

CAP NEWS

WASHINGTON COUNTY
COMMUNITY ACTION ORGANIZATION, INC.
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Hillsboro, Oregon 97123

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FIRST CLINIC IN GASTON: With very little time to work on it, the newest member of the center staff lined up some 15 babies for the Immunization Clinic at the Upper Thalatin Community Center in Gaston on April 4, 1968. Louise Rinehart, nurse at the Health Department gave the shots. Except for a few squeaks, the babies and pre-schoolers seemed to enjoy the experience. I guess it is not the best thing in the world to blow one's horn but it does seem that here in Washington County we have finer health services coming through our Centers than in any of the other CAPs in the State. Of course the credit for this must really go to Dr. James Stewart, our Public Health Officer. Dr. Stewart's staff has now conducted a clinic - well-baby or immunization - in all 4 of the Centers. It makes one feel good to see that through this program so many babies are getting their immunizations. For one or many reasons, not the least of which is plain lack of funds, these kids have not received the shots that most parents take for granted. So thanks, Dr. Stewart. Thanks to the volunteers, who helped at the clinic - Christine Johnson and Peggy Maguire.

DR. GRACH, PEDIATRICIAN, MAKES HER FIRST VISIT: Dr. Julia Grach, Pediatrician on the staff of the Oregon Medical School, conducted her first Well-Baby Clinic at the Center in Sherwood on Thurs, March 28. Dr. Grach is a native of American Samoa, and was an instant hit with the babies and their mothers. The doctor examined 6 of the babies, and two of them were referred to surgery. In all 43 babies came to continue their series of shots that they started at the last Immunization Clinic. Marietta Sorensen, Head Nurse at the Health Department, gave a total of 61 shots - some of the babies received two. Good girl Marietta, they say "squealing" was at a minimum. What a gentle touch!!

Local volunteers who did a terrific job, helping at the clinic were: Batty Mikan, Birdie Slean, Eunice Cochran, Pat Smiley, Lee Satler, Mike Dalton, Mary Wirth, Linda Stanislawski.

Thanks to Dr. Stewart, we will have Dr. Grach conduct all our Well-Baby Clinics. By arrangement with Medical School, she has been assigned to our Center Health Program on a regular basis so she can get to know the babies and their mothers.

JOB ORIENTATION FOR DROP-OUTS - THE JOB FAIR: Oregon Job Fair, which last year drew 10,000 students and counselors from 145 Oregon High Schools to explore Job opportunities and requirements of a cross-section of business and industry, will be held this year at the Memorial Coliseum, Portland, April 16-18. The afternoon of Thursday, April 18 has been set specifically for all young people, who are not attending high school - drop-outs, Job Corps and Neighborhood Youth Corps enrollees, students from special schools, correctional institutions, etc. Through our Centers some 30 drop-outs and NYC kids are being lined up to attend.

Business firms will rent and staff booths at the fair where they will explain their operations, products, types of jobs, training, and career opportunities. There will be 10 scheduled 25-minute presentation periods in each booth during the day, as well as free time to visit other booths and to talk informally with employers. The business community is interested in showing what Job opportunities they have for kids who have not finished high school.

CREATIVE JOB SEARCH CLASSES: To help the kids to be better prepared for the Job Fair we are grateful to Jerry Anderson, Project Specialist, County Welfare Department, for conducting his Creative Job Search class at the Centers in North Plains and Sherwood. Thursday, April 4th, Jerry spoke to 12 drop-outs in North Plains, with a pitch directly aimed at them. Jerry hoped to challenge the kids to try to come up with some goal in life to pursue for themselves, and with that in mind to go to the Job Fair with a view to getting some specific information and direction to reach for that goal. Wednesday, April 10, Jerry will give his class at the Sherwood Center. After the Job Fair we hope to schedule another Creative Job Search class just to help the kids to put the thing together. Thanks Jerry, we appreciate your help.

LEATHER CLASS - NORTH PLAINS: On Saturday, February 14, a leather craft class was held for the first time at the North Plains center. Jim Carte was the instructor and 4 youths showed up. They learned the fundamentals of lacing and cutting leather the single and double buttonhole stitch, and the roll stitch. They have since increased their number to 14 and have produced or are working on key cases, billfolds, vests, and moccasins. Some of the guys have progressed to tooling the leather and have come up with some fancy designs on their billfolds, etc. The class meets every Saturday at 9:00 AM and usually lasts until 1:00 PM.

OPEN HOUSE: Hillsboro League of Women Voters, made a bus tour of CAP on March 28. This was in place of their usual monthly study unit. They were joined by some prospective volunteers. They met at the main office in Hillsboro for a briefing by Hugh G. Rosenberg, Executive Director. They then broke up into 3 groups and visited Head Start in North Plains, the North Plains Center, the Dental Clinic, Timber Center and Sherwood Center with about 30 minutes allowed at each stop. They were informed about the various programs in each center as well as the problems in each area. Refreshments were served at each center and at the clinic. It seems that the word has gotten around that the day was well worthwhile as we are now working on scheduling an Open House for the Beaverton League of Women Voters. We are happy to let anyone and everyone know what CAP is trying to do.

ROAD REPAIR AND CLEAN UP PROJECT - TIMBER: At the request of the Timber Neighborhood Council, the County Health Department contacted the owners of 3 abandoned wells in the area to ask that they be filled in. All the wells have now been taken care of and are no longer a danger. On top of this several old junk cars have been hauled away.

The community is now working on a Road Repair Project. The road that runs by the school to the Wilcox Property are in need of repair. They are both dedicated roads but the county road department is not responsible for their upkeep. So the people in Timber are doing the job themselves. They have had a rummage sale and a potluck dinner to raise funds to buy gravel and other material. They will do the job themselves. How about that for community action! They hope to have enough funds to get the roads in pretty good shape by June.

The county road from Highway 6 to Timber had one particular spot that was causing quite a few accidents. A phone call to the county road department, was followed by a tour of inspection and plenty of action. The place was resurfaced and thirteen new signs such as "slow" and "slippery when wet or frosty" were posted.

CHARM CLASS - NORTH PLAINS: Ten enthusiastic girls are participating in a Tuesday afternoon charm class at the North Plains Center. Linda Bothell, Head Start Parent Coordinator is doing the preparation work and furnishing the material which is presented to the girls by Diane Braukman and Peggy Taylor, two local girls. Thus far they have discussed dating - two sessions were needed for this!, figure control - diet and exercises were demonstrated, wardrobe planning, hair styles and hair care. Yvonne Rosenberg, Beautician, helped out in teaching hair care and styles. Thanks Yvonne. The class meets every afternoon at 4:40 PM at the Center.

WHAT DOES IT REALLY MEAN TO BE POOR? If you are poor you mostly live in crowded, dilapidated housing but you pay the rent and utilities first, if you don't, the gas is cut off and you are evicted. You buy the cheapest and most filling food and are poorly nourished. You get sick oftener and longer than other people and you die younger. You miss work because you are sick. You have little energy and often feel depressed. (A friend of mine once commented to her married daughter that the amount the daughter budgeted for food would total no more than the public assistance standards. Her daughter answered, "yes, but I have a college degree in Home Economics to make the most of it and I know Jack will be making more by next year.") You live in the present. One day's problems at a time are enough to struggle with. You try to get a job. They tell you there isn't any, or that you don't know enough to do their job anyway. You don't know the laws meant to protect you, and you don't believe that the courts or the police ever help anyone like you. Mostly where you live is quite separated from nice places where other people live. You cannot afford books and magazines. The public library or other community resources are just out of your world. Anyway, who wants to read? You don't let people know that you can't really. You don't go to church much -- what's the use? If you do go, you are more comfortable in a little soot-front church where you can really belong. The kids don't like school and you don't see much point in it. Often you are lonely, you feel separated from other people, from people with money to do things, have nice clothes, good houses, new cars. Sometimes, especially if you are young, the mold of resignation is not quite set, you are mad at them all. Occasionally, you strike back at the world that has what you haven't. You marry young, hoping because you are young, for a way out of it all. Then your marriage breaks up more often than

other people's. You have more babies but more of them die than other people's. If you work, you have to let the kids shift for themselves or there's no money left. You are distrustful, often fearful, discouraged, frequently angry inside. Yes, the world is a hostile place for the poor.

Excerpt from "Too Little To Live On" by Marjorie W. Foster A.C.S.C.

CALENDAR OF ACTIVITIES 15 APRIL - 11 MAY

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
14	15 Youth Club-N.P. Tutoring Class Sherwood Parents Advisory Mtg. - N.P. Head Start	16 Staff Mtg. Center Staff GED - North Plains Charm Class North Plains	17 CAP Board Mtg. GED - N.P. Tutoring Class Sherwood Practicum-N.P. Head Start	18 Well-baby Clinic-Timber Job Fair Tutoring Class Sherwood	19	20 Assoc. of Pre-School Teachers State Mtg Eugene Leathercraft N.P.
21	22 Youth Club -NP Tutoring Class Sherwood	23 Center Staff Mtg. Upper Tualatin Council Mtg. GED -N.P. Housing Cmte. Mtg. Charm Class North Plains	24 GED - N.P. Tutoring Class Sherwood Practicum-N.P. Head Start	25 Tutoring Class Sherwood	26	27 Leathercraft N.P.
28	29 Youth Club-N.P. Tutoring Class Sherwood Food Prep. and meal planning Sherwood	30 Sherwood Board Mtg.	1 GED Class-N.P. Tutoring Class Sherwood Practicum-N.P. Head Start	2 North Plains Board Mtg. Tutoring Class Sherwood	3	4 Leather-Craft N.P.
5	6 Youth Club-N.P. Tutoring Class Sherwood	7 Center Staff Mtg. Timber Council Mtg.	8 Tutoring Class Sherwood Practicum-NP Head Start GED - N.P.	9 Tutoring Class Sherwood	10	11 Leathercraft N.P.