



# (I need a name) News

September 5, 2003

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

## DIRECTOR'S CORNER

Jerralynn Ness  
Executive Director



I am writing this article from our national Community Action Partnership Annual Convention in Anaheim, California. With me are Dan Aberg, our board chair, Natalie Horne and Jeri Alcock. The conference is packed with opportunities to learn and be inspired. Our national President, Derrick Span, gave a very rousing State of the Partnership Address on August 28th, the 40th anniversary of Martin Luther King's famous "I have a Dream" speech. And Derrick's vision and dream for ending poverty was no less inspiring or provoking. He called upon our network to challenge this great nation to "eliminate poverty as we know it in this decade." And went on to encourage the entire Community Action world to attend our 40th anniversary celebration and rally in Washington DC on August 28, 2004 where we will be calling for a White House Summit on American Poverty. It will be a presidential election year and both candidates will be invited to speak at the celebration. Today we heard from David Bradley, Executive Director of the National Community Action Foundation, our lobbyist.

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continued from Director's Corner

He began by quoting Charles Dickens: "these are the best of times and the worst of times" for Community Action and our legislative priorities. And ended his presentation with a very positive statement that our programs will not be cut.....we will be able to hold the line. Intensive trainings, mini-workshops, receptions, caucuses, business meetings, local youth entertainment are filling our days and stimulating our minds about all that is possible. It never ceases to amaze me the tremendous potential we have as a Community Action agency and the enormous importance of our mission.

## NEWS OF NOTE

**IMPORTANT – Open Enrollment for Benefits** is during the month of September. A list of meeting dates and times is being distributed to you. Check Winnie's column for more details.

**CONTEST!!** We need a new name for this publication. If you wish to submit your ideas please send Winnie a note or email with your suggestion on it and include your name & date. In case of similar suggestions, the earliest dated one will be the winner. **REMEMBER,** there is a **PRIZE** for the chosen name.

## COMINGS & GOINGS

Congrats! Mary Jo Panaggio on your promotion to TIII.

Patricia Taylor and Terri Smith have moved from Teacher II Subs to FT Teacher II.

In August we said goodbye to Angela Johncola, Jill Hanson, Pearl Lopez, Eliana Gomez and Gail Hilderman & Bob Barber. We wish them well in their future endeavors.



## UPCOMING EVENTS!

Building Meeting	9-16
Head Start Policy	
Board Meeting	9-18
Safety Meeting	10-6
At a glance tour	



## FAMILY & COMMUNITY RESOURCES



**Mark your calendars!** Community Action is sponsoring an Energy Fair October 18<sup>th</sup> from 9-3pm at David Hill Elementary School, 440 SE Oak ST, Hillsboro. Informative displays, Presentations for the whole family, and Conservation tips. Information/Call 693-3232.

Check out our open positions and if you have friends or know someone who may fit the qualifications – please suggest that they apply.

## MORALE & WELLNESS

### Tips

Put Melon on the Menu - Up your intake of heart-healthy lycopene this week by serving red watermelon.

The red variety of watermelon is one of the few foods that contains high amounts of lycopene, a nutrient that is not only important to prostate health, but which also may improve heart health, studies suggest.

Lycopene is a red pigment, so choose red watermelon rather than yellow varieties.

### Recipe: THAI SHRIMP ON BABY GREENS

- 1/2 c fresh lime juice
- 1/2 t salt
- 1 LB fresh Oregon baby shrimp
- 1 cucumber sliced
- 1/2 c finely chopped onion (Walla Walla are best)
- 1 red pepper sliced
- 1/2 c fresh sliced mushrooms
- 3 T chopped dry roasted peanuts
- 1/2 c light reduced fat coconut milk (canned)
- 1/2 nonfat yogurt
- 1/4 c fresh cilantro
- 3 c baby salad greens *(whatever salad mix you like, I think it's best with spinach)*

## CHILD DEVELOPMENT

A Kids Domain will be starting back again on Wednesday, September 3. We have a new site this year – AKD Fern Hill at Fern Hill Elementary school. This is a brand new facility and we are excited to be there! The other AKD sites are at Cornelius, Echo Shaw and Harvey Clarke. As a result of boundary changes, some children who were attending AKD at Harvey Clarke were moved to Dilley Elementary school. Thanks to the Forest Grove Superintendent, Jack Musser who elected to alter bus routes in order to provide pick-up and drop-off services at Harvey Clarke Elementary School for youngsters who were moved to Dilley school and needed childcare services. This is a one-year transitional provision for the 2003-2004 school year only.

Head Start Full Day Full Year programs are scheduled to begin on Tuesday, September 2. There is a new addition to our center based Full Day Full Year sites – Tigard Child Development Center. The other sites are Hillsboro and Beaverton Child Development Centers. The new Part-Day Early Head Start classrooms in Hillsboro and Beaverton CDCs are scheduled to provide services to 16 children 0-3 years old as of September 22.

### Topics –

Do your life's goals emphasize relationships? If so, it could be a boon to your health.

In a recent study, women who had suffered a loss but then made positive changes to their relationship goals in response to the loss experienced increases in immune cell activity. Such boosts may improve disease resistance.

Combine the lime juice, salt and shrimp in a glass bowl and cover tightly for at least 30 minutes. Mix yogurt and coconut milk to form dressing in a small bowl.

Refrigerate until chilled. Prepare individual plates with the greens and vegetables. Top with shrimp. Drizzle with dressing and sprinkle with peanuts.

## WHAT'S DEVELOPING?

We didn't get any information from Development for this issue & we suspect they are really busy getting ready for the next year, after a summer lull.

## LOOKIN' FER WORK ... ... IN ALL THE RIGHT PLACES

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

### Administration

#### Child Development

Teacher I (2 postions)	
Metzger & Peter Boscow	\$8.00- 9.20
Family Advocate	\$11.21- 13.62
Home Visit Education Specialist	\$11.61- 14.09
Teacher III Subs-EHS	
BCDC(3 positions)	\$10.55 - 13.45
Teacher III Tigard CDC	\$10.55 - 13.45
Teacher II Subs-EHS	
BCDC/HCDC(4 positions)	\$8.79 - 10.67
Teacher II EHS-	
Tigard CDC	\$8.79 - 10.67
Teacher II EHS-	
HCDC (2 positions )	\$8.79 - 10.67
Teacher II EHS- BCDC(3 positions)	\$8.79 - 10.67
Teacher III Sub-Coffee Creek	\$10.55 - 13.45
Teacher II Family Support	
(2 positions)	\$10.40 - 11.95
Bus Driver	\$8.79 - 10.68

#### Development Advancement

Grants Manager	\$17.25-24.64
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#### Family & Community Resources

Family Advocate-SAFAH	\$11.21-13.62
Office Specialist II	\$10.41-12.64
New Parent Network Supervisor	\$12.17-14.78
OD Family Support Worker	
(3 positions)	\$11.21- 13.62
Early Childhood Specialist	\$11.61-14.09
Outreach Worker (3 positions)	\$11.21-13.62

\*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** – At this time of the year Fiscal is hard at work closing out the 2002/2003 accounting year and working with the auditors to prepare the annual audit results to our Board. Remember, if you are interested if receiving some training on Fiscal issues and/or forms, just give us a call and we'll see if we can work out something. We really enjoyed the opportunity to work with the PAC's in Pre-K as they prepare for returning staff.

### **Facilities** -

Nick has been busy since the picnic August 15<sup>th</sup> getting classrooms ready for the new school year. You'll know it's him when you see a blur and feel the breeze as he passes you to the next fix-it item. As you know you can prepare a ticket on the helpdesk window for any repairs you need.

**Tip IT** - no tips for this issue.



## CA STAR

### Byline

Opportunity for you – the folks who've done such a great job as our Roving Reporters have either moved away, or are on leave. They have done a great job helping us learn about each other in this column. Sooo, we are looking for 3 or 4 folks who can help out with this important news. The plan is that if 3 or 4 people do 1 employee interview every 2 weeks; we will have an inventory of employee profiles to share in every newsletter. If you like finding out about people & are interested in helping us out, please contact Winnie via email or at ext. 257.

**HR - Ask Winnie**  
**Benefits, Diversity...**



September is Open Enrollment month and we have scheduled meetings on various days and times so that all of you can make one of them. A number of folks have asked me if they need to attend....YES, EVERYONE needs to ATTEND one of the meetings. One reason is that Pacificare will no longer be one of the choices. We are going with the current Kaiser HMO for one plan, and a Kaiser CHOICE PLAN for the 2<sup>nd</sup> option. This way staff that wish to keep a certain doctor will have an opportunity to do so. A 2<sup>nd</sup> reason why we ask all staff to attend (if eligible for benefits & that is everyone who is scheduled to work 20+ hrs./week) is to get current enrollment info for everyone. Years ago when some of you originally signed up for coverage your file copy was filed with the bi-weekly payroll record and is not in your employee file. And, you can see how that would be a problem. So we need current info. Why are we changing? We were quoted premium increases ranging from 18.5% up to 65%. The change to Kaiser reflects a 12% increase.

All Child Development staff need to attend one of the scheduled meetings.

In response to concerns raised in the 12/01 Employee Survey, we are are changing our dental coverage from Kaiser to Met Life. This will allow staff to choose any dentist (except Kaiser dentists). The change will result in a 7% DECREASE in premiums.

Some of you will applaud these changes and some of you will not. We continue to try to balance good benefit coverage with the ability to sustain the costs that go with good coverage. Not always easy.

If you are covered by Pacificare and in the middle of serious medical treatment you may want to speak to our Agent at the meeting to determine best

**USTOUs - SALES, SERVICES, NEEDS**

**FOR SALE:**  
 1990 Subaru Legacy, 130,000 miles, good condition  
 \$1,700 OBO  
 contact Jenny Choban x294

**SEPTEMBER BIRTHDAYS**

VICKI WARE	9/6
JERRALYNN NESS	9/6
WILLIAM URBAN	9/6
MARY WHITMORE	9/12
SHASHONEE PERRY	9/13
MONICA BARRETT	9/13
CHRISTINA SUMMERS	9/15
DEBRA PALMER	9/15
JANICE AMBURGEY	9/17
KATHERINE GALIAN	9/20
MARIA VILLALOBOS	9/21



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

**SEPTEMBER ANNIVERSARIES**



LINDA JOHNSON	4 yrs	9/7
JUDY NAGY	17 yrs	9/8
EMILY BEAN	1 yr	9/9
PATRICIA GALLARDO	7 yrs	9/9
SHANNON PUJADA	1 yr	9/9
SUSAN ABLEN	10 yrs	9/10
TURID HANSEN	1 yr	9/10
MARY HINDAL	2 yrs	9/11
MARLENE DOUGHERTY	4 yrs	9/13
MELLISA HEART	4 yrs	9/13
VICTORICA DOMINGUEZ	7 yrs	9/13
MIRNA HERNADEZ	4 yrs	9/15
AMIE KELSON	1yr	9/16
ANOMA PEIRIS	1yr	9/16
JERON BEAULIEU	1yr	9/16
KARLA TRUJILLO	1yr	9/16
LETTIE HILLES	1yr	9/16
MARY BRITT	1yr	9/16
MICHELLE WALKER	5yrs	9/16
OLGA HOPKINS	6yrs	9/16
PEARL LOPEZ	1yr	9/16
ROSA VILLARREAL	1yr	9/16
CLAUDIA		
GUTIERRAZ-GARCIA	2yrs	9/17
SILVIA CAMPUZANO	2yrs	9/17
WILLIAM URBAN	5 yrs	9/17
ELIZABETH SOMMO	1yr	9/18
SUE CRAWFORD	3yrs	9/18
VERONICA VILLALOBOS	3yrs	9/18
RENEE BRUCE	13yrs	9/19