



MCA MONTHLY

A monthly newsletter brought to you by the Misdemeanant Corrections Association

UPCOMING:

- 1/9 10a-Quarterly Board Meeting
- 1/11 WA State Legislative Session Opens
- 1/16 MLK Day

THIS SPRING:

- MCA CONFERENCE

NEW YEAR NEW ROLE

Molly Davidson left Cheney Probation in December and took a job outside of Misdemeanant Probation thus vacating her role as MCA President. Raul Guillen will continue his duties as Vice-President and assume the role of President in the new board term. Should you have any questions or concerns feel free to contact Raul at raul.guillen@co.yakima.wa.us or Past-President Pat Gigstead at patrick.gigstead@co.kittitas.wa.us. A list of all board members and emails can be found on the MCA website www.wamca.org.

WORK RESOLUTIONS

Below are some links to valuable work resources to assist in the New Year New You:

[Office Yoga](#)

[6 HABITS FOR A more productive work life](#)

[Word Short Cut Key Chart](#)

[54 Ways to Make Your Cubicle Suck Less](#)

[Playlist to Get Pumped for Work](#)

[Practicing Self-Care](#)

MEMBERSHIP

Now is the time to re-new your MCA membership! Visit www.wamca.org/membership for forms! All forms can be submitted to Monica Schneider, Treasurer with payment.

Monica Schneider
Olympia Municipal Court
PO BOX 1967
OLYMPIA, WA 98507

*“The animals, the
animals Trapped,
trapped, trapped 'till
the cage is full
The cage is full
Stay awake
In the dark, count
mistakes
The light was off but
now it's on
Searching the
ground for a bitter
song
The sun is out, the
day is new
And everyone is
waiting, waiting on
you
And you've got time
And you've got
time...”*
-Regina Spektor

*Verse 1 You've Got Time-
Theme to Orange is the New
Black*

