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CAP NEWS

WASHINGTON COUNTY
COMMUNITY ACTION ORGANIZATION, INC.
558 S.E. 10th
Hillsboro, Oregon

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Dr. Donald C. Jones, Chairman, Board of Directors
Hugh G. Rosenberg, Executive Director
Peter M. Cullen, Program Director, Editor
John R. Moses, Program Developer

SEWING CLASS: A group of the Head Start Mothers have organized a Basic Sewing Class, and meet every Wednesday morning at 9 at the Community Center in North Plains. They are presently working on cobbler aprons and will start making childrens' garments shortly. The class is being conducted by Linda Bothell, Head Start Parent Coordinator. The group is still recruiting new members. If you are interested, please call the Center, 331-5515. Any donations of sewing machines, thread, patterns would be appreciated. Special interest topics such as - working with knits, new ways to apply zippers, patern alterations, line and design are planned for the future.

THANKS: A special, special thanks to Chuck Olson, Student Activity Director, Forest Grove Union High, to Dave Robinson and to Bonnie Glesson from the Junior Red Cross of Forest Grove High for making it such a wonderful Thanksgiving for the families they delivered Baskets to

HEAD START - NORTH PLAINS : Head Start is off and running with forty-two five-year-olds about evenly distributed between boys and girls, and a staff which includes the administrator of the program, three teachers, three teacher's aides a social worker aide, a parent coordinator and several volunteers from the community.

The North Plains Head Start School is the only full year rural Head Start in the state, and so far as we know, is the only one which has a working arrangement for a lunch program with the local school district. The degree of cooperation and interest on the part of the local school is very gratifying, and very rare.

Outside of what Head Start can do for the children, and this is its main function, one of the great satisfactions in this particular program is the degree of community and parent involvement. The majority of the parents of the community recognized the value of a Head Start program to begin with, They instituted the original surveys and applications, and followed through to see that a program was established. Often, at this point the interest would wane, and the program would go on virtually without further involvement on their part. Here, the interest has not waned, and if anything, parent and community involvement is more intense than ever...as it should be.

John Ulrich, Administrator

FAMILY PLANNING CLINIC: Family Planning is regarded by Washington County Department of Public Health as a public health concern. Information, by the Health Department, in printed form or by consultation with the nursing staff is available at any time.

Because cost may sometime hinder persons who need and want to use Family Planning methods, the Health Department operates a Family Planning Clinic for low income people, where any appropriate method will be provided without charge to the patient. The clinic is staffed by a medical specialist, assisted by a trained nurse. It is open on the Third Tuesday of each month at 7:30 P.M. in the Health Department, 150 N.E. 3rd, Hillsboro. Call 648-1111, Ext. 235 for an appointment or for more information.

SHERWOOD AREA ACTION GROUP FORMED AND STAFF SELECTED: On Monday, October 30, at a general meeting the following eleven people were elected to form the Sherwood Area Action Group: Rev. Otis Harden, Chairman; Pat Smiley, Vice-Chairman; Agnes Mandel, Secretary, Eunice Cochran, Harry Coulson, Lois Dalton, Sam Drinnon, Vicki English, Minnie Haynes, Marjorie Stewart, Father Louis Weis.

Their first order of business was to screen some twenty applicants for the Center jobs. After two special meetings they chose Ruth Tiner of Sherwood as Center Coordinator and Minnie Haynes of Sherwood as Community Aide. The staff are presently getting themselves orientated. Good luck to both and welcome aboard to lots of hard work.

fo CARDS SENT 3 WOMEN CAME
CONSUMER INFORMATION PROGRAM - TIMBER: Betty Ashbaugh, Washington County Extension Service, conducted a consumer information program at Timber Neighborhood Center on Tuesday, November 21st. Betty showed many slides, and demonstrated how one can save dollars in the buying of groceries and offered the ladies a suggested plan. She pointed out some of the "tricks," "pitfalls, and "advantages" to watch for in everyday buying.

\$ GASTON AD HOC COMMITTEE FORMED: On Tuesday, November 21st, an interested group in the Gaston, Dilley, Cherry Grove area formed themselves into an Ad Hoc committee to work towards establishing a Neighborhood center in their area. Evelyn Crook, was elected Chairman, Ron Gilbertson, Vice-Chairman and Bird Nixon, Secretary. They have had several meetings recently and their next one is planned for Tuesday, December 12 at 8 P.M. in the Gaston Fire Hall. According to Evelyn much local interest has been generated and many questions have been asked and answered in recent weeks.

CHRISTMAS WORKSHOP:- The North Plains Head Start mothers are getting ready for the Christmas holiday. They are working on plans for a Christmas party at the school. They meet at the Community Center each Friday at 9:00 A.M. They are making and exchanging ideas for toys, decorations, recipes, gift wrapping and menu planning. They would like any ideas YOU might like to offer

IN-SERVICE TRAINING: The Oregon State System of Higher Education has established the Northwest Center for Community Action Training through a grant from the Office of Economic Opportunity. The Center is located in Portland. On November 29, it brought a program for Community Action workers in Washington and Columbia Counties as well as for people in community work from different agencies to the Forest Grove Community Hall. The session ran for 3 days and

confined itself to the problems and difficulties of the Community Aide Job. Such topics as Interviewing techniques, community development and Leadership identification were discussed. Day sessions were held in the Forest Grove Community Hall and evening sessions in the Hillsboro City Hall. The staff appreciated very much the help received from this training program and are looking forward to future programs.

THANKS: Sincere thanks to Jessie for the art work on our Newsletter, Posters, etc. How about those nice letters for the title of our Newsletter. Thanks, Jess.

WASHINGTON COUNTY CHRISTMAS BASKET COORDINATORS

Forest Grove - Mrs. Tora Samuleson = 357-9218 (no calls before 10:30 AM)
Hillsboro = Mrs. Irma Vandehay = 648-3503
Beaverton = Mrs. Francis Walker = 648-6249
Tigard = Mrs. Carol Fowler - 639-6378

A VERY MERRY CHRISTMAS TO ALL!