment Prevention Training

All contractor members are entitled to free online sexual harassment prevention training for all employees.

To learn more, please respond to this email.

