

**** MORALE & WELLNESS NEWS ****

Fun News for CAO Staff

May 19, 2000

If you have a fun story of interest please share it with us. Send it c/o Sandie Kitchen at CAO cafe. Your Morale News is a fun letter, our goal here is to brighten your day, week, month while you spend your time helping others through Community Action.

The statistics on sanity are that one out of every four Americans is suffering from some form of mental illness. Think of your three best friends. If they are okay then it'sOh No !

I ask an acquaintance why he had deer and antelope heads hanging on his walls. He stated because they were such beautiful animals. There you go. I think my mother's attractive, but I only have photographs of her.

Our first interview this week is with Renee Bruce, Child and Family Support Program Manager. This is Renee's 5th job at CAO since September 1990. Including Homeless Services Manager. She helped transition Family Care of West Tuality and Opening Doors into CAO. Although she's carried numerous titles, she feels she has obtained experience and knowledge, not to mention countless friendships through her involvement with CAO.

Renee is very definite on how to relieve stress in the work place and at home. It Shows! She says; "I try to plan my time, use a lot of humor, use the support of co-workers and family, try to talk things out and always try to vent in appropriate ways". What a great resolution. For exercise at work Renee usually walks. Most of it taking place up and down the halls looking for people she needs to talk to. At home walking again and an occasional trek to the gym fills the bill. To pamper herself Renee says she LOVES manicures and pedicures. Probably munching on her favorite healthy snack, just ripe bananas. You go girl! She also likes to shop and watch her favorite TV shows.

Speaking of resolutions;

I am in shape Round's a shape !

I always wanted to be somebody, but I should have been more specific !

I've noticed, anyone going slower than me is an idiot, and anyone going faster is a maniac.

I've got six locks on my door all in a row. When I go out I lock every other one of them. I figure no matter how long someone might stand there picking locks, they'll always be locking three !

Here are some more proverbs that first graders finished.

1. It's always darkest before.....Daylight savings time.
2. You can't teach an old dog new.....Math
3. None are so blind asHelen Keller.
4. Children should be seen and not.....Spanked or grounded.
5. If at first you don't succeed.....Get new batteries.
6. There is no fool likeAunt Eddie.

An old cliché at our house when my adult kids were young was; I Am The Queenly Queen of Kitchendom. Well, I've met the Queenly Queen of the Kitchendom and it's not me! It is in fact, our own Vicki Ware. She does not, however, see herself as a queen, but a humble yet knowledgeable staff coordinator for the Head Start kitchen and the CAO cafe. She runs the central kitchen with gracious efficiency. Her kitchen crew, CAO employees and acquaintances hold her in highest regard. The kitchen is usually bustling with activity and laughter. She heads up a 'spic and span' operation and balances the business end of it all with a smile (usually). For those of you who haven't met Vicki, you need too.

Vicki lives in a little cottage in Hillsboro with her amicable husband and two very active teenage (almost) daughters. Along with family members is killdoggie 'Mishka' and her perrrrfect prrreicious 'Boo Boo Kitty'. She has been with CAO Head Start since 1985. Starting as a cook at the Cornelius center, she moved to Sunset (Cornell @ 185th) after a couple of years. When Washington Co. Head Start moved to a central kitchen model they had the precise employee for that position already in their midst. Vicki's expertise helped design our state-of-the-art kitchen here at CAO. So as near as most of us can remember she landed the 'Queenly Queen of the Kitchendom' title around 1990 and we are delighted that she did.

' LONG LIVE THE QUEEN'

Little boy overheard saying his prayers:

"Lord, if you can't make me a better boy, don't worry about it. I'm having a real good time like I am."

Peanut Butter & Jam Bars

45-50 min. oven 350 greased 13"x 9"pan wax paper lined

1 cp. marg. (softened)	Beat marg. and sugar with electric mixer until light and fluffy
1 cp. sugar	Reduce speed to low then add peanut butter and egg until they
1/2 cp. creamy peanut butter	are well combined. Mix in flour by hand, then peanuts. Hold
1 egg	back 2 cps. of dough and press remaining dough into bottom of
3 cps. all-purpose flour	pan. Spread jam over dough in pan. By hand sprinkle reserved
1 cp rstd. peanuts, chopped	dough over jam (don't worry about jam showing through some)
1 cp. jam (your choice)	do not pat down.

Cool completely on rack. When cooled, transfer with wax paper to cutting board, cut 24 bars.

Wacky Cake

1 1/2 C flour
 1 C sugar
 3 Tbsp unsweetened cocoa powder
 1 tsp baking soda
 1/2 tsp salt
 3 Tbsp Canola Oil
 1 Tbsp white vinegar
 1tsp vanilla
 1 C cold water

Preheat oven to 350° F.
 Sift flour, sugar, cocoa, baking soda and salt into an ungreased 8 inch x 8 inch glass baking dish.
 Make 3 holes in the dry ingredients. Pour oil in one, vinegar in another and vanilla in another.
 Pour water over all and mix thoroughly with a fork to moisten.
 Bake 30 minutes or until a toothpick inserted in center of cake comes out clean.
 Yields 9 squares. 146 calories, 23 percent of calories from fat (per square)