



Community IN ACTION

Newsletter February 28, 2006

Deadline is the Friday before pay day; Contacts for articles are: Child Dev. -Farzana Siddiqui, F&CR – Beth Dasher, Morale & Wellness - Natalie Horne. All others – Winnie Althizer. Editor: Winnie Althizer.

DIRECTOR'S CORNER

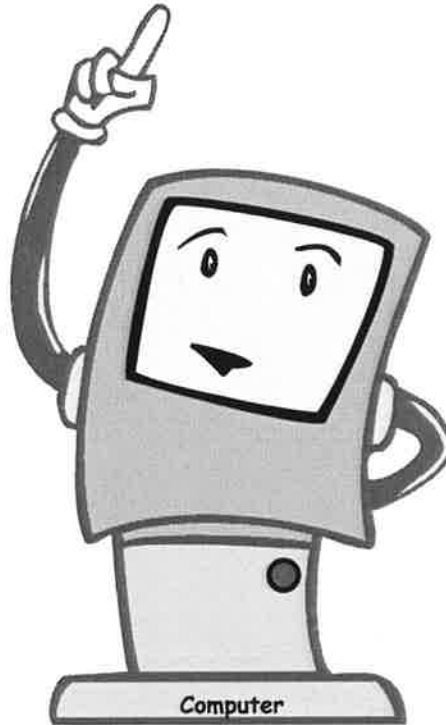


Jerralynn Ness
Executive Director

Our national Community Action Partnership office provides a range of professional development opportunities to the Community Action network. A few years ago I enrolled in their Certified Community Action Professional (CCAP) certification process. This process allowed me to organize and document all of my years training and experience with Community Action and then demonstrate how I have applied my knowledge to our work. I was pleasantly surprised at how rewarding it was to go through this process and how thrilled I was to receive my certification.

This year I was appointed to serve on the CCAP Commission. This Commission designs and oversees the certification process. This includes developing and administering the exam, testing the candidates, and scoring their tests and work products. We are responsible for educating the network about certification and recruiting candidates.

Going through this process, and now serving on the Commission, makes me proud of our "Community Action Profession". It is my hope that over the next five years 3-4 of our leadership staff will be able to enroll in this process and achieve their certification as well. It is personally rewarding and one more way that we can strive for excellence!



We can **all help** cut expenses and conserve resources.

NEWS OF NOTE

Did you know...?

Contrary to what many of us were taught in years past, it is better to power off your computer *and* monitor each night. If we all remember to turn them off, along with our radio and lights, we can save the agency a *significant* amount of money.

COMINGS & GOINGS

GOODBYE TO THE FOLLOWING:
Belinda Grimshaw

Welcome to Community Action:

Maria Luisa Pascual

UPCOMING EVENTS MARCH 2006

Safety Meeting	3-06
Board Retreat	3-16
Building Meeting	3-21
Head Start	
Policy Council	3-21
Agency New Hire	
Orientations	3-10 & 3-24

March 2006

BIRTHDAYS



Brooke Zimet	5
Elias Aguirre	7
Lindy Ersan	7
Tiffany Waltman	9
Leticia Flores	10
Jenine Macon	10
Natalia Merecias	10
Beth Dasher	12
Fabiola Contreras	13
Adriana Lopez	15
Samantha Dietzman	16
Patricia Gamboa	17
Maria de Lourdes Regino	20
Harry Weiers, Jr	21
Jenifer Allen	24
Donald Shaw	24
Michele Walker	24
Terri Smith	25
Aldina Orellana	26
Maria Solis-Tovar	27
Charlotte Salgado-Zerber	29
Rosa Diggs	30
Keith Hunt	31

March 2006

ANNIVERSARIES



Sandra Kitchen	24 years
Maricruz Estrada-Cortez	1 year
Karen Henkemeyer	8 years
Lucia Guerrero-Perez	6 years
Wendy Sotelo	3 years
Catalina Solis	1 year
Sandra Lazo-Lopez	4 years
Jan Ostby	3 years
Harry Weiers, Jr	4 years
Esther Reyes	2 years
Pat Rogers	4 years
Gail Boyle	5 years
Nancy Peters	1 year
Terry Andersen	9 years
Jerralynn Ness	33 years
Doris Harris	5 years
Donna Bennington	25 years
Keith Byerly	8 years

Topics – It's not about "luck"

St. Patrick's day commemorates the death of an Englishman. He was kidnapped in his youth and taken to Ireland where he lived and worked as a slave for several years. Eventually he escaped and made his way back home. Amazingly, Patrick decided to go back to Ireland to teach what he had learned about *forgiveness*. Today we celebrate with shamrocks and leprechauns... but it's about *love*, not luck.



Recipe – for Life

Have Fun!

Research suggests that keeping the mind active can prevent or even reverse the effects of aging. So pursue activities you enjoy to help reduce stress and keep control over your life.

Abigail's Scones

Mix together with a fork:

- 2¼-cup flour
- 1 tsp baking powder
- ¼ tsp baking soda
- ⅛ tsp salt
- ¼ cup sugar



Blend in with pastry blender, fork or fingers:

- 2½ tablespoons chilled butter

Add: 1-cup buttermilk

Fold dough together to mix in all the flour.

Turn onto a floured counter and knead until the dough takes on a satiny finish

Roll or pat dough to about ¾" thick

Cut in triangular sections or use a glass (dipped in flour) to cut out rounds

Bake on greased cookie sheet 10 –12 minutes in a 425° oven

Serve when warm with butter and jam or clotted cream and lemon curd

...or whatever your heart desires.

WHAT'S DEVELOPING?

Stand Up for Community Action, featuring actor and comedian Sinbad in a free live performance inside Cedar Hills Crossing mall on April 16, was a huge success that drew at least 300 people. That evening, a fundraising dinner at Dessert Noir Cafe & Bar afterwards brought in around \$8000, including in-kind support. Color photos of the event were printed in last week's Valley Times. Thank you to everyone who helped make this event a success!

The 2006 Community Spirit Dinner is scheduled for Friday evening, April 14, at the Tiger Woods Center at Nike in Beaverton. This year's honorees are: Tuality Healthcare, Outstanding Corporate Partner, and Fred Johnson, Executive Vice President of Columbia Community Bank.

CHECKS & BALANCES

Fiscal - A/P Reminder for Travel/Mileage Reimbursement Forms – When it asks for the Vendor #, this is a number assigned by the Accounts Payable program for you as an individual and is not the same as your Payroll #. Please DO NOT Use your Payroll Employee # when it asks for the Vendor #. You can call or email me requesting your A/P Vendor #, or just leave it blank and we will fill it in for you. Thanks for your help! Ann

W2's – These were mailed out on 1/30/06. If you still have not received yours, please contact Val at (503) 693-3285.



CHILD DEVELOPMENT

On February 3, Head Start All Staff meeting and training was held at Village Baptist church. Steve Thompson, Wendy Hall, and Nicole Hall shared information regarding the increasing use of meth in Washington County and how it is impacting the community, specifically children and adolescents. Information regarding resources and strategies for working with children and families was also shared. The afternoon workshops included domestic violence and its impact on children, working with angry clients, understanding children's behavior and development, Head Start parents panel, curriculum planning, making kid favorite snacks, and including children with significant disabilities in classrooms.

Mary Davila and Katelyn Gresset attended the Oregon Head Start Association meeting during the first week of February. The discussion items included the

LOOKIN' FER WORK IN ALL THE RIGHT PLACES

Job Openings may be viewed at
Common /CAO Main/CAOInfo/HR
Resources/Current Job Openings.

*NOTE: Please check this address weekly for current information and details. We have many jobs in development that will be posted before the next publication and we will take applications as each job is posted.

HR - Ask Winnie Benefits, Diversity...

Sorry nothing to report this month!



FAMILY & COMMUNITY RESOURCES



I&R

The 2006 edition of Community Services Resource Directories are now available in two sizes. For more information check our web page at

<http://www.communityaction4u.org/finddirectories.php>

. If you'd like to purchase one for your program, please call Barb at 503-693-3238.

The next I&R Networking Breakfast will be held at our Hillsboro office from 8-10am on Thursday, April 6th. The topic will be Strategies for Personal Safety presented by Julie McCloud of the Washington County Sheriff's Office. Are you doing home visits? Or work with people with mental illness? Interested in learning how to recognize and avoid potentially dangerous situations? Join us to learn about personal safety strategies. Topics will include assertiveness, setting and maintaining personal boundaries, recognizing set-ups, preparing a personal safety plan, and verbal and physical strategies when facing uncomfortable situations. And remember, the parking lot will be full, so we're apologizing in advance for inconveniencing you.

The Hillsboro Shelter staff and residents would like to say thank you to Vicki Ware and the staff in the kitchen for all meals they prepared for the shelter during the kitchen remodel. You made the whole process much easier to get through. **THANK YOU!**

SAFETY

Save Your Neck

Gentle stretches may not be enough to heal nagging neck pain.



In a recent study, strength training helped to alleviate neck pain much more effectively than stretching and aerobic exercises did. Improvements in neck strength and range of motion were almost three times as great in the study participants who strength trained regularly.

Did you know that 45% of workplace injuries are related to ergonomics?

USTOUS - SALES, SERVICES, NEEDS

For Sale: 16 pc Cobalt Blue Glass dishes (luncheon, desert, cup/saucer & small bowl) - 4 each for \$22.

Ext 250

For Sale: upholstered Love Seat & oversized Chair, \$350 set. Call for details. Natalie at 503 693-3250.

Will go onto Craig's list next week.