



Contra Costa County

Print Form

Please return completed applications to:
Clerk of the Board of Supervisors
1025 Escobar Street, 1st Floor
Martinez, CA 94553
or email to: ClerkofTheBoard@cob.cccounty.us

BOARDS, COMMITTEES, AND COMMISSIONS APPLICATION

First Name	Middle Initial	Last Name	
Cynthia	W	Mallory	
Home Address - Street	City	State	Postal Code
	Oakley	CA	94561
Primary Phone (best number to reach you)	Email Address		
Resident of Supervisorial District (if out of County, please enter N/A): Dianne Burgis District Locator Tool			
Do you work in Contra Costa County? <input checked="" type="checkbox"/> Yes <input type="checkbox"/> No If Yes, in which District do you work? Federal D Gld			
Current Employer	Job Title	Length of Employment	
Personnel Technican	Personnel Technican	10 months	
How long have you lived or worked in Contra Costa County? lived 23 years			

Board, Committee, or Commission	Seat Name
African American Holistic Wellness Hub	Steering Committee
Have you ever attended a meeting of the advisory board for which you are applying?	
Please check one: <input type="checkbox"/> Yes <input checked="" type="checkbox"/> No If Yes, how many?	

EDUCATION

Check appropriate box if you possess one of the following:

☒ High School Diploma ☐ CA High School Proficiency Certificate ☐ G.E.D. Certificate

Colleges or Universities Attended	Degree Type/ Course of Study/Major	Degree Awarded	
Eastern Gateway Community	AA - Teacher Education	<input checked="" type="checkbox"/> Yes	<input type="checkbox"/> No
Cal State East Bay	Executive Management Human Resorces	<input type="checkbox"/> Yes	<input checked="" type="checkbox"/> No
Ashford University	Sports and Recreational Management	<input type="checkbox"/> Yes	<input type="checkbox"/> No

Occupational Licenses Completed:		Certificate Awarded for Training?	
Other Trainings Completed:	Pilates Instructor	<input checked="" type="checkbox"/> Yes	<input type="checkbox"/> No
	Fitness/Health/Nutrition Coach/Trainer	<input checked="" type="checkbox"/> Yes	<input type="checkbox"/> No

Do you have any obligations that might affect your attendance at scheduled meetings? ☒ Yes ☐ No

If Yes, please explain: I teach a class at In-Shape Health Clubs on Monday evenings but may be able to move this class to a different day but this would not be submitted until after I would be selected not to upset my current clients receiving training from me on a weekly basis already

Would you like to be considered for appointment to other advisory bodies for which you may be qualified? ☐ Yes ☐ No

Are you a veteran of the U.S. Armed Forces? ☐ Yes ☒ No

Please explain why you would like to serve on this particular board, committee, or commission.

Being a woman of mixed heritage including African American, I have dealt with my share of inequalities, mishandlings, blatant disregard and other mistreatings from those in positions of power and or influence. I am also a long-standing member of this community of which I support and have over 30 years of movement training for assisting with body conditions that need correction or healing through realignment modalities, knowledge upskill and compassionate heart.

As someone who was employed by one of the local school districts, I witnessed first hand the disparities and need for assistance in the African American people of Contra Costa County. I too was a ward of the court at 16 years old in Richmond, CA after being in emergency foster care once I was removed from my home due to harm that was occurring there as well.

These two have the same reasons, I am who I am and I do what I am skilled in and passionate about.

Describe your qualifications for this appointment. (NOTE: you may also include a copy of your resume).

Actually is the same as the above.

Being a woman of mixed heritage including African American, I have dealt with my share of inequalities, mishandlings, blatant disregard and other mistreatings from those in positions of power and or influence. I am also a long-standing member of this community of which I support and have over 30 years of movement training for assisting with body conditions that need correction or healing through realignment modalities, knowledge upskill and compassionate heart.

As someone who was employed by one of the local school districts, I witnessed first hand the disparities and need for assistance in the African American people of Contra Costa County. I too was a ward of the court at 16 years old in Richmond, CA after being in emergency foster care once I was removed from my home due to harm that was occurring there as well.

These two have the same reasons, I am who I am and I do what I am skilled in and passionate about.

I am including my resume with this application:

Please check one: ☐ Yes ☒ No

Are you currently or have you ever been appointed to a Contra Costa County advisory board?

Please check one: ☐ Yes ☒ No

If Yes, please list the Contra Costa County advisory board(s) on which you are **currently** serving:

If Yes, please also list the Contra Costa County advisory board(s) on which you have **previously** served:

List any volunteer and community experience, including any boards on which you have served.

I volunteered for a little more than 10 years with the Boy Scouts of America in varying roles. Some of these roles were as follows: Den Leader, Pack Trainer, Camp Commissioner, Unit Commissioner, Assistant Council Commissioner, Scoutmaster Trainer, District Roundtable Commissioner, Merit Badge Counselor, Lifeguard for River in Camp, Camp Director, Training program contact creator and Flight to First Resident Camp Director and more.

Do you have a familial relationship with a member of the Board of Supervisors? (Please refer to the relationships listed under the "Important Information" section on page 3 of this application or Resolution No. 2021/234).

Please check one: ☐ Yes ☒ No

If Yes, please identify the nature of the relationship:

Do you have any financial relationships with the county, such as grants, contracts, or other economic relationships?

Please check one: ☐ Yes ☒ No

If Yes, please identify the nature of the relationship:

I CERTIFY that the statements made by me in this application are true, complete, and correct to the best of my knowledge and belief, and are made in good faith. I acknowledge and understand that all information in this application is publicly accessible. I understand and agree that misstatements and/or omissions of material fact may cause forfeiture of my rights to serve on a board, committee, or commission in Contra Costa County.

Signed: Cynthia Mallory

Date: 8/15/2023

Submit this application to: ClerkofTheBoard@cob.cccounty.us **OR** Clerk of the Board
1025 Escobar Street, 1st Floor
Martinez, CA 94553

*Questions about this application? Contact the Clerk of the Board at (925) 655-2000 or by email at
ClerkofTheBoard@cob.cccounty.us*

Important Information

1. This application and any attachments you provide to it is a public document and is subject to the California Public Records Act (CA Government Code §6250-6270).
2. All members of appointed bodies are required to take the advisory body training provided by Contra Costa County.
3. Members of certain boards, commissions, and committees may be required to: 1) file a Statement of Economic Interest Form also known as a Form 700, and 2) complete the State Ethics Training Course as required by AB 1234.
4. Meetings may be held in various locations and some locations may not be accessible by public transportation.
5. Meeting dates and times are subject to change and may occur up to two (2) days per month.
6. Some boards, committees, or commissions may assign members to subcommittees or work groups which may require an additional commitment of time.
7. As indicated in Board Resolution 2021/234, a person will not be eligible for appointment if he/she is related to a Board of Supervisors' member in any of the following relationships: (1) Mother, father, son, and daughter; (2) Brother, sister, grandmother, grandfather, grandson, and granddaughter; (3) Husband, wife, father-in-law, mother-in-law, son-in-law, daughter-in-law, stepson, and stepdaughter; (4) Registered domestic partner, pursuant to California Family Code section 297; (5) The relatives, as defined in 1 and 2 above, for a registered domestic partner; (6) Any person with whom a Board Member shares a financial interest as defined in the Political Reform Act (Gov't Code §87103, Financial Interest), such as a business partner or business associate.