



Paycheck News

May 30, 2003

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

DIRECTOR'S CORNER



Jerralynn Ness
Executive Director

TACS is a non-profit that provides training and technical assistance to other non-profits. This month, Winnie and I attended their Diversity Leader's Network training session on "Understanding and Dismantling Privilege." TACS described "privilege" as "A resource or state of being that is only readily available to people because of their social group membership." They described "right" as "A resource or state of being that everyone has equal access to regardless of social group membership." The trainers emphasized that having privilege isn't wrong or bad or something to feel guilty about. What's important is to be aware of our privileges and how it gives us advantages that others may not have. And because privilege is viewed as a societal norm, privilege is rarely seen by the holder of privilege. TACS presented 8 core social identity groups that being a member of either gives us advantages (privileges) or disadvantages. You are advantaged if you have no disabilities, are 25-50 years old, middle income or above, English is your first language, male, white, Christian & heterosexual. You are disadvantaged if you have disabilities, are under 25 or over 50, low-income, English is not your first language, female, person of color, non-Christian or a sexual minority. It was interesting to note that for most of these groups, membership was not a choice. We hope to bring more information to our organization and it's relevance to our work with families living in poverty...stay tuned!

NEWS OF NOTE

"It's not the years in your life but the life in your years that counts"

– Adlai Stevenson

COMINGS & GOINGS

WELCOME!!

We are excited to Welcome **Katy Atwood** our new Teacher III at Coffee Creek.

Don't forget to say hello to our new Teacher III Sub. at the Beaverton CDC **Angie Kim**.

Sadly, we said goodbye to Jessica Goodrich.

UPCOMING EVENTS!



I & R Breakfast	6/5
Building Meeting	6/17
Head Start Policy	6/17
Board Meeting	6/19

CA STAR



Byline MJ Milam

Steeped in NW history is the Hering Family. They can trace their family back to Germany over 100 years ago. **Ann Hering** enjoys doing many of the traditional family activities like playing cards or board games with her family. For the Herings, making sausage at the family's farm south of Cornelius is a family event. Ann attended Cornelius grade school, Forest Grove High School as well PCC and PSU. Such is the strength of community and family that Ann Hering brings to the Community Action Fiscal Dept.

Ann's shown her love for community through work with the Junior Chamber of Commerce. She has helped with Waterfront Classics, Hillsboro Happy Days & Newberg Neighbor Days. She's won trophies driving in the Destruction Derby Driving. Ann says one highlight was having Governor Atiyeh ride on the back of her car. Another highlight was when she was being interviewed by the Hillsboro Argus about the Destruction Derby Driving and Pyrotechnics.

Ann, like many, enjoys traveling. She has been to Japan, the Netherlands, Germany, Austria, Italy, Switzerland, France, Canada & Mexico.

However, as many of us, Ann feels like there is not place like home and no one better to be with than family.



FAMILY & COMMUNITY RESOURCES

CCR&R's Learning Circle Sponsored Event:

Free Children's Music Concert, June 6th

Community Action employees and their families are invited to a free children's music concert with bilingual musician, Jose-Luis Orozco. Sr. Orozco sings and plays the guitar. His songs are collected from both Spanish and English traditions in the United States and Mexico. His performances are active and a lot of fun for all ages! His focus is on literacy, culture and history. The concert will be Friday, June 6 from 7-8pm at Hillsboro Stadium behind the Fred Meyer Store, near the intersection of Highway 26 and Cornelius Pass Road.

Sr. Orozco who was booked through November 2003, rearranged his concert schedule and has significantly lowered his fee for us, because he believes in the work we do here. This special event is made possible through funds provided by The Washington County Commission on Children and Families.

Training certificates will be available for anyone needing CDA or CCD training hours.

CHILD DEVELOPMENT

Update on Joani Hagen – Pre-K Program manager: Joani is home from the hospital now and doing very well recovering from her surgery. She sends greetings to everyone. We still don't know when she will be able to return to work.



A Kid's Domain will have Camp ECO T-shirts available for sale to staff who may be interested in buying. The T-shirt is designed by a student at A Kid's Domain Cornelius and can be purchased for \$10.00. If you would like to buy a T-shirt please contact Jennifer Gunterman at 503-693-3267 before June 9th. Thank you for supporting A Kid's Domain!

Are you in the habit of counting your blessings?

Doing so could have emotional rewards. In a recent study, people who recorded in a weekly or daily journal the things in their lives for which they were grateful experienced heightened feelings of well-being. The people who recorded hassles or neutral life events in their journals did not.

MORALE & WELLNESS

Tips Grill Pleasure

Keep foods from sticking to your grill this summer with olive oil spray. It may have a favorable effect on your blood pressure. Research suggests that frequent olive oil use may aid in blood pressure control. In a study of people with hypertension, low saturated fat intake and frequent use of extra virgin olive oil reduced the amount of high blood pressure medication the study participants needed. Use olive oil spray instead of butter to flavor corn on the cob, too.

Recipes GRILLED TUNA STEAKS

- 1/4 c. olive oil
- 2 tbsp. lime juice
- 1 tbsp. dry mustard
- 2 tbsp. dried cilantro
- 1 tbsp. chili powder
- 1 tsp. black pepper
- 1 tbsp. mustard seeds
- 4 to 6 tuna steaks

Mix ingredients and brush onto tuna steak. Refrigerate for several hours. Grill for 4 minutes per side or until steaks just begin to flake.

WHAT'S DEVELOPING?

Be inspired!

May 31st, from 10am-4pm, Former U.S Representative Elizabeth Furse will open her private garden to the public to help raise money for Community Action. The garden is located at 22485 NW Yungen Rd off Helvetia. Admission is \$5.00 for adults and free for children under 12.

Want a free bottle of Wine?

Then, you will need to sell 30 raffle tickets! Call Jodi at ext. 254 for your tickets! 100% of the proceeds support the programs and services of Community Action.



LOOKIN' FER WORK IN ALL THE RIGHT PLACES

See this info * at:
Common CAO MainCAOInfo/HR ResourcesCurrent Job Descriptions.

Administration

Child Development

Teacher III Subs-EHS \$10.55 – 12.81

Development Advancement

Communications & Events Specialist \$12.11 - 14.71

*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.



CHECKS & BALANCES

Fiscal - Year end paperwork

Year End is coming up before you know it, so please get your fiscal paperwork (receipts, reimbursements, travel reimbursements, etc.) turned in before June 30th. This is especially important for those of you going on lay-off and want your business reimbursements processed.

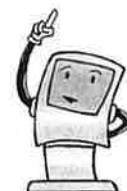
-Ann Hering

Tip IT - New Timesavers

Voice mail, e-mail, the Internet – so many “time-saving” devices, yet so little time. Here’s how to keep timesavers from becoming “time stealers”

Computer Rules for Snoozing

Taking small breaks from your computer may help you sleep more soundly. A recent study revealed that people who spent more than 5 hours per day in front of a computer screen were more likely to experience sleep problems compared to other people. Taking small breaks to stretch, relax, and rest your eyes may help you get more quality shuteye tonight.



Have a great recipe you'd like to share?

Want to share your story as
the CA Star?

Submit it to the Paycheck News!
Email nhorne@caowash.org to publish.



HR - Ask Winnie Benefits, Diversity...

Q&A

Longer life expectancy rates, the increasing costs of goods and services, and limited Social Security benefits should stimulate an interest in making changes that will benefit you financially in the short or long term. Isn't it about time to meet with our Retirement Consultant?

Julie McDevitt
Lincoln Financial
503-699-4164
jpedersen-mcdevitt@LNC.com

SAFETY

Prevent Sprains and Strains

1. Wear stable shoes with nonskid soles. Rainy Portland weather can cause slips and falls. Small non-skid patches can be purchased for shoes without them.
2. Use handrails when walking down stairways.
3. Be aware of your environment. Watch for children's toys in the classroom, or obstructions in the hallway.
4. Clean up spills immediately.
5. Ankle sprains occur not merely because of failures in ankle flexibility or strength, but moreso due to the loss of balance and control in the entire leg. To improve you balance and reduce reoccurring ankle injury follow exercise. You can even do this while watching television for 15-30 minutes.

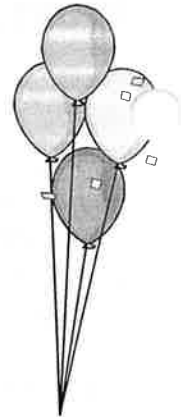
Preventative Exercise

Stand on one foot. Now reach with the opposite leg outward in all directions, forward, sideways, backwards, diagonally, etc. Reach out as far as possible and hold for three to five seconds. Each direction offers a different challenge to your balance and trains the receptors of the ankle, knee, and hip. The farther you reach the harder the balance leg is working. Start small and work your way up. You can also reach with your arms, as this challenges your balance differently.

Your body's protective response to an ankle sprain involves adjustments at not only the ankle but also at the knee, hip and spine. Research has shown that people with a history of an ankle sprain have a delayed response in the muscles surrounding the hip as well as the ankle. This exercise involves not only the ankle balance receptors, but also the hips, making it extraordinarily effective.

To increase the difficulty level, try the exercises standing on a pillow, or with your eyes closed. The more creative you are the better chance of simulating all activities that will challenge your body.

JUNE BIRTHDAYS



- 6/1 ✓ BLANCA NAVARRO-SILVA
6/3 ✓ ANNE SCHLERETH
6/4 BOB WATSON
6/6 ✓ JOSIE KUHN
6/6 SUNNI KITCHEN
6/11 FRANCES HILDERMANN
6/14 JOANI HAGEN
6/15 GLORIA TOUSSAINT
6/16 EMMA HANLEY
6/17 MANUELA PACHECO
6/19 JUDY SCHILLING
6/19 MARILYN WHITMAN
6/20 DEBRA GRIFFIN
6/22 LUCY IRAOLA
6/23 PHYLLIS JOHN POLL
6/25 ROBYN WAGNER
6/26 TAWNIA GILBERT
6/30 SYLVIA CASTELLANO
6/30 SONIA DIAZ

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

JUNE ANNIVERSARIES

GUADALUPE GARNICA	6/1	9 yrs
KATHERINE GALIAN	6/3	1 yr
MARY WHITMORE	6/3	1 yr
LARRY HAUTH	6/11	2 yrs
BRUCE HORNE	6/14	10 yrs
MARILYN HARRISON	6/16	20 yrs