



I need a name News

APRIL 30, 2004

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, Brooke Zimet. Editor: Winnie Althizer.

DIRECTOR'S CORNER



Jerralynn Ness
Executive Director

Kudos are due to our fine Development staff team for the exceptional work they did to make this year's "Celebration of Community Spirit" a grand success. A very special thanks to Jeri, Jodi, Mary and Carol, and Natalie too! And thanks to all of you who helped out the evening of the event.....it does take a village. Over 200 friends and supporters attended and we raised \$44,000. We unveiled our new power point presentation on the economics of poverty, what it means and how people can help. It got rave reviews. Our keynote speaker, Rey Ramsey from One Economy, did a fine job for us as he contributed his thoughts to our Bridging the Divide theme. At one point he said that our agency was the finest Community Action in the country....wow!



Our award winners were thrilled and Cindy Hirst gave a very moving acceptance speech. Everyone seemed genuinely happy to be there, proud to be a part of Community Action.....I know I was!

NEWS OF NOTE



Wellness Day is only a few weeks away – May 14, 2004. Please be sure it is on your calendar.

Also, don't forget to put those baskets together as donated door prizes! I've heard that some of you haven't gotten the word from your supervisors.

More info in Winnie's column.



UPCOMING EVENTS!

- Building Meeting
- Head Start
- Policy Council 5/18
- Board Meeting
- Safety Meeting
- At a glance tour
- Holiday

CA Star – Lu Lamping continued.....

They have done so much for these children.

What do you do for fun when you're not at work?

I have four horses, and an antique finishing and repair business: Lulu's Antiques Finishing and Repair. It keeps me busy.

CA STAR



Byline: Michael Connor

Lu Lamping recently celebrated her 26 year anniversary with Community Action. Here's what we learned in an interview with Lu.....

What kind of work have you done for Community Action?

I started in '78 as a bus driver. They called me in Vernonia to come drive a bus in Beaverton. I didn't even know what Head Start was then. I picked up kids in Timber, Banks, Manning, brought them into Sunset Center. In '79 I moved to the Family Advocate position, which was new at the time.

How has Community Action changed over the years?

When I started there was one center, I believe. The staff could sit around a regular table and meet for an all-staff.

What do you see as the strengths of Community Action?

Resources for low-income families start from the ground floor: fuel assistance, child care. It was amazing to me watch it happen over the years.

What are the challenges facing Community Action today?

Funds. Keeping Head Start going. I go to the state meeting and advocate for Head Start with other staff members. The parents have made a big difference writing letters, keeping the funds all over the United States, coming in.

continued in column at left.....

FAMILY & COMMUNITY RESOURCES



Program Updates

Opening Doors – Welcome back to Jenny McCord, a former VISTA, who will be joining us for a while before going to OHSU this fall.

Housing & Homeless – We have a new roof! It really looks good – come by and see!

Energy & Emergency – Our farewell party for Anne Schlereth last Friday was a raging success! Anne’s technical systems wouldn’t work all morning (with a little help), and at lunch we were able to surprise her with an “Apprentice” style going away. It was great!

Information & Referral – Where’s Jimi? Back upstairs! You can find her in the office that used to be occupied by Brooke Zimet.

Weatherization – Welcome back to the office, Dave Lindell & Donald Shaw. You can now find them in the office that Jimi used to occupy.

CHILD DEVELOPMENT

Jennifer Gunterman, former AKD and Gaston Head Start Coordinator gave birth to a baby boy on Friday, April 16. The baby is named James Kassel Gunterman and weighs 9 pounds, 6 oz. Mom and baby seem to be doing fine.

Camp ECO – The 10 week summer program for school age children will begin on June 14 and end on August 20. The program will be offered Monday through Friday, 6:00am to 6:00pm at Cornelius Elementary School.

Head Start Summer Plus – The extended preschool services for 40 Head Start children, already enrolled in Pre-K, Part Day program will begin on June 9 and end on August 19. The program will be offered at Beaver Acres and Vose Elementary schools, Monday through Thursday for 3½ hours each day.

Head Start Pre-K, Part Day – The last day of services for children will be Wednesday, June 2. We wish all the children and families a Safe and Happy summer!

The following Head Start programs will continue to provide services to children and families through the summer: Hillsboro CDC, Beaverton CDC, Tigard CDC, Community Based and Coffee Creek CDC.

MOM
&
WELLNESS

Topics – Mother

The following are different answers given by school-age children to the given questions:

What kind of little girl was your Mom?

My Mom has always been my Mom and none of that other stuff.

I don't know because I wasn't there.

They say she used to be nice.

Describe the world's greatest Mom?

She would make broccoli taste like ice cream!

Happy Mother's Day to those mothers among us.

A Backup Plan

TIPS

Keeping your back free from aches and pains may require keeping your cool.

A recent study revealed a strong correlation between stress and the risk of low back pain. In one study, psychological distress more than doubled the risk.

Keep your cool by shifting your priorities when you feel overwhelmed. Deep-breathing exercises, yoga, and meditation also are surefire stress-reducers.

The two most power-filled words... I can

RECIPES Impossible Quesadilla Pie - Ann Hering

- 2 – 4 oz. Cans chopped green chilies, drained
- 1 Cup Biscuit baking mix
- 4 Cup shredded cheddar cheese (about 16 oz.)
- 4 eggs
- 2 Cup Milk

Heat oven to 425 degrees. Grease 10”X1½” pie plate. Sprinkle chilies and cheese into plate. Beat milk, baking mix and eggs until smooth (15 seconds in blender on High or 1 minute by hand). Pour into plate. Bake until knife inserted into center comes out clear – 25 to 30 mins. Let stand 10 minutes before cutting.

WHAT'S DEVELOPING?

Thank you to all the staff that participated in this year's Celebration of Community Spirit Dinner. The event was a success raising over \$44,000 in unrestricted money for the programs and services we provide daily. Over 200 participants representing businesses from all over the greater metropolitan area attended the event with rave reviews. We could have not done it without your volunteer service and support. Thank you!

Katye Atwood
Jeri Alcock
Joan Brown
Gail Boyle
Sharon Bolmeier
Todd Bentley
Renee Bruce
Jodi Davis
Carol Hadley
Natalie Horne
Marilyn Harrison
Mary Jones
Jenine Macon
Joy Rasmussen
Patrick Rogers
Becky Smith
Jimi Smith
Joan Swanson
Sam Widmer

USTOUS – SALES, SERVICES, NEEDS

For Sale: Coffee Table. Oak finish and glass top. Cabinet below. \$65. Contact Diana at 693-3289 or dgreene@caowash.org.

Premiere Membership at Bally's (lifetime!) – great price, give me a call. Beth 503-693-3291.

"To accomplish great things, we must not only act, but also dream; not only plan, but also believe."

--Anatole France

COMINGS & GOINGS

Welcome!! **Jenny McCord** our Temporary Office Spec. II at CAEast.

Sadly, we said goodbye to **Rachel Penland**.

CHECKS & BALANCES

Fiscal /IS/Facilities – Nothing from these folks for this issue. Check back with us in the next issue.

LOOKIN' FER WORK IN ALL THE RIGHT PLACES

See this info * at:

Common CAO MainCAOInfo/HR ResourcesCurrent Job Descriptions.

Administration

Office Specialist II-HR/Main Office	\$10.58-12.70
Program Assistant- HR	\$11.69-14.61

Child Development

Teacher II (Sub 3 pos) EHS	\$8.79 – \$10.68
Teacher III (Sub) Coffee Creek	\$10.55 - \$13.46
Teacher III (Sub 2 pos) EHS	\$10.55 - \$13.46
Bus Driver	\$8.79- \$10.68

Development Advancement

Family & Community Resources

I&R Data Specialist	\$9.28-11.44
Office Specialist II - CAEast	\$10.42-12.83
Community Resource Advocate (1 FT pos..)	\$11.10-\$13.48

**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...



Wellness Day. We goofed on the brochure and left out who you should return your choices to. Please send them to me and I'll make sure the right committee member gets them for final planning. Due to some production complications we didn't get the brochures in the mail on Monday as planned. Please help us by making your choices quickly and returning them immediately - we need to know our counts - I would like to be deluged on Monday or Tuesday next week.

THANK YOU. If this nice weather holds it will be a terrific day! Remember to work on the baskets for your work group as they will be the door prizes given away.

We are very nearly complete with the Salary Market Study with only a few more meetings with our Directors to finalize. The new pay groups will go into effect 7-1-04. We should complete the rest of the work by mid-June.

For the 2 days this week, Brooke & I have been closeted with a trainer on our new HRIS system trying to absorb as much as we can - our heads are spinning! And, we are so excited to get it up and running. We still have a few months of building codes, entering data, etc. before we can feel that it's usable.

Don't forget Mother's Day.

SAFETY

This year our recordable accidents have been high. We had more time loss incidents than in the 3 years I've been at Community Action. This isn't a good trend. Kudo's to the folks at Beaverton CDC for looking at the injuries they have been experiencing and identifying the root causes - this leads to making changes that result in less accidents. A root cause example: someone slips on a wet spot on the floor. The water on the floor caused the slip, but the root cause is...what caused the water to be on the floor? leaky faucet? no rug on floor in front of sink to catch drips? etc., etc. So, take a look at your work area & check for root causes of accidents before they happen.

MAY 2004 BIRTHDAYS



Judy Nagy	5/2
Jeron Beaulieu	5/2
Carol Stewart	5/2
Agustina Perez-Gonzalez	5/3
Amie Kelson	5/6
Veronica Villalobos	5/6
Bruce Horne	5/8
Dolores McNeen	5/9
Cori Jensen	5/10
Lori Balch	5/11
Dolores Rodriguez	5/21
Jimi Smith	5/21
Karla Trujillo	5/21
Juana Meraz	5/21
Susana Salgado	5/22
Lorena Jimenez	5/30

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



MAY 2004 ANNIVERSARIES

Rosa Diggs	5yrs	5/3
Natalie Horne	2yrs	5/6
Augusta Lang	8yrs	5/8
Monica Barrett	5yrs	5/10
Katy Atwood	1yrs.	5/19
Heather Roberts	7yrs	5/20
Jackie Magill	2yrs	5/31