



A community-based newspaper serving the Puget Sound area since 1981



# The Voice

January  
2007  
Articles translated  
into six languages

The newspaper of Neighborhood House

## Revisions planned for Low Income Public Housing policy

By VIRGINIA FELTON  
Seattle Housing Authority

The Low-Income Public Housing home-Works project financing will provide the Seattle Housing Authority with the necessary funding to sustain quality housing well into the future.

To support the regulatory requirements for this tax-credit funding, SHA is required to comply with Section 42 of the IRS code which regulates tax-credit housing.

The Housing Authority has been working to revise its policies to reflect these requirements. Residents are invited to review the draft policies and to submit written comments about them.

Residents may pick up a copy of the revised policies in any public housing management office.

Comments on the policies must be in writing and may be either returned to the building's management office, e-mailed to [dfoss@seattlehousing.org](mailto:dfoss@seattlehousing.org) or mailed to: Policy Comments – Donna Foss, Seattle Housing Authority, Housing Operations Department, P.O. Box 19028, Seattle, WA 98109.

All comments must be received in writing by 5 p.m. on Jan. 31.

Some of the changes you will see in the revised policies affect admission eligibility factors and tenant selection.

### Changes to income limits

The LIPH policies will be changed to reflect the tax-credit rules, which say that tax-credit rentals are available only to people who make less than a certain limit.

For example, a single person living in a homeWorks building needs to make less than \$32,700 to qualify for that unit.

Because this limit is already higher than SHA's preferred limit for LIPH, this new rule will have no effect on people living in or moving into homeWorks units.

All of SHA's LIPH apartments will still be reserved for people with incomes at or below 30 percent of area median income (\$16,350 for a single person household).

Policies will also reflect changes for households made up exclusively of full-time students who may need to be placed only in non-tax credit units.

In order to accommodate applicants and current tenants who would not otherwise qualify for the low-income housing tax

credit program, some units in each building and some whole buildings will be kept as non-tax-credit apartments.

### Maximum rents set

A new definition has been added to the rent policy for Low-Income Public Housing.

The policy sets maximum rents for tax-credit units. For example, if 30 percent of the resident's income results in a rent of \$450, but the Tax Credit Maximum Gross Rent for their one-bedroom unit is \$438, their rent will be set at the lower number, \$438.

### Income review will be done annually

Residents who are on a fixed income in a homeWorks building will no longer be able to have their income reviewed every three years. All residents in these types of units must have an annual income review.

Currently under the "Eligibility for Continued Occupancy Policy" the effective date of a residents' annual recertification does not change even if the resident transfers to another unit. The effective date is now based on the resident's original SHA move-in date. This will change to be based on the resident's move-in date to his or her current unit.

For example, if a resident's move-in date is March 28, the effective date of the annual recertification will be March 1 of each year. If the resident transfers to a new unit on Nov. 1, the effective date of the annual recertification will now be Nov. 1 of each year.

Currently if a resident fails to comply with the completion of his or her annual recertification, their housing assistance is removed, and the resident is required to pay the full market rent for the unit.

For residents in a tax-credit financed  
**Please see "Policies" on page 2**

### Where's the rest of The Voice?

You may notice that this month's edition of The Voice looks a little different. That's because we've put together a shorter version of the publication to accommodate staff vacations.

Don't worry, we'll be back to normal next month, and there are still plenty of great stories inside.

## "Giving Trees" a holiday tradition at SHA

### SEATTLE HOUSING AUTHORITY

For five years, Seattle Housing Authority employees have teamed up to make the holidays a little brighter for a few people in need.

PorchLight employees who work every day with people in need of housing select a number of especially needy households to receive gifts from SHA staff members and supervisors.

This year a committee of employees chose five households. The recipients were invited to suggest useful gifts, and then beautifully-decorated tags were prepared and attached to "Giving Trees" at PorchLight and at SHA's central office.

People who wished to give a gift chose a tag, purchased the gift and placed the wrapped gift under the tree.

This year's gift requests included a 7-year-old child's coat, a gasoline gift card, a blender and flannel pajamas.

The gifts were delivered in late December.



PHOTO BY SCOTT FREUTEL

Housing Authority employees (from left) Tier White, Katherine Wiles and Rowennah Leynes attach tags on which are gift requests to the Giving Tree at PorchLight.

## Happy New Year

from SHA  
Executive Director  
Tom Tierney

### DEAR SHA RESIDENTS,

2006 was quite a year for all of us — staff and residents alike.

On the staff side, we continue to make every effort to improve the quality of Seattle Housing Authority housing.

We've moved forward on building new units at our HOPE VI sites and have made significant progress on homeWorks, our effort to renovate and improve many of our high-rises.

We have also begun discussions with the community about how best to improve the housing at Yesler Terrace.

On the residents' side, I know that all of this change may have caused inconvenience and was sometimes even somewhat scary.

Through all of the challenges you have faced as residents (including, sometimes,

dealing with SHA!), I have been continuously impressed by your resourcefulness, strength and good humor.

It is my hope that SHA staff can match those excellent resident qualities and continue to work with you as partners.

As we face this new year, I am hopeful that we will continue to make progress together on the challenges that you may face and those encountered by low-income people everywhere.

I pledge that SHA staff will continue to support you by providing safe and comfortable housing far into the future.

May the New Year bring each of us closer to our dreams and bring staff and residents closer together as a community.

— Tom Tierney  
SHA Executive Director

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### Quotable

"We all like to go to the many functions the community organizes. I like to meet the new people, socialize and eat the good food that is offered."

— New Yesler Terrace resident Liemt Le on what she and her husband enjoy about their new neighborhood.

See story on page 7

Neighborhood House  
Jesse Epstein Building  
905 Spruce Street  
Seattle, WA 98104

Non-profit org.  
U.S. postage PAID  
Seattle, WA  
Permit #8887

# New human resources director hired for SHA

By VIRGINIA FELTON  
Seattle Housing Authority

Dean Barnes began his new job as director of human resources at the Seattle Housing Authority in late November, but already he is making plans and setting goals for himself and his department.

"I want us to be a very effective HR department," he said. "By applying the latest technology and being efficient in what we do, I hope we can help people spend less time on paperwork and more time being of direct service."

He added that the more efficient his department is at providing services to other SHA employees, the more time they will have to serve residents and help SHA meet its mission.

Barnes said that he also sees a role for himself and the other HR professionals at SHA in supporting resident needs in the workforce.

He looks forward to working with The Job Connection staff and other SHA programs to support the career development efforts that are already in place.

"I am amazed by the cultural diversity here – both on the staff and among the residents," he said. "I want to explore ways to help residents with the transitions that are needed to make people more employable."

He points out that many SHA residents have been very successful at entering the job market, but need more assistance to make steady wage progress.

"Many of our residents have been able to get jobs that pay up to \$12 or \$13 dollars an hour, but they need to see those earnings get up into the \$20 range in order to leave public housing," he said. "I'd like to see if there are more ways that we can help."

Barnes' preparation for his new job at SHA is extensive. After growing up in the Yakima area, he attended Whitworth College in Spokane, where he majored in business and also played baseball.



Dean Barnes

(On a bookshelf in his new office sits a bowlful of baseballs and the wall includes a picture of his father and uncle, both of whom played semi-pro baseball.)

His first job out of college was with Pacific Northwest Bell. While employed at the phone company, he completed his MBA from City University. In the early 1990s he moved to Phoenix to become the assistant director of career services at Arizona State University. During this time, he began a doctorate program in public administration.

His study of public administration solidified his desire to work in the public sector. This led to his coming back to Seattle, where after a brief stint with Safeco Insurance, he went to work in human resources for the City of Seattle.

"It's really important to me to be involved in work that helps people at a very basic level," he said.

When asked why SHA in particular was attractive to him, Barnes shared that he really appreciates the singular focus of the work of the Housing Authority.

"The idea of being part of an organization that assists people in finding housing is very appealing to me. We are fulfilling a very basic need that is extremely important to people."

downtown), East (Central area, Capitol Hill and First Hill), Southwest (West Seattle and White Center), Southeast (Beacon Hill and Rainier Valley).

Residents can request a directory be mailed to their home or pick one up at the Operational Service Center located at 1300 N. 130th St. To request a directory call 206-770-6789.

This phone number is also the Scattered-Site's maintenance line to call for repair issue in resident's unit or house. The after-hours emergency number for repair issues is 206-443-4440.

## Resource directory available

### SEATTLE HOUSING AUTHORITY

A resource directory of community services for residents of Scattered-Site housing is now available.

Based on past surveys, residents have told SHA they most often need information about locations of local food banks and child care and help finding jobs and emergency rent assistance.

The directory lists services specific to areas of the city including Northwest (Ballard, Fremont, Greenwood), Northeast (University District, Wedgewood, Lake City), West (Queen Anne, Magnolia,

### About The Voice

The Voice is a monthly newspaper published by Neighborhood House with financial support from Seattle Housing Authority resident participation funds. The Voice is developed and edited by Neighborhood House with help from SHA residents and staff. It strives to provide a forum for objective news and information of interest to low-income people and those living in SHA communities.

The Voice welcomes articles, letters to the editor and columns from readers. If you'd like to submit an article, or if you have a question about anything you've read in this publication, feel free to contact Editor Stacy Schwandt at 206-461-8430, ext. 227 or by e-mail at stacys@nhwa.org.

If you have questions about SHA-related stories, you may also contact SHA Communications Director Virginia Felton at 206-615-3506 or by e-mail at vfelton@seattlehousing.org.

You can also mail submissions to: The Voice, Neighborhood House, 905 Spruce St. #200, Seattle, WA 98104. Please include your name and contact information on your submission.

All submissions are subject to editing for accuracy, style and length.



## Health Notes

A column devoted to your well-being

### Staying active in colder weather

By GAEA HAYMAKER & KRISTEN CALLISON  
Special to The Voice

Staying physically active can help keep your body and mind healthy. We often start the New Year with resolutions to exercise more, but winter weather can make it challenging. Instead, we eat too much and don't want to leave our house. If you plan ahead for cold, wet weather, you can stay healthy year-round. To help you get started, here are some ideas for staying active even in wet and windy weather.

#### Dive into a pool

There are swimming pools at many Seattle community centers and swimming and water exercise classes are a great way to be active. No matter what the weather is doing outside, the pool water is always warm.

Water exercise is especially helpful if you have arthritis or if you're overweight. Exercising in the water takes pressure off of your muscles and joints, making it easier to move without injury. New classes often start during the month of January. Contact your local community pool for a schedule.

#### Take a walk

Walking is great exercise and you can do it almost anywhere, anytime and for free. Walking can give you more energy, strengthen your muscles and help you feel more relaxed. All you need is a pair of shoes with thick flexible soles that cushion your feet and layers of clothes to keep you dry and comfortable.

With the right clothing you can walk in almost any weather. If the weather is really nasty, try walking indoors at a mall or school. Find a partner or group to join you — those who can walk on the same schedule and at the same pace. Walking with a group is a good way to meet people and stay motivated.

For information on indoor and outdoor walking groups, contact Mari Becker at Sound Steps at 206-684-4664 to sign up.

#### Join the crowd

Join a group fitness class that matches your interests and ability. There is an extensive list of classes offered at every community center in Seattle. Classes include everything from senior aerobics to T'ai Chi and pickleball. EnhanceFitness is a group exercise class for older adults, available at many community centers and senior centers. No matter what your age, taking a class is a great way to learn a new skill and meet people.

### Policies

#### Continued from front page

unit, the resident will be required to pay the maximum tax-credit rent, effective on the first day of the month following termination of the housing assistance.

#### Resident transfer policy changed

For public housing tax credit units, the criteria for transfers has been revised. The new rules will require a resident's eligibility to be reviewed before a transfer can take place.

Residents who live in homeWorks units will be ineligible for a transfer within their first six months of occupancy in their current unit.

### Correction

A story in the November issue of The Voice listed the wrong telephone number for the Westwood Heights Technology Center. The number is 206-932-6942, ext. 16

#### Dance to the music

There are many fun, low-cost ways to stay active without leaving your own home. Turn on the tunes and dance! Dancing is a great way for the whole family to get active. Dancing also helps make your muscles and bones stronger and burn calories.

#### Lift weights (or soup!)

You can easily lift weights at home. If you don't have a set of hand weights, use a soup can. It's a great substitute. As you exercise, it's important to start out slowly and avoid any movements that cause sharp pain or discomfort. When lifting weights, take deep, even breaths and keep your back stable and supported.

#### Take a deep breath and stretch

Stretching can help relax your muscles and clear your mind. It is a great way to energize your body after long periods of inactivity or holding still. Regular stretching throughout the day will also improve circulation and flexibility. An easy first stretch is to stand up straight, bend your knees, take a deep breath in, and stretch your body and arms toward the ceiling. Slowly exhale, lowering your arms and bending your knees. Repeat three times.

#### Visit the library

Sure the library is a great source for books, but the library also has a large selection of fitness videos and DVDs, including those on T'ai Chi, yoga, dance and aerobics. Videos and DVDs can help you stay motivated and learn new routines. They are also a great way to check out a new activity and decide if you want to pursue it.

#### Play a game

Keeping your mind active is an important aspect of maintaining overall health and wellness. When the days are gray and short, brighten them up with a board game, crossword puzzle or a good book. Playing a game is a great way for family members of all ages to play together. Trade games with family and friends to keep something "new" available.

During these winter months in Seattle, we can still have fun and stay active. It just takes a little planning and a willingness to try something new. In fact, we may find that we discover a new activity that we can enjoy year-round.

Gaea Haymaker is a community health educator and Kristen Callison is a mental health counselor for Puget Sound Neighborhood Health Centers. For more information about their services call 206-461-6935.

### Community notes

#### Study seeking volunteers

Researchers at the University of Washington and Children's Hospital & Regional Medical Center are seeking young people from 11 to 18 years old with above-average weight to participate in a study of the condition.

The purpose of the study is to understand how being above-average weight affects the quality of life of young people, as well as how it affects the lives of their family members.

Participation in the research study is completely voluntary, and parental permission is required. Participants will receive \$20 to \$40 in exchange for their time.

For more information, contact the study coordinator at 206-616-6977, or toll-free at 1-800-291-2193 or visit <http://www.depts.washington.edu/ywstudy/>.

# POINT OF VIEW

NEWS ABOUT THE SEATTLE SENIOR HOUSING PROGRAM AND SEATTLE'S HIGH-RISE COMMUNITIES

## Residents try out new way to let visitors into buildings



PHOTO BY SVEN KOEHLER

Residents (from left) Alan Baroso, Edith Rotsart, Timothy Baxter, Mary Rolfe and Steve Wells try out the new phone system.

By SVEN KOEHLER  
Seattle Housing Authority

Soon, telephones will be used for more than just phone calls at homeWorks buildings.

When the new telephone entry systems are installed to replace the antiquated and failing doorbell/intercom systems, residents will be able to buzz visitors into the building from any place in their apartment using the phone.

HomeWorks is installing Door King telephone entry systems that are similar to systems already in place in some other LIPH buildings.

Jefferson Terrace has had this kind of system for about five years, and they have also been very common in new private-sector apartment buildings for years.

Residents and visitors will notice a big difference at the front door. The existing system has a panel crowded with individual doorbells for each apartment, and visitors had to search to find the correct one.

Resident Jesse Byers at Green Lake Plaza called the homeWorks information line to point out that the tiny buttons were often damaged, the labels with resident names were hard to read and visitors often rang the wrong unit.

All those doorbells will be gone, as the new system allows visitors to use large buttons to scroll through names in large characters on a lighted digital screen.

To talk to the resident, the visitor will use a familiar telephone key pad to dial the code for the apartment.

The biggest change will be in the apartments.

Presently, residents must get up and use the intercom panel on the wall to answer the doorbell.

Resident Diana Massey at Green Lake Plaza described using the old system: "The old speaker makes the voices garbled. Plus, for people in wheelchairs, it's kind of a burden to rush to the intercom and reach the button on the wall to let visitors in."

With the phone-based system, she will be able to carry her cordless phone with her to answer the door from anywhere in the apartment. Also, she can avoid struggling with the small button by using her large-button phone keypad.

Some things will be the same. Residents will still identify the visitor by talking to them via an intercom at the front door and viewing them by video camera, and then decide whether to buzz them in.

Many residents have their TVs tuned to the security cameras, so now they can take their phone directly to the camera to look and speak at the same time.

Residents without telephone service will still be able to use the system, since homeWorks will provide them with a free phone to use just for this purpose.

One feature that will be new to some people is "call waiting." The system has a built-in tone to let residents who are talking on the phone know that someone is at the door. If they want to answer the door, they can press # to put the phone call on hold and switch to the door intercom.

HomeWorks is providing instructions on how to use the system in different languages and at meetings in the buildings.

An interesting possibility was reported by Steve Fellows at International Terrace: with the new system, visitors can leave a voice message, if the resident is not home and has an answering machine.

Users of dial-up Internet service may have to make adjustments to their computer system, similar to when call-waiting is activated through the phone company. However, DSL or cable modem users won't be affected.

While there are many important advantages to the new type of door entry system, "Residents will have to get used to the change, just like any other change," according to Joseph O'Loughlin, who is using the new system at Ballard House. He calls the system easy to use. "Now I can just pick up the phone and press 9 to let people in the door."

tion, not the secretary.

The Voice strives to provide accurate information and we correct all errors. To report a mistake, please contact Voice Editor Stacy Schwandt at 206-461-8430, ext. 227 or by e-mail at stacys@nhwa.org.

### Correction

A story in last month's edition of The Voice incorrectly reported Lynn Sereda's position with the Resident Action Council. She is the vice president of the organiza-

## Consider forming a knitting circle

By BETTE REED  
Special to The Voice

It all started with a conversation between two residents regarding their knitting habits. They both admitted that over the years they had accumulated bags of yarn — some whole skeins, some odds and ends, but all together pretty big stashes of materials.

Later, an article in a craft magazine solved the problem of what to do with these stashes. The article identified several types of charitable organizations that are anxious to receive various kinds of knitted or crocheted items.

A few phone calls located several local organizations seeking such items as caps, scarves, lap robes or slippers.

Thus was born the Blakeley Manor Craft

Circle.

The original two residents have grown to a group of eight. Several members joined simply to learn or re-learn one of these crafts.

While the activity benefits a special charity, it offers these women a weekly social occasion for chilly afternoons.

Best of all, by using the materials on hand, there was no initial cost to anyone.

Blakeley knitters would like to encourage others who may have their own "stashes" of yarn to form a similar circle.

Call either Charlotte Fisher at 206-724-2603 or Bette Reed at 206-523-8685 for information on local charities and the items requested.

*Bette Reed is a resident of Blakeley Manor.*

## Help is available for heating bills

By ROBIN CHILES  
Central Area Motivation Program

The Central Area Motivation Program can help you pay your heating bills with a grant of up to \$750.

The amount you'll receive is based on your household's annual actual heating costs, family size and income. The average household benefit last winter was \$350.

Households earning less than the following amounts qualify for assistance this winter: \$1,021 per month for a one-person household, \$1,375 for two people; \$1,729 for three people; \$2,083 for four people; \$2,438 for five people and \$2,792 for six people. Your household's total income for the three months prior to your appointment is used.

At the time of your appointment you will need to provide the following documents:

- Picture identification for the applicant
- Social Security Cards for all adults 18 years or older
- Verification of all children living in the home (birth certificates, medical coupons,

or social security cards may be used)

- Your most recent heating bill and your gas bill if they are not the same.
- Your current lease agreement or rent receipt, mortgage coupon or property tax statement.

Adults without income, please obtain Q5 and Q12 printouts from the WorkSource office by calling 1-800-318-6022 or by going to <http://www.go.2ui.com>.

It is not necessary to be in crisis to apply. However, if your power has been disconnected, you may walk in to CAMP as an emergency. Call 206-812-4940 for more information.

To schedule an appointment for energy assistance, you may call the 24-hour appointment and information line at 1-800-348-7144.

The line is open seven days a week to provide energy assistance information and to schedule appointments for agencies serving King and Pierce counties.

In the city of Seattle, the Central Area Motivation Program administers the program. CAMP is located at 722 18<sup>th</sup> Ave., Seattle, WA 98122.

### Community notes

#### Advocates meet

The board of the Seattle Senior Housing Program Advocates II meets on the second Thursday of each month at 2 p.m.

The meetings are held at alternate buildings and are open to any interested resident.

Call 206-282-2229 or 206-217-9451 for the latest location.

#### Center Park elections held

Center Park residents recently held elections for their Community Council.

Donna Potter-Garcia was elected president, Douglas Anderson was elected vice president, Dorene Cornwell was elected secretary and Thomas Miller was elected treasurer.

Congratulations to all.

#### Submissions welcome

Building councils are welcome to submit information about their elections and the names of their officers.

This is a great way to let other Seattle Housing Authority residents know who's leading your communities. Mail submissions to Voice Editor Stacy Schwandt, 905 Spruce Street, Suite 200, Seattle, WA 98119. You may also e-mail submissions to stacys@nhwa.org.

#### Coming next month

Lake City House resident Lynda Musselman has organized her neighbors to try to stop the homeWorks project from relocating the building's parking lot onto their popular patio.

Learn more about her effort in next month's edition of The Voice.

# HIGH POINT HERALD

NEWS ABOUT THE HIGH POINT COMMUNITY

## Grocery store plan scrapped, small retail center on the horizon

By STACY SCHWANDT  
Voice editor

Plans for a grocery store in High Point have been set aside after developers failed to find a supermarket chain interested in locating in the community.

For almost four years, the Seattle Housing Authority and developer Securities Properties worked to bring a small grocery store to the mixed-use site they planned to build on 35th Avenue Southwest and Southwest Graham Street.

Although a national chain once expressed interest in the property, the deal eventually fell through, said SHA Senior Housing Developer Tom Phillips.

No other companies stepped forward to rent the proposed space, despite the fact that the Housing Authority secured tax credits for commercial development from the U.S. Department of the Treasury.

According Phillips, the tax credits would have lowered the rent for a grocery chain by

about a third for more than seven years.

He blamed the competitive nature of the grocery business for the developers' inability to find a tenant.

"I'm very disappointed, but that's where the market is," he said, adding that during the four years of negotiations, Whole Foods, QFC and Trader Joe's all announced that they would be moving to different locations in West Seattle. "We couldn't get a grocery store, and we just can't wait forever."

Instead, the Housing Authority is planning to hire a developer to build a smaller retail center on the site. There will likely be a number of market-rate homes built above the stores.

The goal is to have a plan ready to show to the community by March, Phillips said.

"It's always difficult to do commercial in what's known as a transitional neighborhood," he said. "Business is very cautious and very conservative — they just don't want to be on the leading edge."

## New food bank building, housing to open soon

By SCOTT FREUTEL  
Seattle Housing Authority

What was once a down-at-heels corner in West Seattle, which included a stretch of land where only the foundation of a burned-down apartment building remained, is now a busy construction site.

The building, which sits at the intersection of 35th Avenue Southwest and Southwest Morgan Street, is to be known as the West Seattle Community Resource Center.

It will house the West Seattle Food Bank and 34 new apartments.

It is slated to open early this spring.

Seven apartments will be reserved for the Seattle Housing Authority as replacement housing for units razed during the redevelopment of NewHolly. They will be rented to very-low-income people.

The prime mover in the project is the Delridge Neighborhoods Development Association, a nonprofit community development corporation.

The Development Association has been raising funds for the project from the state, King County, the City of Seattle, foundations, nonprofits and civic-minded individuals and businesses—some 400 contributors in all—for two and a half years.

Among the larger contributors are the Gates and Paul Allen Foundations.

Much of the commercial space on the buildings' two lower levels will be given over to the West Seattle Food Bank, a part-owner of the building, which long ago



PHOTO COURTESY OF ENVIRONMENTAL WORKS

The West Seattle Community Resource Center, which will be the new home of the West Seattle Food Bank, is scheduled to open in the spring.

outgrew its facility nearby.

The Food Bank will make some of its space available to Family Services of King County, the West Seattle Help Line and other organizations that provide services to low-income people.

An office is being set aside for the use of a rotating list of agencies that provide such things as health screening and housing and employment counseling.

Apartments in the new building range from one to three bedrooms. All of them will be reserved for low- and very low-income households.

Model apartments are nearly ready to show, and DNDA expects to start conducting tours and leasing apartments late this month or early in February.

The new building is right next door to the 36-unit Alder Crest Apartments, which Seattle Housing Authority has renovated top-to-bottom and is signing up new tenants this month.

## High Point celebrates the holidays



PHOTO BY CLAIRE MCDANIEL

Rose Long, community health coordinator at Neighborhood House, (standing, wearing Santa hat) kicks off the second annual Community Action Team Holiday Party at Elizabeth House in High Point last month. Her words of welcome are interpreted by Saray Thack while enthusiastic attendees wait for the band, International Pirates, to finish setting up and start the festivities.

## Crime prevention organizer reflects on time in High Point

By CLAIRE MCDANIEL  
Seattle Housing Authority

Last month's High Point Community Action Team Holiday Party was an occasion for celebration, but there was also a tinge of sadness to it. High Point was saying goodbye to a couple of service providers who were moving on to new jobs — Gaea Haymaker from the Puget Sound Neighborhood Health Center's clinic and Kelly McKinney from Seattle Neighborhood Group. The presenter at the party gave them both lovely potted hyacinth plants and described them as "instrumental in making our community safe and healthy."

McKinney sat down to tell us passionately and articulately about her three years of experiences at High Point.

**What are some of the events you remember?**

"The first year I was here the Seahawks gave us some money to put on two events. The older kids planned a carnival in the morning for the little kids and then a forum took place in the afternoon into the evening for teens and their parents.

"There was also the Diversity Fest. I get a lot out of working with residents of different ethnic groups. There's something new every day.

"Over the summer, we put on a girls' softball clinic which the girls really, really liked. There are a couple of girls at High Point that I'm hoping will have a chance to follow through with softball. One girl is so good that if she keeps it up, she could probably get a scholarship."

**How do you feel about the work you do in the community?**

"I get a lot out of my work here because I come out of public housing. I lived in Holly Park, and I was very involved in Block Watch. There was a lot of crime back in the early 90s. Whatever gang activity we have now pales in comparison.

"Most crime prevention organizers at High Point mainly work with youth because the youth are the number one suspects and the number one victims. I facilitated the

youth service provider group to address youth issues.

"I have a deep fondness for the youth... I think they're funny. I think they're smart. I don't think that overall we give as much to youth as we should. We don't give them our time. We don't give them our energy. We don't pay attention to them. We don't take them as seriously as we should and I don't think we value them enough. They're our future. That's what has stuck with me.

**What has been your experience working in crime prevention?**

"A lot of youth crime is mainly on the periphery and non-violent things — vandalism, drug dealing, kids hanging out where



Kelly McKinney helps a police officer draw a raffle winner at High Point's 2005 Night Out against Crime

ARCHIVAL PHOTO

people didn't want them to, but nobody was getting killed. Coming to High Point, there has been a young person that has died every year, usually in the summer. That breaks my heart.

"There is an upsurge in gang activity throughout the Seattle area not just in this community. So it's really important that we make sure we are providing the services young people need. There has to be a place where kids can go.

"Police are very important but social services are equally as important. The community needs both and even with that, things can still fall apart."

**What is the next step for you?**

"Starting in January, I have a new position with the City of Seattle which is SHA-related but I only have a vague idea of what I will be doing at this point. I just know that I am a firm believer that crime prevention has to take a very holistic approach. What kinds of services are we providing to people to prevent long-term problems?"

# RAINIER VISTA NEWS

NEWS ABOUT THE RAINIER VISTA COMMUNITY

## Rainier Vista enjoys Asian cooking class



PHOTO BY STACY SCHWANDT

Rainier Vista residents crowd into the kitchen at the Neighborhood House Rainier Vista Center to watch an Asian cooking demonstration.

By Stacy Schwandt  
Voice editor

Sizzling vegetables, sweet and spicy chicken and neighborly camaraderie were all served up at the Neighborhood House Rainier Vista Center last month.

Despite an oncoming storm, over a dozen Rainier Vista residents crowded into the kitchen to take part in the community's first ever Asian cooking class.

Participants jockeyed for space, even standing on chairs to get a better look at Gamelin House resident Lilly Li as she prepared beef fried rice, vegetable chow mein and teriyaki chicken.

Many of the observers took careful notes as Li explained her techniques.

Before retirement, Li ran restaurants in Kentucky and Texas for 36 years. "That was my job, I love to cook," she said.

Li has also been a longtime participant in the Rainier Valley's monthly senior gatherings, and she approached Seattle Housing Authority Community Builder Naomi Chang to find out more about volunteer

opportunities in the community.

"Lilly is very nice, and she agreed to host this class," Chang said.

Participants asked questions throughout Li's demonstration, including where to find inexpensive bean sprouts in the city (any Asian grocery store) and how to store them (wash and dry them thoroughly, then store them in the refrigerator).

Li also pointed out that she was using much less oil in the evening's meal than she would have in her restaurant, modeling healthy cooking techniques for the class.

"It can be much healthier to cook for yourself than to eat out," Chang observed.

Everyone enjoyed sampling the dishes.

"The rice dish was my favorite," participant Kawsar Ali said through an interpreter. "If I made it at home, I might add some Somali spices, though."

Neighborhood House Computer Lab Technician Tsegaye Gebru helped Chang organize the event. He said that an East African cooking class will be planned for early this year. For more information call 206-461-4568, ext. 202



## One to grow on

Garden tips for community gardeners

### Tricks to extend the growing season

By Anza Muenchow  
Special to The Voice

Believe it or not, the days are getting longer and we can begin to plan for the next growing season.

With our Northwest maritime climate, one of the tricks for increasing production in your food garden is by using techniques for "extending the season."

Most gardeners extend the season by starting some seedlings indoors or buying plant starts to set out when the soil has finally warmed.

That's because many of our vegetable crop seeds need warm temperatures to germinate. Once they're sprouted, they can grow in cooler temperatures as long as they get enough sunlight. In June when our days are the longest, most gardens already have sizable tomato and pepper plants, even though the soil is finally just warm enough for those seeds to naturally germinate.

Many vegetable seeds do well and produce earlier harvests by being started indoors. Lettuces, brassicas (broccoli, cabbage, choy, kale, etc.), squashes, beans, basil and many others will produce food for you more quickly if you start them indoors with extra light and heat.

I do transplant onions, but I don't recommend starting any of the other root crops (carrot, radish, beets, parsnips) this way because the plants don't develop well.

Squash, cucumbers, peas and beans need careful transplanting because they resent having their roots disturbed. I rarely transplant peas because they will germinate in the cold soils of February and March.

Besides starting seeds under grow lights indoors, there are many other ways to extend your season and make your soils warmer so you can plant sooner.

Many gardeners build cloches, hot houses, cold frames or even hoop houses to protect their garden.

These are all terms for using glass or clear plastic to cover an area that you'd like to remain warmer, protected from cold winds and insulated against our cold nights.

When the sun shines, these structures get hot very quickly, so you need to provide for good air circulation, too.

I never tire of seeing all the creative designs gardeners have come up with to build these season extenders. Most use either recycled windows or plastic tubing with sheets of plastic stretched over them. Just be sure that your framing can stand up against the wind (which has been especially challenging this fall).

Visit a community garden and check out all the ways these folks use season extenders.

A simple technique that will extend the season by a few weeks is using floating row cover (e.g., Remay). This spun polyester fabric will warm the soil by a few degrees and protects seeds just enough to improve germination.

I think it keeps the seeds from drying out in the wind and also keeps birds from eating the seeds or seedlings. The fabric is light weight enough that you don't have to stake it. As the plants grow, they lift it up. Also, the fabric doesn't exclude the sunlight or water.

The edges of the fabric have to be well anchored down (I use rocks, some use rebar or stakes) so it won't blow away or let the insects in.

I remove the row cover when the plants mature and the days are plenty warm. For some crops I leave the row cover on all the way until harvest, because it helps deter dreaded pests, such as carrot rust fly, spinach leaf miner or cabbage butterflies. I order row cover by the yard from one of the gardening catalogues (e.g., Territorial or Johnny's) and it is light enough that shipping is not expensive.

Despite the cold and darkness, take a walk through your garden and remove any weeds that are surviving. Often a winter garden stroll can birth delightful spring and summer plans.

Anza Muenchow is a farmer and a volunteer with P-Patch. You can reach her by e-mail at [mahafarm@whidbey.net](mailto:mahafarm@whidbey.net) or on the Internet at <http://www.mahafarm.com>.

## Seniors celebrate holidays in Southeast Seattle

By Kari Sherrodd  
Seattle Housing Authority

The annual senior holiday party at Jefferson Park Community Center is the event that many look forward to each year.

More than 120 people from all over southeast Seattle, including Rainier Vista, NewHolly and Beacon Tower, turned out for the celebration last month.

"I've been coming for years," said Jinnie Johnson, who came with her friends Estelle Altabet and Elsie Roscoz. "I really enjoy it."

New and old friends visited for the first part of the event, and then everyone indulged in a complimentary feast of holiday dishes, including mashed potatoes and chicken.

At least three people said many of the dishes were not to be passed up.

"We're having fun," said guest Ya Me Dai and Zhu Xi Ping, as the food was just

getting served.

Guests were in for a treat after the meal with an accordion performance by Mary Becker from the Sound Steps program.

Then, they participated in a variety of holiday sing-a-longs and had the opportunity to win one of the 32 door prizes that included jewelry, gift baskets and gift certificates.

"It gets me looking forward to the holidays," said Audimese Pruitt who came from Renton to enjoy the festivities.

"Not only is the event a good time, but it's a great opportunity for seniors to get together, have a free meal and get out of their homes for the afternoon," said Cynthia Streltzor, executive director of the Southeast Seattle Senior Foundation and part of the Senior Gathering Committee, which put on the event.

A similar, but smaller-scale Senior Gathering event is held each month to celebrate birthdays and to give seniors from various

Southeast communities a chance to come together and to gain access to community resources that may interest them.

The events are on the fourth Wednesday of each month and rotate between different community rooms and centers in the area.

The events are all sponsored by the Senior Gathering Committee which includes representatives from the International District Housing Alliance, Seattle Parks and Recreation, Puget Sound Neighborhood Health Centers, Park Place, Neighborhood House and the Seattle Housing Authority.

Information about the monthly events is posted on a regular basis throughout neighborhoods and buildings and in The Voice.

For more information about the events, English-speakers can contact Annie Ed-



PHOTO BY KARI SHERRODD

Audimese Pruitt, O.Z. Heflin and Clarence Ecklund (from left) enjoy the gathering.

wards from Neighborhood House at 206-461-4568, ext. 215.

For more information in English or Vietnamese contact Naomi Chang, Rainier Vista community builder at 206-722-4010, ext. 2.

# NEWHOLLY NOTES

NEWS ABOUT THE NEWHOLLY COMMUNITY

## Committees formed to address neighborhood issues

*Participants welcome, meetings begin this month*

By STACY SCHWANDT  
Voice editor

Hot topics at the NewHolly Neighborhood Night last month included youth misbehaving in the library, grocery carts left on sidewalks and the structure of a neighborhood association.

About 40 people met in the NewHolly Gathering Hall to talk about these issues and others facing the community and to sign up for committees to tackle them.

The committees will work on neighborhood clean-ups, the behavior of young people on the central campus, crime prevention and traffic safety, parks and the formation of a NewHolly neighborhood council.

They are still open for members and will begin meeting this month.

"We have a wonderful community, and it's really complex," said Seattle Housing Authority Community Builder Joy Bryngelson, who organized the event. "We're here to help you make the community the way you want it."

Participants talked about possible structures for a neighborhood association, which could serve as a voice for residents and oversee the spending of the neighborhood's community fund. Bryngelson said she expects the neighborhood to have approximately \$5,000 a year in interest from leftover HOPE VI redevelopment funds.

She suggested that neighbors select representatives from each phase of the NewHolly development and added that committee members may opt to spend time talking about the association before making decisions.

NewHolly resident Michael Embay agreed with her suggestions.

"We should get to know our neighbors before we decide what to do," he said.

Ideas for the traffic safety committee included applying for grants to pay for signs asking drivers to slow down in NewHolly and conducting an education campaign on driving through traffic circles.

Seattle Public Library Branch Manager Catherine Lord described some challenges with young people using the library.

"We're having to kick kids out of the library a lot," she said. "The library is filled with noise and disruptive behaviors."

Teens in the audience spoke up, saying they feel they are sometimes treated unfairly by the librarians. A couple of the youth agreed to be members of the committee forming to address the issue.

The meeting concluded with a lively discussion of litter in the neighborhood.

"There is trash everywhere, it doesn't make any sense," said one neighbor. "There are McDonald's bags. (People) turn the trash cans upside down. It's too filthy in this area for us to live."

Particularly troubling to many was the high number of Safeway shopping carts stranded on NewHolly streets. Adults use them to carry their groceries from the store, leave them behind and then children play on them in the streets and in traffic.

"We need to take care of this issue," one neighbor said.

For more information on the committees, including dates, times and locations for their meetings, please contact Bryngelson at 206-723-1725.

## Winterfest celebrates creativity, fun



PHOTO BY TAMSEN SPENGLER

*Participants begin work on paper mache piggy banks, which they finished during their winter break from school.*

By ATLANTIC STREET CENTER STAFF

Snow fell in early December, setting the perfect mood for Atlantic Street Center's annual Winterfest celebration.

The Gathering Hall was transformed into a bustling place with three dimensional snowflakes hanging from the rafters, fancifully-papered walls, more than 12 engaging craft booths and snacks enjoyed by all.

The room was crowded with over 120 participants who created snow globes, wreaths, swags, gingerbread houses, paper mache piggy banks, jewelry, decorated cookie tins, Kwanzaa cards, books and calendars and tried their hands at origami

paper folding and the games of Tangram, mancala and dreidel.

The event also included sittings for family and group photos.

"A lot of creative and very happy participants carried home projects for gifts and decorations or just for fun," said Atlantic Street Center program manager Sue Siegenthaler

The event was made possible by the hard work of about 40 volunteers who contributed their time, effort and creativity. Donations of funds and materials for the event came from Impact Property Management, World Vision and Cash & Carry.

## Little Stars to meet this month

*Youth programs abound in NewHolly*

By KARI SHERRODD & STACY SCHWANDT  
Voice reporters

If you come by Atlantic Street Center's multi-purpose room after school hours on Friday this month, you will likely be greeted by the 5 to 8 year olds from the Center's newest group — The Little Stars.

"The group is designed to create a fun learning environment for kids who are starting school for the first time," said Shelley Greene, an intern from Seattle University who is leading The Little Stars. "It will help them get interested in something related to school, but in a different atmosphere."

Another focus of The Little Stars is to help children explore the world, which could take on many aspects as the group evolves. Some things that the group could possibly do include cooking, playing sports, playing with hands-on projects and taking field trips.

"The kids will have a ton of energy," said Greene. "We're going to have a lot of fun together."

If you live in or around NewHolly and have a 5- to 8-year-old child, consider signing them up for The Little Stars.

It is free to participate in the group, which will meet on Fridays in Atlantic Street Center's multi-purpose room.

The group is set to run from Jan. 12 to March 16 from 4 to 5:30 p.m., but kids are welcome to come as soon as they are out of school, Green explained.

The Little Stars is just one of many groups and services offered in the NewHolly community to help families and the community raise healthy, self-sufficient children and youth.

Atlantic Street Center also runs groups for 9- to 12-year-old girls and boys.

These groups focus on the development of social and leadership skills through discussions, skill-building projects, field trips and community service.

Both groups meet from 4:30 to 6 p.m. on Mondays in the teen center.

Girls should consider joining the Ahlam Girls Group, which meets on Tuesdays from 6 to 7:30 p.m. in the ASC building. The group offers a safe and respectful place, with a special welcome to Muslim girls.

Finally, children should consider applying for Team A.L.I.V.E, a group that promotes leadership skills in youth ages 13 to 18. The group meets on Monday nights from 6 to 8 p.m. in the NewHolly Gathering Hall.

For more information about The Little Stars or other youth groups, please call Atlantic Street Center at 206-723-4073.

### Community notes

#### Multicultural Potluck for New Years

Join your friends for food, fun and festivities at the NewHolly multicultural potluck.

The potluck will take place on Friday, January 5 from 6 to 8:30 p.m. at the NewHolly Gathering Hall, 7054 32nd Ave. S.

Learn about New Year's traditions from around the world and bring a dish to share.

The potluck is coordinated by NewHolly neighbors with support from the Seattle Housing Authority and Atlantic Street Center.

For more information, call Joy Bryngelson at 206-723-1725.

#### Tutors needed

The Vietnamese Friendship Association is seeking community volunteers, high school and college students for its after school tutoring program, which serves students of diverse ethnicities.

The program meets Monday to Thursday from 3 to 5 p.m. at NewHolly Learning Center, above the library.

Volunteer tutors help students with their homework, play language and pronunciation games and serve as good role models. The program is fun and very interactive.

Volunteers may serve for one, two, three or four days. For more information or to sign up, please contact Vu

Le at rainwalker@gmail.com or 206-760-1573.

#### Free health workshop

Older adults will learn how to maintain a healthy brain (and body) at a free interactive workshop on Thursday, January 25 hosted by the Healthy Aging Partnership.

The workshop, "Mind Your Mind: Easy Ways to Stay Sharp and Independent as You Age," will feature presentations by health, nutrition and fitness experts, including Jan Tornatore, family care consultant with the Alzheimer's Association, Western and Central Washington State Chapter.

Participants will learn about brain-healthy diet and lifestyle choices and be led through fun exercises, both physical and mental.

The half-day workshop is scheduled from 9:30 a.m. to 2 p.m. in the NewHolly Gathering Hall, 7054 32nd Ave. S. A morning snack and a light lunch will be provided.

To register for the workshop call 206-832-1900, ext. 1970 or e-mail info@4elders.org by Jan. 22. Leave your name, address and phone number. A confirmation card will be sent to you.

The Healthy Aging Partnership is a coalition of 40 Puget Sound area non-profit organizations dedicated to the health and well-being of older adults.

# YESLER HAPPENINGS

NEWS ABOUT THE YESLER TERRACE COMMUNITY

## Welcome committee greets neighbors



PHOTO BY JORDON MCINTYRE

New and old residents joined together for a celebration last month.

By JORDON MCINTYRE  
Special to *The Voice*

On a cold December evening Sarah Demas, the Neighborhood House Welcome Wagon Coordinator, pushed a cart filled with plastic shoebox-sized totes around Yesler Terrace.

Demas pays a visit to all new residents who arrive in the community, asking them about their transition into their new home and informing them of the different services offered in the community.

The totes she carries contain items to ease the resident's transition into their new home, such as basic toiletries, Metro bus maps and brochures about programs and services.

On this visit, she had one added task: to remind the residents about attending a new resident reception later in the month.

Unfortunately, very few of the new residents were home. Although Demas was unable to personally invite everyone, she left flyers behind for those she missed.

On the night of the reception, Demas said she was concerned about how many people would come because she was unable to personally reach many of the families.

"I don't know how many will show up, but I will be excited (even if) only one family (attends)," she said.

A minute later a familiar face appeared. An 11-year-old girl named Leena Brown came walking in with her aunt.

Brown came from West Seattle and said, "I like it here better. There is so much to do. I have met new friends, and I like going to all the different parties, like this one."

About 13 new residents arrived after Brown, and all were welcomed into the Yesler Terrace community.

Liemt Le, who moved with her husband from Vietnam nine years ago said she appreciates the Yesler community for many reasons.

"I moved here to be close to my daughters, but it was nice to see that there was a Vietnamese community here," she said. "We all like to go to the many functions the community organizes. I like to meet the new people, socialize and eat the good food that is offered."

When asked what made Yesler different from her previous housing Le said, "The yard. I love having a yard. My husband and I plant a garden. Everyone should have a yard."

If you or others you know are interested in welcoming new residents to Yesler Terrace, contact Demas at 206-461-8430, ext. 258.

*Jordon McIntyre is the volunteer coordinator for Neighborhood House.*

## Yesler redevelopment communications liaison hired

*Three important meetings scheduled this month*

By CLAIRE MCDANIEL  
Seattle Housing Authority

Ayan Musse has been hired as the communications liaison for Yesler Terrace.

You may have already seen her in your neighborhood, knocking on doors, asking you and your neighbors for your opinions and answering your questions about the Yesler Terrace redevelopment project.

Musse heard about the liaison position when she was volunteering with several neighborhood groups. Her past positions included working with African Youth United, an African youth group and for Broadview Emergency Shelter, a nonprofit homeless shelter for women and children.

Musse reports that the next step in the communications process at Yesler Terrace is to hire outreach workers and translators who will represent the six predominant languages of Yesler Terrace residents (Somali, Amharic, Khmer, Spanish, Tigrinya and Vietnamese).

These outreach workers will help get the word out about the redevelopment and will help to address resident concerns.

Right now, the Yesler Terrace redevelopment project is in the pre-planning stage. The Yesler community will be doing a lot of talking and information gathering for the first year. In fact, there are three important meetings coming up this month.

The Yesler Terrace Community Council meeting will be on Jan. 23 at the Epstein Building, 905 Spruce St. from 5 to 7 p.m.

It is always open to residents and community members to voice their concerns and ideas.

There are regularly scheduled Citizen's Review Committee meetings in which residents and representatives from housing, governmental and nonprofit organizations work together to develop a vision for the new project.

The next CRC meeting will take place from 5 to 7 p.m. on Jan. 24 at the Yesler Terrace Community Center.

Yesler Terrace residents will also have the opportunity to celebrate their commu-



PHOTO BY CLAIRE MCDANIEL

Ayan Musse is serving as the communications liaison for the Yesler Terrace redevelopment project.

nity with a project called "Planting Seeds at Yesler Terrace: Honoring Yesler Terrace people, history and hope" presented by the nonprofit organization Pomegranate Center.

The kick-off workshop will take place on Jan. 30 at the Epstein Building from 5 to 7 p.m.

The Housing Authority has hired the Pomegranate Center to "develop community-owned ideas for honoring and celebrating Yesler Terrace people, history and uniqueness and developing a plan to incorporate them into the future redeveloped neighborhood as art and gathering places."

The goals for the kick-off workshop are to explain the entire project, begin receiving ideas from community members and identify steering group members.

Musse's message to Yesler Terrace residents is a simple one: "You have a say in what happens in the future so participate, provide input and be hopeful about the process... We want to hear from you."

Ayan Musse can be reached at 206-972-4689 or by e-mail at [amusse@seattlehousing.org](mailto:amusse@seattlehousing.org).

## Notes from the Manager

By JUDI CARTER  
Senior Property Manager

Rats! Mice! Pigeons!

These are all creatures that cause health problems and are common to Yesler Terrace. There are things that can and need to be done to get rid of these creatures.

All of your food needs to be in containers that mice cannot get into. They can easily chew through cardboard and plastic bags. Cereal, flour, rice and other food stuffs need to be stored in hard plastic containers with firm, sealing lids.

Wipe all crumbs off the counters, sweep the floors and take out the garbage every evening before you go to bed.

If there is no food easily available in your home, mice and rats may not be as eager to stay in your home.

Homes that are very clean but have a lot of clutter may still be attractive to rats and mice. They can nest in boxes or bags of clothing, newspapers or other articles.

If you don't need it, get rid of it.

If you have a pet, do not leave their

food down on your floors at night or even outside. Dog and cat food quickly becomes mouse or rat food if left unattended.

Do not feed the birds, or leave rice or other food outside.

Pigeons often carry diseases, and their feces can harm children playing outside. Also, food that the birds do not eat will be gobbled up by the mice and rats.

If you notice mice or rats in or around your apartment, please call the management office at 206-223-3758 to get the area treated.

If no one answers, please leave a message. We will need to know your apartment number and what kind of pest you need treated.

If we get rid of the sources of food for these pests and work with pest control, we should be able to limit the number of rodents in the community.

I hope that this New Year brings you and your family peace and prosperity, and that some of your longtime dreams, with your work and perseverance, begin to come true.

## Storm forces Yesler to say goodbye to old tree



PHOTO BY STACY SCHWANDT

An American elm tree on the corner of Yesler Way and Broadway Avenue fell in the mid-December windstorm, which claimed about a half dozen lives. Many Yesler Terrace residents were without power during the disaster.

# TRANSLATIONS

TRANSLATED ARTICLES FROM THE VOICE

## Job services lead to promising future

ការសន្យារកដួលការងារ សម្រាប់អានាគត

កាលប៉ុន្មានឆ្នាំកន្លងទៅនេះ គឺ លោក Robert Calixterio មានការស្មុគស្មាញក្នុងការរកការងារ

ណាស់ , លោកមានប្រសាសន៍ថា : ខ្ញុំមានការពិបាកណាស់ក្នុងការរកការងារដូចបងប្អូន ដោយខ្ញុំពុំបានដឹងពីមុន ។ បន្ទប់មកគាត់បានឃើញនូវសេចក្តីប្រកាសអំពីក្រសួង ជួយបងប្អូនម៉ែនជានិស្សិតស្រី

ភាគអាគ្នេ ( ACRS ) ថា មានកន្លែងជួយផ្តល់នៃការហ្វឹកហ្វឺន និងជួយការងារថ្មីដល់ជនទូទៅ ។

គាមប្រសាសន៍ លោក Sam Him អ្នកជំនាញការក្នុងក្រសួង ACRS ថា : ក្រសួងខ្ញុំគឺជួយរកការងារ

ចំពោះបងប្អូនម៉ែនមុខវិជ្ជាជីវៈ ឬ ចំពោះអ្នកដែលទើបតែបញ្ចប់ការសិក្សាអំពីវិទ្យាល័យ ដែលមាន

បត់តែសោធបន្តិចបន្តួចក៏យើងអាចជួយការងារបាន ហើយមានគំរូបង្កើនលទ្ធផលសម្រាប់បងប្អូន ។

ក្រសួង ACRS ជួយដល់បងប្អូនទូទៅក្នុងការស្វែងរកការងារធ្វើនិងមុខវិជ្ជាជីវៈ មានបុគ្គលិកការងារនិយាយគ្រប់ភាសា សម្រាប់ជួយដល់អ្នកពុំសូវចេះភាសា ។

លោក Calixterio ជាអ្នកប្រឹក្សាប្រសប់ផ្នែកភាសា អង់គ្លេស, បងប្អូនដែលទៅជួបគាត់ភាគច្រើនជាអ្នកពុំសូវចេះភាសា តែលោកអាចជួយបានពុំមានពិបាកឡើយ ។ ពួកគេទាំងនោះមានការពិបាកផ្នែកជួយមកថែរក្សាកូន, ក្នុងឃានជំនិះ, លោកនិងជួយចុះឈ្មោះមានចំនួនក្នុងរយៈពេល៦ខែក្នុងការបំពេញមុខវិជ្ជាទាំងអស់នោះ ។

លោក Sam Him អ្នកជំនាញការ១២ឆ្នាំ នៅក្នុងក្រសួង ACRS នេះគាត់ពិភាក្សាជាមួយលោក Calixterio ជាញឹកញាប់ក្នុងផ្នែកកម្មវិធីជួយរកការងារនេះ ។

លោក Sam ជួយជំរុញគ្រប់ការងារដែលត្រូវការ : យើងជួយគ្នាទៅវិញទៅមក លោក Calixterio ។

លោក Calixterio ធ្វើការនៅ Safeco ។ សូមទាក់ទងក្រសួងការងារនៅ ACRS គាមលេខទូរស័ព្ទ ២០៦-៦៩៥-៧៦០០ ។

## Hawlaha shaqo raadinta waxay dhistaa ustaqbalka

Job services lead to promising future

Labo sano muddo laga joogo, Robert Calixterio wuxuu dhib ku qabay si uu shaqo u helo

“Waxaan ahaa mid aah meel ku hagaago jirin. Ma’aan garanayn waxaan rabo inaan sameeyo isagaa yiri.”

Kaddin, waxaan arkaa calaamo iidheh ah tababar shaqo xirfadeed lacag la’aan ahiyo hawl gelin kaalmayn meesha Asian Counseling iyo hawlo gudbin ah.

“Waxay noqon kartaa mid adag dad aan qabin xirfado badan ama aqoon kolaj shahaado si loo helo shaqo wanaagsan,” sayuu yiri ACRS Vocational Case Manager Sam Him. “Laakin annagu waan awoodnaa inaan caawinno.”

Mashruuca ACRS wuxuu kuu oggolaanayaa takhasus tababar aad shaqo ku hesho meel gaar ah kuwa dadka caawiyana shaqadaadina waad wadanaysaa . Mashruuca wuxuu u furan yahay dadweynaha qolo kasta iyo shaqaalaha waxay ku hadlaan luqado kala duwan.

Although Calixterio luqaddiisa Ingiriisiga aad ayey u sarraysaa kuwa kale ACRS wax u qabta luqaddooda Ingiriiska way liidataa iyo aqoontoodaba. Arrimo kale ayaa weli haysta sida Ilmo haynta iyo gaadiidka. Calixterio wuxuu is qoray lix bilood waxbarasho xafiiska ah, kaasoo ka bartay maamulka xafiiska .

Sam Him, oo ka mid ahaa who ACRS case managerka badan 12 sannadoodwuxuu ogaaday Calixterio si joogto ah wuxuuna run ka dhigay waxa uu doonayey si uu ku dhammaysto mashruuca.

“Samwuu I caawiyey, wuxuu dihi jirey ha lumen dhinacaaga.” Isaga wuxuu ahaa codkaas yar kaas oon ku sii waday,” Calixterio ayaa yiri.

Calixterio si xarrago leh ayuu ugu guulaystay una dhammeeyey, maantana wuxuu u shaqeeyaa Safeco.

Warar intaas ka badan ku saabsan ACRS mashruuceeda wac, call 206-695-7600.

## ናይ ስራሕ ኣገልግሎት ናብ ብሩህ መጻኢ ዕድል ይመርሕ

Job services lead to promising futures

“ቅድሚ ቅድሚብ ግመታት ርበርት ካሊክተርዮ ስራሕ ንምርካብ ይቃለስ ነይሩ “ ዝኸተሎ ምምርሒ ኣይነበረንን ኣንታይ ክገበር ከምዘደሊ ኣይፈልጥን ነይረ”

ድሕሪኡ ናይ ስራሕ ዕድል ብኤሻን ካውንስሊንግ ኣቢሉ ዝወሃብ መግለጺ ተግዘበ “ ነቶም ናይ ኮለጅ ዲግሪን እኹል ትምህርቲ ተመክሮን ዘይብሎምን ርቡሕ ክፍሊት ዝኸፍል ስራሕ ናይ ምርካብ ዕድሎም ብጣዕሚ ጸቢብ እዩ” ናይ ኤሻን ካውንስሊንግ ከይዝ ማናጀር ሳም ሂም ክንሕግዝ ግን ድልዎት ኣና”

ናይ ኤሻን ካውንስሊንግ ናይ ስራሕ ስልጠና ፕሮግራም ፍሉይ ዝኾነ ናይ ስራሕ ስልጠና ብምስልጣን ኣብ ፍሉይ ክእለት ስራሕ የእቱ እዚ ፕሮግራም እዚ ንዝተፈለዩ ዜግነት ዘለዎም ውልቀሰባት ኣገልግሎት የቕርብ እቶም ስራሕተኛታት ድማ ዝተፈለዩ ቋንቋታት ይዛረቡ።

ኣለክስ ካሊክተርዮ ወላውን ጽቡቕ ናይ እንግሊዝ ቋንቋ ዝመልኽ ይኹን እምበር ካልኣት ናይ ኤሻን ካውንስሊንግ ተገልገልቲ ሰባት ናይ እንግሊዝኛ ቋንቋን ናይ ትምህርቲ ትሕዝቶ ዘይብሎም ወልቀ ሰባት እዮም። ኣብ ናይ ቆልጻ መውጫን መንግስትን ጸገም ዘለዎም ሰባት እዮም። ካሊክተርዮ ኣብ ናይ ሽዱሽተ ወርሒ ናይ ቤት ጽሕፈት ተክሊሻን ፕሮግራም ትምህርቲ ተማሂሩ ናይ ቤት ጽሕፈት ምምሕዳር ክእለት ድማ ኣጥርጦን ስራሕ ረኽቡን።

ሳም ሂም ንእስታት ግሰርተ ክልተ ግመት ኣብ ኤሻን ካውንስሊንግ ከም ከይዝ ማናጀር ኮይኑ ዝሰርሖ ምክር ከይዝ ማናጀር እዩ ናይ ካሊክተርዮ ጉዳይ ስራሕ ብዕቲብ ብምክትታል ንቲ ፕሮግራም ንክምዘፍጽሞ ኣገዝዎ።

“ሳም ኣብቲ ስልጠና ከምዘተኮር ገይሩኒ ግላማኻ ኣይትሰሓት” ኣናበለ ንቅድሚት ንክኸይድ ኣገዘኒ ይብል ካሊክተርዮ።” ካሊክተርዮ ብተኸታታሊ ብግወት ነቲ ኮርስ ዝዘምም ሎሚ ኣኣብ ሰፍኑ ይሰርሕ ኣሎ

ንዝያዳ ኣብራታ ኣኣብ ኣኣሻን ካውንስሊንግ ናይ ስራሕ ፕሮግራም ኣብዚ ዝሰባ ስልኪ ቁጽሪ ትድወሉ 206-695-7600

## CHƯƠNG TRÌNH TÌM VIỆC LÀM DẪN ĐẾN TƯƠNG LAI NHIỀU HỨA HẸN

Job services lead to promising futures

Hai năm về trước, anh Robert Calixterio gặp vất vả khi tìm việc làm. Anh đã nói “ tôi như không có hướng đi. Tôi đã không biết tôi muốn làm gì.”

Rồi thì anh thấy tờ giấy quảng bá về việc dạy nghề và giúp tìm việc làm miễn phí từ cơ quan ACRS-Asian Counseling and Referral Service.

“Có thể là khó khăn cho người không có kinh nghiệm trong việc làm hoặc không có bằng đại học để mà có việc làm với đồng lương khá” ông Sam Him, nhân viên tìm việc làm của cơ quan ACRS đã nói như thế. “ Nhưng chúng tôi có thể giúp được”.

Chương trình huấn nghệ của cơ quan ACRS cung ứng những lớp dạy nghề đặc biệt trong các ngành chuyên môn, cùng với dịch vụ hỗ trợ để giúp quý vị giữ vững công việc làm. Chương trình này mở rộng cho các sắc dân, và các nhân viên (phục vụ) nói được nhiều ngôn ngữ khác nhau.

Dù anh Calixterio nói giỏi tiếng Anh, nhưng có nhiều thân chủ của ACRS không nói được tiếng Anh và kém học vấn. Họ cũng gặp khó khăn như việc giữ trẻ, phương tiện di chuyển. Anh Calixterio đã ghi danh một khóa 6 tháng chuyên ngành mà anh học năng khiếu về quản trị văn phòng.

Ông Sam Him là nhân viên trợ quản của ACRS từ hơn 12 năm, thường xuyên dõi theo anh Calixterio và để làm chắc anh này có đủ (điều kiện ) cần thiết để hoàn tất chương trình học.

Anh Calixterio đã nói “ Ông Sam đã giúp tôi chú tâm (vào việc học nghề), ông từng nói, đừng mất hướng đi, ông đã là tiếng nói nhỏ giúp tôi tiếp bước”.

Anh Calixterio đã thành công trong việc hoàn tất khóa học và hôm nay anh đang làm việc cho công ty Safeco.

Muốn biết thêm thông tin về chương trình tìm việc làm của cơ quan ACRS, xin gọi cho số 206-695-7600.

## Job services lead to promising futures

### የስራ ፈላጊ ኣገልግሎት ለአስተማማኛ የወደፊት ኑሮ ይመራል

ከተወሰኑ ግመታት በፊት ርበርት ካሊክተርዮ ስራ ለማግኘት ብጣም ችግር ነበረበት። “ለወደፊቱ የማስበው ነገር ኣልነበረኝም። ምን እንደምፈልግም ማወቅ ይቸግረኝ ነበር” በሚል ሃሳቡን ገለጸ።

ቆይቶም ነፃ የስራ ስልጠናና አስቀጣሪነት ኣገልግሎት የሚል ማስታወቂያ በኤሻን የስራ ፈላጊና ካውንስሊንግ በኩል ተመለከተ።

“በዙ የስራ ልምድ ወይም የኮሌጅ ዲግሪ ለሌላቸው ሰዎች ጥሩ ክፍያ ያለው ስራ ማግኘት ይቸግራል” በሚል የኤሻን ካውንስሊንግ የስራ ፈላጊና የጉዳይ አስፈጻሚ ማናጀር የሆነው ሳም ተናግሯል። “ እኛ ግን ከመርዳት አልተቆጠብንም”

የኤሻን ካውንስሊንግና የስራ ፈላጊ ኣገልግሎት የቮኬሽን ፕሮግራም ለተወሰኑ የስራ ግዴታዎችና የጉዳይ አፈጻጸም እንዲሁም ስራዎችን ይዘው እንዲቆዩ ይረዳዎታል። ይህ ፕሮግራም ለማንኛውም ዜጋ ክፍት ሲሆን ኣባላቱ

የተለያዩ ቋንቋዎችን የሚናገሩ ናቸው። ካሊክተርዮ ጥሩ የሆነ የእንግሊዘኛ ቋንቋ ችሎታ ቢኖረውም ብዙዎቹ የኤሻን ካውንስሊንግ ኣገልግሎት አባላት የእንግሊዘኛና የትምህርት ችሎታ ያንሳቸዋል። በተጨማሪም ልጅን አጠባበቅና የመንግሥት ችግሮች አሉባቸው። ካሊክተርዮ የሰድስት ወር የቢሮ ቴክኒሻንነት ፕሮግራም በመመዝገብ የቢሮ አስተዳዳሪነት የስራ ልምዱን ኣግኝቷል።

ሳም ሂም ከ12 ግመት በላይ የኤሻን ጉዳይ አስፈጻሚ የሆነው ካሊክተርዮን በየጊዜው የሚያስፈልገውን ሁሉ በመቆጣጠር ፕሮግራሙን እንዲጨርስ ረድቶታል።

“ሳም እኔን ትኩረት እንዳደርግ ረድቶኛል” እንዲህ ይለኝ ነበር “ግሮችን ትኩረት ከመስጠት አትቆጠብ” “እሱ ትንሽ ድምጽ ቢኖረውም ግን እንድቀጥልበት ረድቶኛል” በማለት ካሊክተርዮ ተናግሯል።

ካሊክተርዮ በአጥጋቢ ውጤት ኮርሱን ጨርሶ በአሁኑ ሰዓት ሴኔኮ ውስጥ ይሰራል።

ለተጨማሪ ዜና የኤሻን የስራ ጉዳይ አስፈጻሚ ፕሮግራምን በስልክ ቁጥር በ206-695-7600 ደውለው ይረዱ።

## Службы трудоустройства ведут к перспективному будущему

Несколько лет назад Роберт Каликстерио безуспешно пытался найти работу.

«Я был растерян, не знал, что мне делать», - сказал он.

И как раз тогда он увидел объявление, рекламирующее бесплатную подготовку к работе и трудоустройство через Asian Counseling and Referral Service.

«Для людей, не имеющих большого опыта или диплома колледжа очень тяжело найти хорошо оплачиваемую работу, - сказал руководитель дел по трудоустройству ACRS Сэм Хим. - но мы можем помочь.»

Профессиональная программа ACRS предлагает специализированную подготовку к определённой работе в конкретных областях и постоянную помощь, чтобы помочь вам удержаться на работе. Программа открыта для людей всех национальностей и её работники говорят на многих

языках. Хотя Каликстерио прекрасно владеет английским, многие другие клиенты ACRS недостаточно владеют английским и не имеют образования. Они также преодолевают трудности с уходом за детьми и транспортом.

Каликстерио записался на шестимесячную программу по подготовке канцелярских работников, где он получил знания для работы в управленческой конторе.

Сэм Хим, который 12 лет проработал руководителем дел ACRS, регулярно проверял в чём нуждается Каликстерио для успешного завершения программы.

«Сэм помогал мне сосредоточиться. Он говорил: «Не теряй цели.» Он был для меня тем самым постоянным голосом в мозгу, который заставлял меня держаться», - сказал Каликстерио.

Каликстерио успешно закончил курс и теперь работает в Safeco.

Для дополнительной информации о программах трудоустройства ACRS, звоните 206-695-7600.