

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



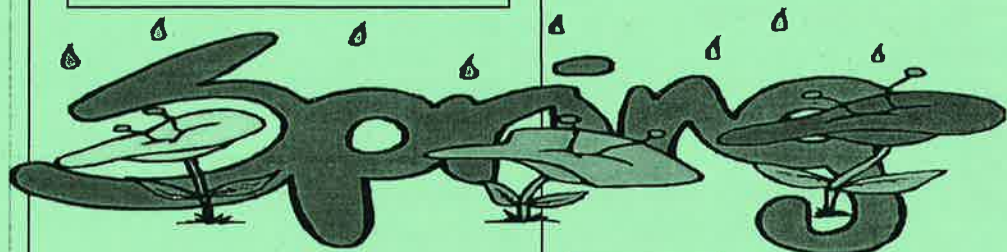
Jerralynn Ness
Executive Director

The 2005 Oregon Legislative Session is upon us & we've already made a couple of visits to Salem to educate our lawmakers about issues that effect low-income people. Legislative decisions effect the funding of many of our programs, including: Head Start, Energy Assistance, Family Shelter Home, Rental Assistance, Opening Doors & child care support, as well as funds that we pass through to our partners to provide housing & homeless services. For that reason, we take every opportunity to educate our legislators about the difference the funding makes in our community & the impact of proposed cuts on families.

Kudos to our Head Start staff & parents for the great turn out in Salem for Head Start Education Day. On February 3rd we took two bus loads of parents & staff to the state capitol to participate in this event. Small teams, including Ralph Brown from our board, visited 18 legislators & told the Head Start story. Last week I visited Senator Deckert & Representative Avakian to brief them on the continued need for energy assistance & homeless funding. Both truly care about the needs of low-income people & support the work we do. Representative Avakian is on an important sub-committee that will be looking at our homeless funding & he is committed to preserving it.

continued next column

As a board member, Senator Deckert had received a memo that I sent about the difference energy assistance is making. It included real life stories that Judy Schilling had provided. Senator Deckert was so touched by the need that he put forward a bill to increase funding. All of us can make a difference by sharing the stories of our work & how it brings hope, help and change to the lives of many.



NEWS OF NOTE



REMINDER: The newsletter is now being published & delivered on a monthly basis – the 3rd Monday of each month.

APRIL Bldg. meeting will be on 2nd Tuesday 4-12-05 instead of the 3rd Tuesday due to Child Dev. Federal Audit. March meeting is on 3-21-05 (no change).

COMINGS & GOINGS

Welcome!!!

Keith Hunt, Teacher II Sub,
Blanca Blanco, OD Family Support Worker, **Illena Lopez**, Teacher II Substitute, **Carla Chilton** Temp CR Advocate. **Ana Diaz**, Teacher II Sub.

Sadly, we said goodbye to Courtney Rumsey, Erika Martinez, Martha Sleeper, Monica Barrett, Dawn Kaiser, Araceli Delgado.



UPCOMING EVENTS!

Safety Meeting	3-7-05
Board Meeting	3-17-05
Building Meeting	3-21-05
Head Start	
Policy Council	3-21-05
St. Patrick's Day	3-17-05



Topics – Especially for Chocolate Lovers

For many of us, chocolate is a favorite snack. And, the good news is, it is recommend as a snack - as long as you can find good quality, dark chocolate and you don't go overboard (an ounce or two a few times a week). In fact, while you wouldn't call chocolate a health food, it is a source of polyphenols, the same type of antioxidants found in red wine. Also, the fat in chocolate is stearic acid, which doesn't affect cholesterol levels. And the latest good news for chocolate lovers? One study found that the flavonoids in dark chocolate are good for your heart. These compounds reduce the stickiness of platelets (cells that play an important role in blood clotting), reducing the danger of coronary artery blockages. That's the kind of news that makes my day.

Happy St. Valentine's Day

Tips

Chocolate Therapy

Warming yourself up this winter with an occasional cup of hot cocoa may be a heart-healthy habit.

A recent study revealed that hot cocoa can be a rich source of flavonoids, plant compounds that have a positive impact on heart health. To make your hot chocolate heart-healthy, use a recipe that calls for dark chocolate or cocoa powder; these are rich in flavonoids. Also, keep fat and calorie counts down by making your cocoa with nonfat milk.



Other Holidays

Not to be forgotten – a tribute to past presidents, most notably George Washington and Abraham Lincoln whose February birthdays used to be celebrated. Now we have one, Presidents' Day to remember them all. Hope you enjoyed your day off!



WHAT'S DEVELOPING?

Community Action will hold its 2005 Community Spirit Dinner - A Celebration of Corporate Philanthropy, April 13, at the Tiger Woods Center on the Nike World Campus in Beaverton. Corporate sponsorships are available. There will be a reception beginning at 5:30, followed by dinner from 6:30 to 8:30. The keynote speaker will be Nike Global Community Affairs Manager Robert Speltz. Community Action will honor "Outstanding Business Partner" Providence St. Vincent Medical Center, and "Outstanding Business Partner" Keith Green. Tickets are \$50. RSVP by April 6, to: mjones@caowash.org, or call: 503-693-3230.

Upcoming luncheons:
Thursday, March 10
Thursday, April 14



CHILD DEVELOPMENT

Thanks to all –Board, staff, and volunteers – who are participating in our annual Head Start self-assessment. It is especially important for us to scrutinize ourselves thoroughly this time because we are scheduled for an official federal & state review in April 2005.

Head Start parents and their kids went to Salem to communicate their displeasure at the Governor's proposed 18% cut in Oregon Head Start funding. They took posters, led chants, and joined with hundreds of Head Start families from all around the state.

A Kid's Domain recently sent out a survey. So far, they have enrolled 112 children this year. 31% of the parents said that their child would be home alone, hanging out at the school, or in an unknown location if they did not have AKD. 91% of parents said the program quality was EXCELLENT and all the rest said it was ok. Similarly, 91% said the program meets their child's needs VERY WELL and the rest said it meets their needs ok. Way to go, AKD.

CHECKS & BALANCES

Tip IT – Before printing a page, look at it on screen to make sure you won't be printing a second page with nothing on it.

LOOKIN' FER WORK IN ALL THE RIGHT PLACES

If you remember, last month we indicated that we were making some changes to the newsletter. This column is one of the changes. From now on we will not be printing the job openings in the newsletter. However, the job list and job postings can be found 24 hrs./day; 7 days/wk at.....

Common/CAOInfo/HR Resources/Job Postings for Current Openings.

You may print out the information you find here (but will not be able to make changes on the documents). If you have Questions, contact your supervisor or HR.

Kind hearts are the gardens,
Kind thoughts are the roots,
Kind words are the flowers,
Kind deeds are the fruits.

Take care of your garden and keep out
the weeds,
Fill it with sunshine, kind words and
kind deeds."

- Henry Wadsworth Longfellow

HR - Ask Winnie Benefits, Diversity...



Did you know that the main office in Hillsboro orders 10 cartons of white copy paper every 2 weeks? Calculated as follows: 1 carton is 10 reams; 1 ream is 500 sheets of paper; equals 5,000 sheets of paper per carton, or 50,000 sheets of paper every 2 weeks....this doesn't include special papers, colored papers, or large size papers. I wonder how much we could save if we double sided copies, or used every printed page vs leaving it next to the printer to be thrown away, or if we previewed what we are printing so that we didn't print an extra page that isn't necessary (you know those excel columns you didn't know were there, or the single word that goes to page 2)?

Q&A

SAFETY

Our last meeting was February 7, 2005. The committee is doing good work on several fronts. Discussion of accidents helps determine if that accident can be prevented in the future, we are working on a Bloodborne Pathogen Policy & Procedures, and with much hard work on Nick's part we have almost every MSDS book set up in each area. Kudos to Nick for his power point presentation on MSDS and Fire Extinguishers at the Head Start All Staff meeting on 2-11-05. Remember the MSDS gives you first aid instructions should you have an adverse reaction or spill. If you want to make a copy of any MSDS sheet remember to return the orig. to the book. We need to ensure it is up to date at all times in the event of an OSHA inspection

FAMILY & COMMUNITY RESOURCES



FREE TAX HELP! YOU MAY QUALIFY!

This program is designed to help elderly, low-income, limited English proficiency, and/or disabled taxpayers with the preparation of their tax returns. People that have income under \$34,692 may qualify for the refundable Earned Income Credit (EIC).

For the first time, Community Action is hosting the Tax Preparation Volunteers. Appointments are being made here at the main office every Saturday from now through April 9. The number to make an appointment is 971-223-6032.

Upcoming Ready To Rent housing readiness trainings!!

Classes in Beaverton at the Capital Career Center will be starting on:

1. February 15th, 6-8 PM (for 6 weeks, open to the public)
2. March 29th, 6-8 PM (for 6 weeks, open to the public)
3. May 10th, 6-8 PM (for 6 weeks, open to the public)

(Additional morning classes will be available for residents of the 3 Wash. Co. Shelters only. Call CA Shelter at 640-3263 for details. There is NO CHILD CARE for any of the classes. Sorry.)

Ready To Rent is a housing readiness training designed for people with barriers to obtaining housing (eviction, convictions, poor credit). For more info, call Larry Hauth at 640-3263 or 533-2739.

USTOUS - SALES, SERVICES, NEEDS

I have an assortment of natural health books and natural food cookbooks for sale at "garage sale" prices (.50 - \$1). Contact me for a list in you're interested. - Natalie x250

EXTRA PAGE for February 21, 2005 Community In Action Newsletter

We are catching up on the Important February dates which didn't get mentioned earlier.



February & March 2005
BIRTHDAYS

BRENDA LARSON	2/13
ARIAN CHANDLER	2/13
MARY PANAGGIO	2/15
ESTHER REYES	2/15
SIERRA KNIGHT	2/17
AUGUSTA LANG	2/17
DEBORAH BURROWS	2/20
TODD BENTLEY	2/24
WENDY CRISLIP	2/26
SUNNI BRASSEUR	2/26
CHRISTINA BROWN	2/29
MARGOT MANLEY	3/3
MARCI GURROLA	3/4
GORDON JONES	3/5
BROOKE ZIMET	3/5
MARIA E LAMB	3/6
ELIAS AGUIRRE	3/7
TIFFANY JORDAN	3/8
TIFFANY WALTMAN	3/9
LU LAMPING	3/9
NATALIA MERECIAS	3/10
JENINE MACON	3/10
LETICIA FLORES	3/10
ELISABETH DASHER	3/12
FABIOLA CONTRERAS	3/13
ADRIANA LOPEZ	3/15
PATRICIA GAMBOA	3/17
MARIA REGINO	3/20
HARRY WEIERS JR	3/21
DONALD SHAW	3/24
MICHELE WALKER	3/24
JENIFER ALLEN	3/24
TERRI SMITH	3/25
ALDINA ORELLANA	3/26
CHARLOTTE SALGADO-ZERBER	3/29
ROSA DIGGS	3/30
KEITH HUNT	3/31

(If you want your birthday acknowledged, be sure to complete an authorization form - contact HR)



February &
March 2005
ANNIVERSARIES

LINDA BOURDEAU	1	2/23/2004
JENNIFER CHOBAN	6	2/16/1999
GORDON EATON	1	2/1/2004
ANA ESTES	1	2/9/2004
ROBYN GONZALES	3	2/4/2002
KATRINA HILL	1	2/5/2004
PHYLLIS JOHNPOLL	2	2/18/2003
ALEJANDRA LOPEZ	6	2/8/1999
JUANA MERAZ	4	2/12/2001
CATHY MEYER	6	2/25/1999
FRANCIS NICHOLS	1	2/2/2004
JOHN RUSSELL	7	2/5/1998
JUDY SCHILLING	31	2/1/1974
CAROLYNE WESTLAKE	20	2/19/1985
TERRY ANDERSEN	8	3/17/1997
DONNA BENNINGTON	24	3/23/1981
RAYMOND BENTLEY	3	3/15/2002
GAIL BOYLE	4	3/12/2001
KEITH BYERLY	7	3/31/1998
CLAUDIA		
GUTIERRAZ-GARCIA	3	3/11/2002
DORIS HARRIS	4	3/20/2001
KAREN HENKEMEYER	7	3/2/1998
CLAUDIA HERNANDEZ	3	3/8/2002
ROCINA HERNANDEZ	8	3/24/1997
KATRINA KERPER	1	3/12/2004
SANDRA KITCHEN	23	3/1/1982
ELIZABETH MENDOZA	1	3/8/2004
JERRALYNN NESS	32	3/17/1973
JAN OSTBY	2	3/6/2003
ESTHER REYES	1	3/11/2004
D. Pat ROGERS	3	3/11/2002