



Morale & Wellness News

Fun News for CAO Staff

December 14, 1999

1. This newsletter is put together by the Morale and Wellness Committee. Submissions welcome to Sandie Kitchen, Hillsboro Child Development Center.
2. Today's joke:
Customer: I'd like to try on the dress in the window.
Sales clerk: Well, I'd prefer that you try it on in the dressing room!
3. Guess who? New employees:
 - a. I like nail colors, singing, and music. Working at Head Start is special to me because I get to "play all day". When I grow up, I want to be a "Toys R Us Kid".
 - b. I was born in Mexico. I like to work at Head Start. It is special to me because I get to do activities with children. When I grow up, I want to be a teacher.
 - c. I was born in Hong Kong. I like cooking, reading, and teaching kids. Working at Head Start is special to me because I can learn new knowledge, know more friends, and make my life more meaningful. When I work up, I want to work at school.Next issue, we plan to include people from other parts of the CAO agency.
4. Fast facts: from the proportions, the estimated body fat of a Barbie Doll is ten percent. The recommended healthy body fat percent for an adult woman is between 17 and 22 percent. (Source: Oregon Dairy Council, Nutritionwise, Spring 1995). If you shop for dolls this holiday season, consider looking for dolls that set a model of realistic size.
5. Reminder: If you are participating in "Secret Pals" be a pal and remember your pal at least once per month. The "Secret Pal" project will be open to new pal participants during the All Staff Day on Friday, December 17.
6. The Community Action Organization Morale and Wellness committee will meet at 8:45 am. in the CAO Café on Tuesday, January 11, 2000. The standing committee members will be finalized at that meeting. Input is welcome.

** Answers to Guess Who: a. Jeanine Perez, Kinnaman Head Start site, b. Mirna Hernandez, Vose Head Start site, c. Betty Chung, Chehalem Head Start site.