



Community IN ACTION

Newsletter October 21, 2005

DEADLINE IS THE FRIDAY BEFORE PAY DAY; CONTACTS FOR ARTICLES ARE: CHILD DEV. - FARZANA SIDDIQUI, F&CP. - BETH DASHER, MORALE & WELLNESS - NATALIE HORNE. ALL OTHERS - WINNIE ALTHIZER. LAYOUT: NANCY PETERS. EDITOR: WINNIE ALTHIZER.

DIRECTOR'S CORNER



Jerralynn Ness
Executive Director

One of Community Action's strategic goals is to "head efforts to strengthen the community's understanding of and response to poverty." This year we have a strategy to identify and pursue key forums and help shape their agenda to include issues of poverty. One example of when we accomplished this occurred in October. Community Action teamed with the Vision Action Network, Oregon Food Bank, The Westside Economic Alliance and the Inter-Religions Action Network to produce an event called "Economic Livability for All: A Summit for Business Leaders." On October 11th about 70 people attended this event on Tektronix's campus. The purpose of the forum was to educate employers on the challenges faced by low wage workers and to give them some concrete ways they could support their employees. We started by showing our new power point called, "When working is Not Enough: Poverty in Washington County". This is an updated version of our poverty power point using an annual income based on \$10.00 an hour. The City of Hillsboro presented economic information on typical costs for families living in Hillsboro. We then heard from a panel of business leaders who shared their strategy for recruiting, supporting

Continued column 3

NEWS OF NOTE



Secret Pals - be sure to turn your forms into Beth Dasher or Elaine Burrell by October 31st.

Autumn truly is what summer pretends to be: the best of all seasons. It is as glorious as summer is tedious; as subtle as summer is obvious; as refreshing as summer is wearying. Autumn seems like paradise.

---Gregg Easterbrook
New York Times

COMINGS & GOINGS

WELCOME:

Iris Smith, Teacher III Sub
Luz Delgado, Teacher II Sub

Goodbye to the following:

Beverly Bean, Emma Hanley &
Jessica Foster

UPCOMING EVENTS!



| | |
|------------------|-------------|
| Meeting | 11-07 |
| Veterans Day | 11-11 |
| Building Meeting | 11-15 |
| Head Start | |
| Policy Council | 11-15 |
| Board Meeting | 11-17 |
| Agency New Hire | |
| Orientation | 11- 04 & 18 |
| Thanksgiving | 11- 24 & 25 |

Continued from Director's Corner

and maintaining their workforce. Community Action presented information that we developed called "20 Things You Can Do for Your Employees", and we had 3 speakers showcase some of the examples. We closed with a call to action by a vice president at PGE who chairs the Oregon Food Bank board.

The forum got good coverage from The Oregonian and then the front page of the October 16, 2005, Sunday edition of The Oregonian a related story with a banner headline, "Low Income Oregon Workers Fall Behind in Getting Ahead."

Community Action has received positive feed back for both serving as a resource and providing leadership to the critical issue: work alone does not lift people out of poverty but it is an important first step. Employers can be a key part of the solution.

We have posted the employers guide on our website, so please check it out at www.communityaction4u.org. Be sure to visit our poverty page if you haven't seen it in a while. If you would like to view a copy of our new power point or read the Oregonian article, please contact Natalie Horne.

Veterans Day, formerly Armistice Day is the anniversary of the ending of World War I. In the United States it is celebrated as a federal holiday on November 11. Veterans Day has been observed annually on this date since 1978, except for a brief period when it was celebrated on the fourth Monday of October.

November 2005
BIRTHDAYS



November 2005
ANNIVERSARIES



| | |
|---------------------|----|
| Martha Guel de Luna | 2 |
| Darlene Dacey | 3 |
| Jenny Hauser | 3 |
| Yangchin Topgyal | 4 |
| Ruzica Djurdjevic | 5 |
| Erica Early | 5 |
| Gilda Godinez | 6 |
| Margarita Hernandez | 6 |
| Linda Rothschild | 10 |
| Donald Rogers | 11 |
| Amberlie Wiley | 17 |
| Sonia Espinoza | 19 |
| Jennifer Smart | 21 |
| Erin Saint Romain | 25 |
| Lettie Hilles | 27 |
| Brenda Neri | 29 |

| | |
|----------------------------------|----------|
| Kristin Ludwig | 12 years |
| America Morales | 4 years |
| Tylanishia Quintanilla DeJimenez | 1 year |
| Alisha Stoecklein | 9 years |
| Linda Watt | 22 years |
| Tawnia Mcgurthy | 3 years |
| Erin Saint Romain | 1 year |
| Farzana Siddiqui | 8 years |
| Joan Ellen Jones | 20 years |
| Rosalva Garza | 4 years |
| Belinda Grimshaw | 4 years |
| Todd Bentley | 5 years |
| Veronica Villalobos | 6 years |
| Jeri Alcock | years |
| Bob Watson | years |

Recipes – Pumpkin Cupcakes

- | | |
|--------------------------|-----------------------|
| 2 cups all-purpose flour | ½ cup vegetable oil |
| 2 tsp baking powder | 1¼ cups sugar |
| 1 tsp cinnamon | 2 eggs |
| ¼ tsp nutmeg | 1 tsp vanilla extract |
| ¼ tsp ginger | |
| ¼ tsp salt | 1 cup canned pumpkin |

- Cream Cheese Frosting:**
 3 cups confectioners' sugar
 1 8-ounce package cream cheese
 4 tablespoons butter
 1 teaspoon lemon juice
 Yellow and red food coloring

Pre-Heat oven to 350° and line a 12-cup muffin tin with bake cups.
 In large mixing bowl, stir together flour, baking powder, cinnamon, nutmeg, ginger, and salt.
 Set the mixture aside.
 In separate mixing bowl, stir together oil and sugar. Whisk in eggs, stir in the vanilla extract.
 Pour wet ingredients over the dry ingredients and gently stir the mixture until well combined.
 Stir pumpkin into the batter until it is thoroughly combined.
 Spoon batter into the lined muffin tins. Bake for 20 minutes or until a knife inserted in the middle of one cupcake comes out clean.
 Let the cupcakes sit in the tin for 10 minutes and then remove to a rack to cool thoroughly.



Frost with orange cream cheese frosting.
 Use pretzel nuggets for the pumpkin stems and cut flattened green gumdrops into leaves. Makes 12 cupcakes.

MORALE & WELLNESS



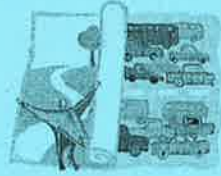
TIPS

Embrace the colors of fall - - not just on afternoon walks, but on the dinner table, too. Apples and pumpkins, the celebrated fruits of fall, add warm reds and oranges, and are just the thing to mark the start of a season of hearty recipes.

SUNFLOWER SEED GORP

The Seneca Indians used sunflower seeds to make pudding, gravy, bread and coffee. Mixed with dried fruit, the seeds also make a sweet and nutty snack.
 2 cups raw sunflower seeds
 1 cup pine nuts
 1 cup raw pumpkin seeds
 1 cup raisins
 1 cup sweetened, dried cranberries
 Measure the ingredients into a paper bag, fold over the top of the bag and shake to mix. Store the mixture in an airtight plastic container. Makes 6 cups.

WHAT'S DEVELOPING?



In November Resource Development will hold two **People You Should Know** fundraising events:

P.Y.S.K. Luncheon

November 10, 12 pm. To 1 p.m.

At the Tualatin Country Club in Tualatin

Program focus - Community Action Head Start

P.Y.S.K. Breakfast

November 16, 7:30 a.m. to 8:30 a.m.

At the Kingstad Center in Beaverton

Program focus- Hillsboro Family Shelter

Staff are welcome to invite friends, family, and colleagues. These events are free and a donation is not required. Please RSVP: mjones@caowash.org, or call x230.



CHILD DEVELOPMENT

Robyn Gonzales, a substitute teacher has been absent due to a serious medical condition. Robin is recovering, she will be going through treatment, and we hope to have her back working with us after she is healed. Robyn came to us as a volunteer and ended up making a special trip to New York with Michele Walker (A Kids Domain card project) after 9/11. Then she became a sub for AKD and Head Start. There will be cards circulating through Head Start and CAO office

to sign. You may also forward any wishes of support to Michele and she will make sure that Robyn gets them. Thanks.

This is a very busy time in Head Start – classrooms are fully enrolled, screenings are being completed, NRS testing is in progress, parent meetings are taking place at centers, and children are getting to know their teachers and peers, learning, and having FUN!

Spring forward, Fall back

Time reverts to standard time at 2 a.m. on the last Sunday of October (30th). In the U.S., each time zone switches at a different time.

Oregon Food Bank Holiday Basket 2005 Program

What is a Holiday Basket?

It's specifically for Washington County residents who need help during the holiday season.



The Holiday Basket program matches low-income children, senior citizens and households with sponsors who provide food and gifts for a brighter holiday.

Last year more than 6,700 Washington County households received holiday baskets. The program is also an opportunity for us to share hunger issues with the community.

Who qualifies for the program?

Households or individuals who:

- Meet low-income guidelines
- Declare a need for sponsorship and
- Live in Washington County.

The Oregon Food Bank has dropped off a large supply of applications for the Holiday Basket Program. Applications are also being sent to CA East and all Head Start locations.

Please contact Alicia if you need more applications sent to you to share with families. The application deadline is Wednesday, Dec. 1st.



\$561.00 raised by GAP Employees and will be matched by GAP Inc.

Tanasbourne
GAP Inc.
store mgr.
Heather
Petersen-
Baggett
presents check from
Banks benefit
softball game
to Scott
Schlegel,
Resource
Development

To Spell Correctly or Use Spellcheck?

An Owed to the Spelling Checker

I have a spelling checker.
It came with my PC.
It plane lee marks four my revue
Miss steaks eye can knot sea.
Eye ran this poem threw it,
Your sure reel glad two no.
Its vary polished in it's weigh,
My checker tolled me sew.
A checker is a bless sing,
It freeze yew lodes of thyme.
It helps me right awl styles two reed,
And aides me when aye rime.
Each frays come posed up on my screen
Eye trussed too bee a joule.
The checker poured o'er every word
To cheque sum spelling rule.
Be fore a veiling checkers,
Hour spelling mite decline.
And if were lacks or have a laps,
We would be maid to wine.
Butt now bee cause my spelling
Is checked with such grate flare,
Their are know faults with in my cite,
Of nun eye am a wear.

SAFETY MEETING RECOMMENDATIONS

1. The committee made a recommendation to the Directors to approve the blood borne pathogen plan effective 11/1/05.
2. The committee recommends that training for proper body mechanics in the classroom is developed with a SAIF representative.
3. The committee recommended that items stored at an improper level in exit hallways be removed from this area and stored at a proper level.
4. The Safety Committee recommends all employees attend to any food that they are cooking. The committee recommends a sign to be posted in cooking areas to remind people to turn off the stove.

FAMILY & COMMUNITY RESOURCES



Community Action Fact or Fiction

The overall population of Washington County has grown at a faster rate than the poverty population of Washington County.

FICTION - According to the US Census, Washington County's population grew 51% between 1990 and 2002. The poverty population grew 119%.

There is a three year wait for Section 8 housing vouchers in Washington County.

FICTION - The wait is typically 6- 8 years.

Our clients typically pay 3% of their income for energy costs.

FICTION - 3% is the average for all American households. However, our low income clients typically pay 14% of their income for energy costs.

THINGS TO COME

Look for upcoming information on Holiday Happenings.

Wellness Day plans are underway. We welcome your ideas.

LOOKIN' FER WORK IN ALL THE RIGHT PLACES

Job Openings may be viewed at
Common / CAO Main / CAO Info / 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.