



I need a name News

JULY 9, 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. Editor: Winnie Althizer.

DIRECTOR'S CORNER



Jerralynn Ness
Executive Director

July 2, 2004 marked the 40th anniversary of the passage of the Civil Rights Act of 1964, which prohibited discrimination in employment and established the Equal Opportunity Commission. This major piece of legislation also banned discrimination in public accommodations.

Many of you know well the story of Rosa Parks, who has been called the "mother of the civil rights movement". Ms. Parks was a seamstress in Montgomery, Alabama when, in December of 1955, she refused to give up her seat on a city bus to a white passenger. The bus driver had her arrested. Rosa was tried and convicted of violating a local ordinance. Her act not only sparked a city-wide boycott of the bus system by blacks that lasted more than a year, but was a major catalyst for the passage of the Civil Rights Act. The boycott raised an unknown clergyman named Martin Luther King, Jr., to national prominence and resulted in the U.S. Supreme Court decision outlawing segregation on city buses. Rosa is an inspiring symbol of courage and determination.

Timed with the 40th anniversary of the Civil Rights Act, was the release of Juan Williams new book, titled, "My Soul Looks Back in Wonder." This book is a collection of stories of ordinary Americans who were involved, and transformed by, the country's civil rights movements. "You have this notion of people discovering within themselves that they have the capacity to create social change," says Williams. Reading the book, I couldn't help but think about all of the people I have met in Community Action who have been transformed by the work we do, creating extraordinary change in local communities and the lives of others.

COMINGS & GOINGS

Welcome!! Mary Pruitt our new Teacher II Sub at Coffee Creek & Ellen Mekjavich the New Family Support Worker in Hillsboro.

Sadly, we said goodbye to Kathleen Derby Ray, Talia Stewart, Marisa Harrison & Jason Stewart.

Take time to refresh during the summer months and your vacation time.



UPCOMING EVENTS!

Safety Meeting	8-2
Building Meeting	8-17
Head Start	
Policy Council	8-17
Board Meeting	8-19
Holiday (Labor Day)	9-6

WHAT'S DEVELOPING?

FREE IS A GREAT PRICE!

ATTENTION PROGRAMS:

Capital Center's Simulated Work site program at 185th and Walker Rd. is looking for projects that provide work experience for their participants. The participants are learning job skills and there is NO CHARGE! They are able to do production projects at their site if you supply the materials.

They recently prepared a 10,000-piece bulk mailing for Resource Development and it went off without a hitch. They do great work!

You can coordinate your projects with Rachel Mack, 503.533.2532.

NOW AVAILABLE ON VHS

The PowerPoint presentation, Poverty in Washington County, which was shown at our Community Spirit Dinner, is now available in VHS format from Resource Development.

FAMILY & COMMUNITY RESOURCES

Congratulations to JoanEllen Swanson (or should we say “JoanEllen Jones”?)! JoanEllen got married on July 7, 2004, and the Family & Community Resources Department wants to give her our best wishes. Much Happiness to you and Craig, JoanEllen!

Hats off to everyone who participated in Relay for Life. The Hillsboro Relay raised over \$13,000 for the American Cancer Society. Thanks for walking:

Cilicia Burrell	Larry Hauth
Pat Rogers	Carolyne Westlake
Joan Brown	Beth Dasher
Belinda Sadler-Grimshaw	Maria Villalobos
Emily Bean	Norma Stewart
Karen Henkemeyer	Vilma Banek

And a special thank you for to Cindy von Ofenheim, Debbie Burrows and Renee Bruce for staying all night! We're already making plans for next year.

Jenny

Topics: Walking – Earth’s Easiest Exercise

It can add years to your life and life to your years. You don't have to join a health club, wear special equipment or go into training to reap rewards. Walking:

- conditions your heart and lungs
- fights the battle of the bulge
- is much easier on your joints than jogging, yet burns about as many calories per mile
- lessens stress and lightens depression
- improves digestion and lowers blood pressure

Tips

How fast should you walk?

Just use the “talk test”. Move at a steady clip that makes your heart beat faster and causes you to breathe more deeply – but doesn’t leave you too breathless to carry on a conversation.

From May issue of TopHealth news bulletin

Recipes: THAI SHRIMP ON BABY GREENS - Natalie

1/2 c fresh lime juice	1 cucumber sliced	1/2 c fresh sliced mushrooms
1/2 tsp salt	1 red pepper sliced	3 T chopped dry roasted peanuts
1 LB fresh baby shrimp	1/4 c fresh cilantro	3 c baby salad greens (OR spinach)
1/2 c onion, <i>finely chopped</i>	1/2 nonfat yogurt	1/2 c light reduced fat coconut milk, canned

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.

JULY 2004 BIRTHDAYS



RENEE	BRUCE	7/3
EMILY	BEAN	7/3
ROCINA	HERNANDEZ	7/4
CLAUDIA	HERNANDEZ	7/6
MARY	DAVILA	7/10
ELAINE	BURRELL	7/13
NORMA	STEWART	7/16
SHARON	BOLMEIER	7/21
MARIA	INFANTE	7/22
FRANCISCA	SALGADO	7/27
SANDRA	DUNLAP	7/27
VICTORIA	DOMINGUEZ	7/28

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



JULY 2004 ANNIVERSARIES

FRANCISCA SALGADO	3yrs	7/1
SUSANA SALGADO	3yrs	7/7
DAVID METZGER	2yrs	7/8
SHASHONEE PERRY	3yrs	7/9
LEYLA AREVALO	3yrs	7/9
GILDA GODINEZ	3yrs	7/9
DEBBIE BURROWS	3yrs	7/12
BETH DASHER	6yrs	7/13
HADLEY CAROL	7yrs	7/30
LINDA ROTHSCHILD	2yrs	7/30

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 I
Teacher II
Teacher III

Development Advancement

Community Relations Specialist \$12.00 - \$17.14

Family & Community Resources

Family Advocate- SAFAH \$11.21-13.62
OD Family Support Worker \$11.21-13.82
I&R Data Specialist \$9.28-11.44
I&R Program Assistant \$11.69-14.61
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.*