

Deadline is the Friday before pay day; Contacts for articles are: Child Dev. -Farzana Siddiqui, F&CR – Beth Dasher, All others – Winnie Althizer. Roving Reporter: Joani Hagen. Production: Christina Taft. Editor: Winnie Althizer



## Director's Corner

Wellness matters. Taking care of ourselves physically, emotionally, intellectually and spiritually dramatically improves our quality of life. Achieving a good quality of life means something different to each one of us, but it usually means we have good physical and mental health, a sense of purpose, are hopeful and have meaningful relationships. Having wellness sounds odd, but I think of it as being able to participate in all of the aspects of life that we care about. We are more productive at work and get greater satisfaction from our contributions. We can participate in physical activities that we enjoy. We have relationships with others that add tremendous value to our lives because they work: they comfort us, they inspire us, they teach us, they nurture us. We feel that our life matters.

This year's wellness day was again a great success and just one small way that Community Action can say to all of our staff that we care about your wellness. Many thanks go to our fearless staff committee leader Beth Dasher and to her committee members: Elaine Burrell, Valerie Conner, Jeri Alcock, Courtney Hoefel, Vicki Ware, Anne Schlerth, Sandy Kitchen, Bob Watson, Dolores McNee, Dennis Sanders and Winnie Althizer, who made this possible for the rest of us to enjoy...you are Community Action Heros!

## News of Note

Whew! What a month! We started it off with the Federal audit of Pre-Kindergarten and ending with Wellness Day. The committee did a tremendous job and I know all of us truly appreciate their dedication. Beth says she is taking next year off, so if you are interested in leading the Wellness Day committee, please let Winnie know. Check out the pictures on the following pages.

**NOTE:** Cilicia will be gone May 13<sup>th</sup> through the 15<sup>th</sup> so get your reimbursement requests to her by May 9<sup>th</sup>!

Tuality Hospital's second annual CAT Walk, is coming up this July 4th. As you know Tuality is one of our strongest partners and this event benefits a local Cancer Center facility. More info is coming, but if you have questions you can contact the Foundation directly for more details (503-681-1170).

## CAO STAR

byline: Joani Hagen

If our Head Start bus driver, Bob Barber, looks tan and rested, it's because he and his wife Sylvia just got back from the island of Kauai where they celebrated their 25<sup>th</sup> wedding anniversary. Both love to travel and their careers are even connected to getting people from one place to another. Sylvia coordinates transportation for Red Cross and Bob drives a 48- passenger bus for JBT center and Mooberry. "It's a tight schedule," he says but he likes it and has been driving for us since 1993 when he started as a substitute driver.

A native Oregonian, Bob enjoys taking his RV and heading for one of the Thousand Trails campsites. This spring break they landed in Florence, a favorite and "beautiful" site. He watched the quads running on the sand dunes and he said, "That's my idea of fun." It reminds him of his younger days when he used to drag race and ride motor cycles in the sand. Drag racing is still his favorite sport. He also likes classic cars and used to own a 641/2 Mustang.

Bob intends to retire soon and RV'ing will be his lifestyle. He plans to "follow the sun". Even now his spare time is spent getting in the car and just driving. He remembers his Dad saying, "At any price, gas is the cheapest entertainment there is."

## Upcoming Events!

**Community Spirit Dinner**.....5-2-02  
 Safety Meeting .....5-6-02  
 Next Bldg. Meeting....5-14-02  
 Memorial Day  
 Holiday.....5-27-02  
 Pre-Kindergarten  
 Graduations.....End of May

## Wellness Day 2002



**Honoring 20 yrs  
of Service for:**

**Sandy Kitchen**

**Featuring our  
Spring Fashion  
Collection**



**Intently.....  
“learning to relax  
with crochet”**

Sooooo much to  
choose from at  
Registration



A well earned  
**THANK YOU** to the  
Wellness Day  
Committee !!!!!



**JOB WELL DONE**

**DOOR PRIZES!!!**

*- A really, really,  
really FUN part of the  
day.*



*A glamorous group  
putting on the best  
ever show!!*



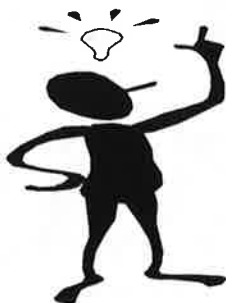
## MAY Birthdays

|                                    |                 |
|------------------------------------|-----------------|
| <del>Judy Nagy</del>               | <del>5-2</del>  |
| <del>Carol Stewart</del>           | <del>5-2</del>  |
| <del>Agustina Perez-Gonzalez</del> | <del>5-3</del>  |
| <del>Bruce Horne</del>             | <del>5-8</del>  |
| <del>Delores McNee</del>           | <del>5-9</del>  |
| <del>Corissa Jensen</del>          | <del>5-10</del> |
| <del>Lori Balch</del>              | <del>5-11</del> |
| <del>Ginger Williams</del>         | <del>5-12</del> |
| ✓ Jimi Smith                       | 5-21            |
| ✓ Judy Clifford                    | 5-21            |
| ✓ Dolores Rodriguez                | 5-21            |
| ✓ Juana Meraz                      | 5-21            |
| ✓ Catherine Virgilio               | 5-28            |
| ✓ Lori Jimenez                     | 5-30            |

Happy Birthday to youuuuu....Happy Birthday to you.....  
Happy Birthday Everyone....and many happy returns!!

## May Anniversaries

|                 |      |                   |
|-----------------|------|-------------------|
| Rosa Diggs      | 5-3  | 3 yrs             |
| Augusta Lang    | 5-8  | 6 yrs             |
| Monica Barrett  | 5-10 | 3 yrs (this time) |
| Heather Roberts | 5-20 | 5 yrs             |
| Rachel Criswell | 5-24 | 3 yrs             |
| Judy Clifford   | 5-25 | 9 yrs             |



## Lookin' fer Work ... ... in All the Right Places

See this info \* at: Common CAO Main/CAO Info/HR  
Resources/Current Job Descriptions.

### Administration

Office Specialist II 8.66 – 11.55

### Child Development

Prog. Area Coord. (PAC) 11.57 – 15.89  
Family Advocate J.B. Thomas 10.75 – 13.40  
Teacher I – J.B. Thomas 8.00 – 9.20  
EHS Family Support Worker 9.33 – 12.44  
Kinship positions:  
Bus Driver 8.00 – 10.78

### Development Advancement

### Family & Community Resources

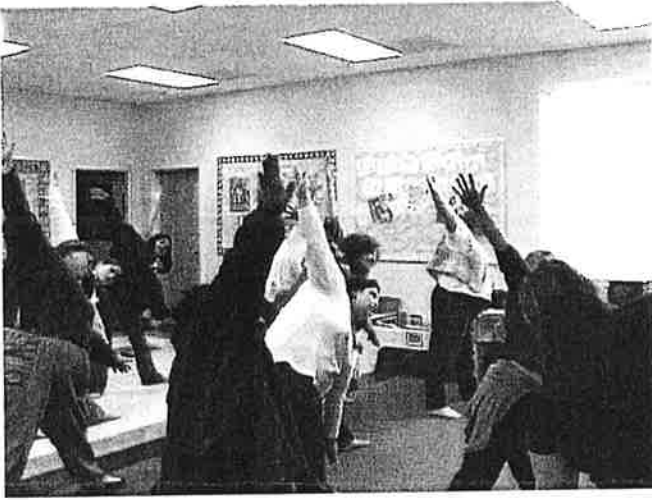
Child Care Resource &  
Referral Specialist 9.24 – 12.82  
Homeless Children's Prog. Coord. 9.33 – 12.44  
Shelter Assistants (ongoing) 8.00 – 9.22

\*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.

## Us to Us – Sales, Services, Needs

*Nothing this week check us  
next time - if you would like to  
put a notice in here, please contact  
Beth Dasher, Farzana Siddiqui or Winnie*

# Last Page (we know you'll miss us)



Streeetching  
towards feeling  
gooooood!

A Marked  
Man with  
Henna Tattooing



*Each year I think to myself –  
WOW, wasn't that the best  
WELLNESS DAY ever???  
.....See ya next Year!!!*