

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

Fun News For CAO Staff

May 5, 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.

I hope you all enjoyed Wellness Day 2000. If you weren't thoroughly revived and elated please feel free to get into the action on planning next years. Your input is greatly needed and appreciated.

Now that spring is here so is that blossoming time for love. If cupid should happen to strike in your life, here are some not so useable tips from the innocent generation:

1. What is the proper age to get married ?
"Once I'm done with kindergarten, I'm going to find me a wife." (Tommy, 5)
2. Is it better to be single or married ?
" It's better for girls to be single, but not for boys. Boys need somebody to clean up after them." (Lynette, 9)
3. What falling in love is like .
"If falling in love is anything like learning to spell, I don't want to do it. It takes too long to learn." (Leo, 7)
4. A surefire way to make a person fall in love with you.
" Tell them that you own a whole bunch of candy stores." (Del, 6)
5. How to make love endure.
"Don't forget your wife's name.....that will miss up the love." (Roger, 8)

Our wellness interview this week is with Guadalupe Garnica. A new Family Advocate this year, Lupe has been with CAO since August 1994 through ABC Soup, Inter Office Translations and Office Specialist. A prime example of the versatility of CAO employees.

She says sitting back and relaxing during her busy schedule helps her relieve stress at work. At home she feels finding time to play and read to her children are her favorite relaxing pastime. Always lots of music in the Garnica household, lends an air of warmth and relaxation. Her favorite healthy snack is nuts and raisins. Lupe says drinking plenty of water all the time seems to be beneficial in many ways. She admits to never finding time to exercise at work, but at home she goes for walks as often as possible. When asked what she does to pamper herself, she confesses "No housework, just play with kids and try to have fun !"

Sounds good to me !

Now that tax time is behind us, here are a few points to ponder before next year:

1. After any salary raise, you will have less money at the end of the month than you did before.
2. The light at the end of the tunnel has been temporarily turned off do to none payment.
3. By putting it off just a little every day, I can gradually let my taxes completely overwhelm me.
4. To err is human, to forgive is not IRS policy.
5. There is absolutely no substitute for a genuine lack of preparation.
6. Dear IRS, Please cancel my subscription.

Elaine Burrell is our long time employee we're persecuting this week. As many of you may already know Elaine started volunteering as a parent in 1980 for teacher Lorraine Heller in the old Sunset Center with daughter Deserie. Then again in 1983 with our own Cilicia (fiscal). Deserie, now 23, is a dental assistant for Kaiser at their Interstate facility. Elaine started out as a teaching assistant in September 1982 at the Sunset center, which was near 185th on Cornell Rd. She worked in that position for over 17 years, dedicating her patient strength to many a staff and student at centers including Cornelius, Cedar Mills, Westview and Metzger/Vose.

Elaine keeps stress at a minimum at work by turning up the humor and calming down the "freaking out" people that might be around her. At home she likes to watch funny movies or go for a drive. She exercises by walking and pushing herself up and down in her chair !! At home she tries more exciting activity like water aerobics and shopping. Elaine says popcorn and yogurt are her favorite healthy snacks. To pamper herself she'll go to her best friends house and watch movies and have dinner together. Then when she's feeling really decadent she'll go to "Wine & Whine" with her friends from work. BIG FUN !

Here are some thoughts from the work place:

The trouble with work is.....it's so daily.

I used up all my sick days, so I'm calling in dead.

If it weren't for the last minute, nothing would ever get done.

Proofread carefully to see if you any words out.

If at first you don't succeed, redefine success.

A conclusion is simply the place where you got tired of thinking.

Notice: The only person getting their work done by Friday was Robinson Crusoe.

They say that you are put on this earth to accomplish a certain amount of things. Right now I am so far behind..... I'll never die.

Hard work never killed anyone, but why give it a chance ?

(My personal favorite)

The beatings will continue until morale improves.

Those of you who haven't revealed your Secret Pals please keep those cards and surprises coming up until you're ready to reveal or we end up this school year. Next year we'll be more prepared for our year end wrap-up. Please forgive me for this year's sporadic ending as it was beyond my control.

Serve this dip with yellow or white corn tortilla chips.

GUACAMOLE DIP

3 ripe avocados
2 cups chopped fresh tomatoes
3 tablespoons green onions, chopped fine
1/2 teaspoon Tabasco sauce
Salt and pepper to taste

Slice avocados lengthwise and carefully pull halves apart. Remove pit and gently scoop out the meat. Mash well. Chop tomatoes, removing as many seeds as possible. Combine with avocado mixture. Mix in chopped onion and seasoning. ■

Sliced vegetables go nicely with this dip.

YOGURT SPINACH DIP

1 cup yogurt
1 7/4-ounce can chopped spinach, drained and chopped fine
2 cloves garlic, minced
1/2 teaspoon salt
1 teaspoon lemon rind, minced
Dash of black pepper
6 drops Tabasco sauce

Combine in a medium bowl and mix well. Chill before serving. ■

This dip goes well with snack crackers or mini bread sticks.

PECAN CHEESE BALL

2 8-ounce packages cream cheese, softened
2 cups shredded sharp Cheddar cheese
1 tablespoon each chopped pimento, chopped green pepper and finely chopped onion
2 teaspoons Worcestershire sauce
1 teaspoon lemon juice
dash each of cayenne pepper and salt
3/4 cup finely chopped pecans

Combine cream cheese and cheddar cheese, mixing well. Add the remaining ingredients except for the nuts. Shape into a ball. Roll the ball in the chopped pecans. Refrigerate until firm. ■