

**P.O. Box 188602**  
**Sacramento, CA 95818**  
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**916-224-1444**

## **Myoho (Annabella) Pulai**

### **Prep Cook • Social Services • Administrative**

Prep Cook, Shoki Ramen House, preparing Japanese food items, such as curry, tan tan, wadashi, rayu, dare, shiitake, menma, veggie soup for dish up and line.

Prep Cook, CSA, assigned to Sacramento Convention Center, CSUS and Sutter Club in Sacramento. Responsible for assisting chefs and cooks with varied food prep responsibilities and service in high volume/intensity commercial kitchens. Have been repeatedly assigned to events at the Sacramento Convention Center. (Food Handlers Certificate is current)

Four years in social services as Counselor and Assistant Manager at Community Residences (CR's) and Intermediate Care Facilities (ICF's) for Developmentally Challenged adults.

Tutored college students in photography, as well as kindergarten and first graders in Language Arts.

Executive Secretary at Interfaith Council of Greater Sacramento responsible for correspondence, reception, accounts receivable, minutes, data entry, office re-organization and structure.

ServSafe California Food Handler Certificate #1341173 is current.

Experience with MS Word, Excel, PC, Mac, Photoshop, Final Cut Pro.

Type ~65 wpm.

### **Professional Timeline**

Prep Cook • Shoki Ramen House, 1201 R St., Sacramento, CA 95811. (Part-time cook, preparing meal items for dish-up & line). May 2014 to present.

Prep Cook • Culinary Staffing America, POBox 3645, Visalia, CA 93278. (Assignments in Sacramento and Bay area). November 2013 to present.

Tutor • Academic Advantage, 5777 W. Century Blvd., Suite #310, Los Angeles, CA 90045. (Assignments in Sacramento). February to April 2014.

Executive Secretary • Interfaith Council of Greater Sacramento, (ICGS/RCCTV) P.O. Box 15246, Sacramento, CA 95851. October 2011 to August 2012.

Tutor, Teaching Assistant • Sacramento City College, Photography Department,  
Sacramento, CA. Fall, 2004 • Spring, 2009.

Assistant Residence Manager, Maryhaven Center of Hope, Miller Place, NY. September  
1987 • August 1988

Assistant Residence Manager, Long Island Association for Children with Learning  
Disabilities (ACLD), Oceanside, NY. January 1987 • April 1987

### **Additional Experience**

Blogger • Jewels & Gems: Buddhism in Sacramento. (Creator, writer, photographer,  
videographer, editor) 2012.

Columnist and Writer • Sacramento Buddhism Examiner.

<http://www.examiner.com/buddhism-in-sacramento/myoho-pulai> February 2011 to June  
2012

School Photographer • Life Touch Studios, Citrus Heights, CA • Spring, 2005.

Youth Sports Photographer • S.P.O.R.T.S. Action Photos, Roseville, CA • Fall, 2004

### **Network & Membership Affiliations**

2011-2012 Interfaith Council of Greater Sacramento

2010, 2011 North American Nature Photography Association

2004-2009, 2013-2014 Volunteer Buddhist Chaplain at Folsom Prison

2010-present LinkedIn

2009-present Facebook

### **Education**

Sacramento City College, California. 3.7 GPA. Photography program completed.

State University of New York at Stony Brook, New York. 3.33 GPA Psychology major.