



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



The Voice

February
2007
Articles translated
into six languages

The newspaper of Neighborhood House

Time to enroll children in kindergarten for 2007-08

Neighborhood House program reaches out to limited-English speaking families



PHOTO BY JORDON MCENTIRE

Narcita Eugenio of Seattle Public Schools shows a kindergarten enrollment guidebook to a group of Head Start parents at a Neighborhood House event last month.

By JORDON MCENTIRE
Voice reporter

Sending a child to kindergarten is a scary event for many parents, but for immigrant parents, the task can be even more daunting.

Last month, Neighborhood House hosted an event for families of Head Start preschoolers who will be entering the Seattle Public Schools system this fall.

The purpose of the event was to provide families with information about the enrollment process. This was especially important information for many of the families in attendance because they are new to the country and are unfamiliar with the process of enrolling their children into an American public school.

Seattle Public Schools provides the families with a basic checklist of tasks they must complete to enroll their children. The checklist is manageable for families who are familiar with the American school system and use English as their primary language.

However, many of the families who attended the event do not speak English as their primary language, an obstacle that turns a manageable process into a difficult one.

Fortunately, SPS has the Bilingual

Family Center, which is designed to help such families. When families pick up their applications for enrollment, non-English-speaking individuals can request assistance with filling out the applications.

Please see "Enrollment" on page 2

Enrolling in Seattle Public Schools

- Enrollment must be completed by Feb. 28.
- School assignments will be made in April.
- The English proficiency test is administered in May.
- Enrollment guides are available on the Seattle Public Schools Web site at <http://www.seattleschools.org>. Enrollment guides are only printed in English, but the Seattle Public Schools' Bilingual Family Center can be reached at 206-252-7750, and they provide non-English speaking families with assistance.
- The Bilingual Family Center has provided Neighborhood House with enrollment guides. Contact Million Shiferaw at 206-461-8430, ext. 246 to request one.

Free tax program could mean bigger refund

Earned Income Tax Credit can save you money

By VOICE STAFF

The Earned Income Tax Credit is a tax benefit for working people who earn low or moderate incomes. Working families can get as much as \$4,536 added to their tax refund.

Congress originally approved the tax credit in 1975 as a way to offset the burden of social security taxes on low-income people.

When the EITC exceeds the amount of taxes a person owes, it results in a tax refund to those who claim and qualify for the credit.

To qualify, taxpayers must meet certain requirements and file a tax return, even if they did not earn enough money to be obligated to file a tax return.

In King County, help is available to ensure that residents take advantage of this important program. The United Way of King County will help people claim the credit by providing free tax preparation services at sites across the county until April 15.

For no cost, trained, multilingual volunteers will help residents prepare their taxes and file them electronically for a rapid refund.

You may be eligible for the tax credit if you earned if you have a valid Social Security number, if you've lived in the United States for more than half the year, if you made less than \$2,800 from investment income, if you are a U.S. citizen or resident alien and if you are between the ages of 25 and 65 or have a qualified dependent.

In addition, your earned income and adjusted gross income must each be less than \$36,348 (\$38,348 if you're married filing jointly) with two or more qualifying children, \$32,001 (\$34,001 if you're married filing jointly) with one qualifying child, or \$12,120 (\$14,120 if you're married filing jointly) with no qualifying children.

Remember to bring all of your tax-related documents to the tax preparation site.

For more information about the Earned Income Tax Credit or the free tax preparation service and sites, please call 2-1-1 or 1-800-621-4636.

The following sites will be available:

Auburn

Auburn Valley YMCA, 1620 Perimeter

Rd. S.W. Tuesdays, 5 to 8 p.m., services in English. Saturdays, 10 a.m. to 2 p.m., services in English and Spanish.

Beacon Hill

El Centro de la Raza, 2524 16th Ave. S. Wednesdays, 5 to 9 p.m., services in English and Spanish. Saturdays, 9 a.m. to 1 p.m., services in English and Spanish.

Bellevue

Hopelink, 14812 Main St. Tuesdays, 5 to 9 p.m., services in English and Spanish. Thursdays, 1 to 5 p.m., services in English and Russian. Saturdays and Sundays, 9 a.m. to 1 p.m., services in English and Chinese.

Central District

Yesler Community Center Computer Lab, 917 E. Yesler Way. Thursdays, 5 to 9 p.m., services in English and Amharic. Saturdays, 10 a.m. to 2 p.m., services in English and Korean.

Downtown Seattle

Seattle Public Library, 1000 4th Ave. Tuesdays and Wednesdays, 12 to 7 p.m., services in English. Thursdays, 12 to 5 p.m., services in English. Saturdays 12 to 4 p.m., services in English. Sundays, 1 to 5 p.m., services in English.

Federal Way

Multi-service Center, 1200 S. 336th St. Wednesdays, 5 to 8 p.m., services in English and Spanish. Thursdays, 5 to 8 p.m., services in English and Russian.

Kent

Alliance Center, 515 W. Harrison St. Tuesdays, 5 to 8 p.m., services in English and Chinese. Thursdays, 5 to 8 p.m., services in English and Vietnamese. Saturdays, 9 a.m. to 12 p.m., services in English and Spanish.

Maple Valley

Maple Valley Food Bank, 21415 Maple Valley Hwy. Wednesdays, 5 to 8 p.m., services in English.

Rainier Beach

Rainier Beach Community Center Computer Lab, 8825 Rainier Ave. S. Wednesdays, 5 to 8 p.m., services in English and Spanish. Saturdays and Sundays, 11 a.m. to 3 p.m., services in English.

Renton

Salvation Army Renton Rotary Food Bank, 206 S. Tobin St. Wednesdays and

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—Seattle Mayor Greg Nickels remembers SHA Commissioner Al Winston, who recently passed away
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Neighborhood House
Jesse Epstein Building
905 Spruce Street
Seattle, WA 98104

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Tenants Union aims to be a resource to Section 8 residents

By KEITH GORMEZANO
Special to The Voice

Does anyone you know have questions about their rights and responsibilities as a Housing Choice (Section 8) voucher tenant? Do you understand how your rent portion is calculated, what medical and work deductions are available and that you may request an explanation of how housing authority staff arrived at their calculations? Do you know that you may appeal some decisions made by housing authority staff?

The Section 8 Tenants Organizing Project is a group of tenants and supporters working to save Section 8 housing and give tenants a voice in decisions that affect their housing stability. Project members work to educate and organize Section 8 voucher tenants in order to affect change in local housing policy and preserve the long-term affordability of Section 8 housing.

Last year, STOP surveyed current and past Section 8 voucher tenants about their experiences in the program.

The group asked questions about what happened to participants during the application process, how they were treated by housing authority staff once they were accepted into the program or rejected, how decisions were made and benefits calculated, what the results were of requests for ADA accommodations and how applicants were treated during any appeals.

Emily Paddison, an organizer with the Tenant's Union said that the surveys are being used "to gather tenant's stories about

Section 8 and win a voice with the decision makers at the housing authority."

Section 8 tenant Waldene Plinski said that she hopes her participation will "help hold our workers at Section 8 accountable."

Upon hearing about the assessment, Section 8 tenant Johanna Prince said that it would be nice to find out what specific medical deductions are allowed as she was unclear about that area and also didn't know how to obtain a copy of the spreadsheet calculating her rent.

The Section 8 Tenants Organizing Project is part of the Tenants Union, a grassroots membership-based organization with over 800 members working on housing issues statewide.

"All Section 8 tenants are welcome to get involved with our work to win improvements in the Section 8 program," Paddison said.

For more information about the STOP project at the Tenants Union, contact Paddison at 206-722-6848, ext. 120 or by e-mail at emily@tenantsunion.org.

The Tenants Union also runs a free resource line that offers information about how to use the laws to solve housing problems. Services are offered regularly in Spanish, English and other languages upon request. The hotline number is 206-723-0500.

Calls are taken between 3 and 6 p.m. on Mondays and Wednesdays and between 12 and 4 p.m. on Thursdays.

Keith Gormezano is a resident of Phinney Terrace, a SSHP building.

Refugee and immigrant legislative day planned

By VOICE STAFF

On Feb. 20, between 700 and 1,000 immigrants and refugees from the Seattle area will board buses and head to Olympia for the first ever Refugee and Immigrant Legislative Day.

The event, organized by Refugee Women's Alliance with financial support from the Marguerite Casey Foundation, aims to introduce Washington's legislators to their immigrant constituents and alert them to the complex challenges these groups face.

"For the most part, refugees and immigrants are the invisible minorities," said Someireh Amirfaiz, executive director of Refugee Women's Alliance.

The Legislative Day will begin with a rally on the Capitol grounds and then participants will meet in small groups with Senators and Representatives from all over the state.

They'll focus on issues surrounding the Washington Assessment of Student Learning and work requirements for Temporary Assistance for Needy Families.

For the WASL, they'll focus on problems with aggregated data, Amirfaiz said.

When student performance data is collected, immigration status is overlooked, making it hard to assess and subsequently address immigrants' special needs.

"If you don't have good data, how can you plan a good strategy to eliminate something like the achievement gap," she asked.

They'll also argue that taking English as a Second Language classes should be an activity that qualifies a person as progressing toward employment under TANF regulations.

Finally, Amirfaiz said she hopes the Legislative Day will provide an opportunity for newcomers to learn more about civic engagement and the United States government.

"Part of it is building leadership in our immigrant and refugee communities," she said.

To get involved in the Refugee and Immigrant Legislative Day, call Refugee Women's Alliance at 206-721-0243.

Winston provided years of service to SHA tenants Longtime Commissioner passes away

By VIRGINIA FELTON
Seattle Housing Authority

Al Winston, Jr., a resident of Seattle Housing Authority's Reunion House since 1996 and a member of SHA's Board of Commissioners since 1999, died in late December.

"SHA staff and commissioners share the sorrow of Commissioner Winston's passing," said Executive Director Tom Tierney. "He made immense contributions to SHA policy and programs for low-income people, and especially seniors, and he provided tremendous spirit to our work together."

The Commission's chair, Bettylou Valentine, noted that she regarded Winston as both a friend and a colleague.

"I came to appreciate Al's individual touch and his dedication to the interests of SHA residents," she said, "I'll miss Al, both as a conscientious commissioner and as a warm, concerned and generous friend."

Elbert "Al" Winston, Jr. was born in Oakland, Calif. on March 4, 1930. He was appointed to the SHA board in 1999 by then-Mayor Paul Schell. He was reappointed by Mayor Greg Nickels in 2002 and served until his death.

"Al Winston was a genuinely caring man who gave back to his community unselfishly. His passion and commitment to serving others will be greatly missed," said Mayor Nickels. "My deepest sympathy goes to his family, friends and fellow commissioners."

In 2003, Commissioner Winston helped provide the policy guidance needed to re-establish the Seattle Senior Housing Program on a sound financial footing, including making difficult choices to set strong budget targets for both expenditure control and revenue enhancements.

In 2001, he also represented SHA on the broad-based committee to evaluate the needs for The Morrison and recommended



Elbert "Al" Winston, Jr.

solutions in terms of service, management and rehabilitation.

He offered a valuable resident perspective on the Board and had stated that his goal was, "to work for all residents no matter what program they fall under."

Before his retirement, Commissioner Winston worked at Bethlehem Steel from 1970 to 1986 as that company's human resource/self-insurance supervisor. There, he managed employee and dependent benefit programs for approximately 1,500 workers.

Prior to joining Bethlehem Steel, he supervised store operations for Albertson's, where he progressed from working as a clerk to become the first African-American grocery manager for the chain.

He also served in the U.S. Navy from 1954 to 1959, where he taught instrument flying to Marine Corps pilots at the El Toro Marine Corps Air Station. He studied business economics at the University of British Columbia in Vancouver, British Columbia.

EITC

Continued from front page

Thursdays, 5 to 9 p.m., services in English and Spanish. Sundays, 12 to 4 p.m., services in English and Chinese.

Seatac

Sea-Tac Airport, Airport Jobs Office. Take Elevator 1 from the ticket counter level to Level M. Tuesdays, 5 to 9 p.m., services in English. Saturdays, 9 a.m. to 1 p.m., services in English.

Shoreline

Hopelink, 15809 Westminster Way N.

Tuesdays, 5 to 9 p.m., services in English. Saturdays, 9 a.m. to 1 p.m., services in English.

White Center

Salvation Army Community Center, 9050 16th Ave. S.W. Tuesdays and Wednesdays, 5 to 9 p.m., services in English and Spanish. Saturdays, 9 a.m. to 1 p.m., services in English and Spanish.

White Center Assembly, 10337 16th Ave. S.W. Thursdays, 5 to 9 p.m., services in English and Samoan. Saturdays, 11 a.m. to 3 p.m., services in English and Samoan.

Enrollment

Continued from front page

Families who attended the Neighborhood House event were also able to ask questions about issues beyond kindergarten enrollment.

With the passage of the No Child Left Behind act by Congress in 2001, school districts became required to administer a test to incoming children in order to determine if they qualify for ESL classes.

Tram Doan, a mother of a 5-year-old girl who will be entering kindergarten this fall asked, "Because my child was born in America, why does my child have to be tested?"

Many of the parents associated the test with a test of their child's mental capabili-

ties rather than a test of their aptitude in English.

Doan said she was concerned that her daughter "would not perform well" on the test and would miss out on "important classroom time learning" by going to ESL classes.

Doan further asked if there were preparation materials for the test that she could administer to her child.

Narcita Eugenio, who works for the Bilingual Family Center, said she personally liked the ESL test.

"It is comprehensive," she said. "Anyhow, though children may be required to take the test, families are not required to enroll their children in an ESL class. We live in a free country, and parents have that choice."

The Voice

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The Voice, the newspaper of Neighborhood House, is published monthly with the support of Seattle Housing Authority resident participation funds and the King County Housing Authority. Neighborhood House helps diverse communities of people with limited resources attain their goals for self-sufficiency, financial independence and community building. The Voice contributes to that mission by providing low-income people, immigrants, refugees and other concerned parties with timely, relevant news. Opinions expressed do not necessarily reflect those of the staff, Neighborhood House, SHA or KCHA. We welcome articles and tips from the community and reserve the right to edit all submissions.

Career Center can set you on the path to employment

By YWCA STAFF

The Seattle-area job market is hot right now. But without the skills employers are seeking or without the knowledge of where to find employment that matches your needs, times can be tough.

The YWCA Greenbridge Development Career Center can set job seekers on the path to success through its employment and training programs.

Programs at the center include free basic computer training needed for office work, keyboarding and typing skills classes, instruction in e-mail and Internet job research and the how-to's of submitting on-line job applications.

A special computer program is available to assist ESL students in learning English.

In addition, there is a weekly job club that works to help job-seekers develop a resume, cover letter and learn good interviewing techniques.

Services are available to food stamp recipients, King County Section 8 residents, King County HOPE VI clients and all residents of Park Lake Homes or Greenbridge.

The center, located at 10048 4th Pl. S.W. in White Center, is open Monday through Thursday from 9 a.m. to 5:30 p.m. and on Friday from 9 a.m. to 4:30 p.m.

Computer classes are taught on Tuesdays and Thursdays. For ESL students, the Computer Lab is open Monday through Friday from 9:30 a.m. to 4:30 p.m.

For more information, drop by the center or call 206-763-6922.

Accessible taxi cabs now available

By JM (JIM) BUSH

Special to The Voice

If you're a power-chair or scooter user, you may remember some of the problems encountered in using a taxicab — either you couldn't, because they couldn't accommodate your mobility device or the ones that were in service were not cheap.

Well, that changed in November, thanks to METRO, the City of Seattle and several other organizations, which just started an accessible taxicab demonstration project.

The service will use eight low-floor minivans to provide service to most areas in King County.

The demonstration project, which will last for two years, will allow the City and King County to assess the need for accessible taxicabs and estimate how many will be needed, test the economic viability of providing accessible taxicabs at standard taxicab rates and evaluate the operation of side-loading vehicles, the dispatch system and other issues.

These accessible cabs, which are dispatched through Yellow Cab, will be in service 24 hours a day, seven days a week and will operate under the same fare structure as conventional taxicab service.

The vans have "universal" tie down systems that can accommodate one wheelchair or scooter, providing that device is no wider

than 29.5" wide and 48" long and doesn't weigh more than 600 pounds (including the device's user). They can also accommodate additional passengers, if there is room.

We should note that the ramps on taxicabs are smaller than the lifts found on Metro Access vans, so people who can use Access may have mobility devices that won't fit on an accessible taxicab. Also, manual wheelchairs are limited by the driver's ability to help the passenger up the ramp into the van.

The fare structure is just like a regular cab (\$2.50 drop, \$2 per mile and 50 cents per minute in slow-moving traffic; additional passengers can ride for 50 cents per mile, per passenger). If a fuel surcharge applies, due to high gasoline prices, it will be noted in the cab.

The meters in these cabs are electronic and don't start until the cab moves and stops when you've reached your destination.

You can use cash, credit cards (all major cards accepted) or taxi scrip (if you're eligible) to pay for your trips.

To request an accessible taxicab, call Yellow Cab at 206-622-6500.

For more information on the accessible taxicab project, please call 206-263-3453 (TTD users call 206-263-3116) or go to <http://transit.metrokc.gov/tops/accessible/access-taxi.html>.



By ANZA MUENCHOW
Special to The Voice

One to grow on

Garden tips for community gardeners

A cooler than normal spring is predicted, so let's talk about one of the most cold-tolerant crops we plant. Peas can be planted early; the lore is to plant them on Washington's birthday.

Peas germinate in soil that is only 45 degrees and really thrive in our 50 to 60 degree days with their dramatic increase in length in March and April.

I recommend a long row this year so that you can share your delicious harvest with the non-gardeners in your neighborhood.

What types of peas do you want to eat this year? Snow peas are the really flat pods that you typically see in Asian stir fry recipes. Snap peas are the ones with fat pods that are edible, juicy and sweet. The shelling peas are the more old-fashioned varieties that have to be removed from the tough pod. Though shelling peas are becoming more popular with chefs, it takes a lot of food prep time to get a quantity.

Don't forget that the pea vines are edible, too. Snip off the top eight inches of a snow pea vine and use it in salads or stir fry.

Select a moderately sunny spot, but not one that has a baking hot sun exposure in June. Peas grow best on trellises, especially the kind that use string. The little tendrils can easily wrap around string and support the vine. Do not confuse peas with beans, which need to twine around their support structures (e.g., poles, fences).

Consider successive plantings of the bush varieties that tend to bare fruit all at once. The taller types can usually produce for several weeks or months if you keep picking them.

Check the description of the pea vines because some produce 4-foot vines and some more than 6 feet. That would be a big trellis to build in a windy site.

Peas tolerate rather poor soils. Do not add fresh manure to the soil where you plant the peas. Perhaps add some bone meal, but don't worry about adding a nitrogen source.

Peas are a legume and can fix their own nitrogen with the help of bacteria nodules on their roots. Pea inoculant packets, which you can find in garden stores, are the freeze-dried bacteria that colonize the roots. If you haven't planted peas before, try using the inoculant to improve germination and early growth.

Either sprinkle the inoculant on the row of planted seeds before you cover them with soil, or add a teaspoon of water to the seed packet and shake the inoculant into

the packet. That will coat each seed with the black powdery inoculant.

Protect the emerging pea sprouts from bird pests with a light-weight cover like a net or floating row cover. When the green shoots appear, wise birds know there is a seed swelling with sugar energy just below the surface. Those crows can wipe out a whole row in a short time.

Another pea pest to plan for is the pea weevil and its larva in the soil. The larva are tiny and will eat the seeds, and the adults will climb up and eat the leaves and stems. The adult weevil feeds at night, so you generally won't see it, though I have used a flashlight to inspect at times. Adult weevil damage on leaves looks like a scalloped edge.

The best prevention is to rotate where you plant peas each year. This is very important. Expect some weevil damage even with rotating your planting, but the vines have usually grown past the damage when they reach about 10 inches.

Warm weather may bring aphids, another important pea pest. Aphids carry some viruses that will infect the pea vines, particularly an enation virus.

Freely water your pea vines with overhead watering to wash off any little aphids that may try to set up house there. If you see a discoloring or distorted growth, remove the infected vines as the aphids will spread the virus quickly.

When harvest time comes, just pick and enjoy your peas, right there in the garden. Yum.

If you have any left, bring them into the kitchen and try them in a stir fry or a salad.

If some pods get left on the vine and are too big and tough to eat, let the vine dry out and save the seed for next year. Peas are self-pollinating, so the seeds stay true to the variety.

Also, don't take down the trellis when the pea vines die in July. Plant a cucumber or vining squash (especially *tromboncino* or *zucchetta rampicante*) at the base of the trellis and let that grow up and produce for the rest of the summer. The legume has actually added nitrogen and improved your soil for the next crop.

Have a great February; buy your seeds, build some cloches like we discussed last month and get ready for the 2007 food growing season.

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

Are YOU ready to handle an emergency?

By JM (JIM) BUSH AND SCOTT FREUTEL
Voice reporters

The recent windstorm (and subsequent power outages) caught a number of people off guard—including the City of Seattle and various other governmental and public-service organizations.

We all know that the recent storms could have been worse. We also know that Seattle is in earthquake country (the 2001 "shaker" is proof of that!), in addition to being close to many mountains that could erupt (like St. Helens). There are other disasters that could happen, including fires, floods and terrorist attacks.

With that in mind, it is extremely important that everyone be prepared. One way to prepare for disaster before it strikes is to assemble a disaster supplies kit.

Households will need enough food,

water, and supplies to sustain you and those you live with for at least three days, preferably seven days or more.

Use an easy-to-carry container to hold your supplies and place the container near your front door so it is easy to grab during an evacuation. Consider including the following supplies in your container.

Water

Store water in plastic containers such as two-liter soda bottles. Avoid using containers that will decompose or break, such as milk cartons or glass bottles.

- Store one gallon of water per person per day (one-half gallon for drinking, one-half gallon for food preparation/sanitation).

- Keep at least a three-gallon supply of water for each person in your household.

Food

Store at least a three-day supply of non-

perishable food per person. Select foods that require no refrigeration, preparation or cooking and little or no water, such as:

- Ready-to-eat canned meats, fruits and vegetables
- Canned juices, milk, soup (if powdered, store extra water)
- High energy foods – peanut butter, jelly, crackers, granola bars, trail mix
- Foods for infants, elderly persons or persons on special diets

First Aid Kit

Assemble a first aid kit for your home and one for each car.

Tools and Supplies

- Cooking supplies and paper cups, plates, spoon, fork, and knife
- Battery-operated radio and extra batteries
- Flashlight and extra batteries
- Non-electric can opener, utility knife

- Cash or traveler's checks, change for phone calls
- Toilet paper, towelettes
- Garbage bags, duct tape

Clothes and bedding

Include at least one complete change of clothing and footwear per person. In addition, include:

- Sturdy shoes or work boots, gloves
- Rain gear and hat
- Blankets or sleeping bags

Special items

Remember family members with special needs, such as infants and elderly or disabled persons.

- Prescription medicines
- Sanitation supplies (toilet paper, plastic bags, feminine hygiene supplies)
- List of emergency phone numbers including out-of-area contacts' names and numbers
- Important family documents (medical records, bank statements, etc.)
- Pet supplies

TRANSLATIONS

TRANSLATED ARTICLES FROM THE VOICE

How to handle food when the power goes out

របៀបរក្សាម្ហូបចំណីឱ្យបានល្អនៅពេលអគ្គិសនី

ចរន្តអគ្គិសនីឆេះ

ក្នុងពេលថ្មីៗកន្លងទៅនេះ យើងមានបញ្ហារក្សាម្ហូប ឬ ភ្នំដុតស្រស់ពេលយប់យូរ ដោយសារខ្យល់រំពង ។

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ប៉ាល់អ្វីដល់ម្ហូបចំណីឡើយ ។ តើបើសិនជាភ្នំដុតស្រស់ដាច់ លើសពីដូចមានជំហរមកខាងលើនេះ យើងមានកម្មវិធី ជំរុញចម្រើនខាងក្រោមនេះ ៖

ទី១: ហាមកុំបើកទ្រូងទឹកកក ឬ ម៉ាស៊ីនត្រជាក់របស់អ្នក កញ្ជក់ញាប់ឬបើកចំហរយូរពេកនាំឱ្យអស់ជាតិ ត្រជាក់ បណ្តាលឱ្យអាចខូចម្ហូបចំណីដែលមានក្នុងទូនោះ ។ ព្រោះបើយើងមិនបើកញ្ជក់ញាប់ទេ នឹងត្រជាក់រយៈពេល ៤៨ ម៉ោង។

ទី២: យើងគួរតែមានប្រដាប់ដែលអាចបិទបង្គំមិនឱ្យ ជាតិត្រជាក់អស់ពីទូរ ហើយអាចដូរដល់ម្ហូបអាហារ ណាដែលត្រូវការ មិនខូចស្តុយរលួយដូចជា ទឹកដោះគោរ លាម្នា បន្លែ ជាដើម ដែលត្រូវផ្តាច់ទុកជាមួយ ទឹកកកបានយូរក្នុងកំឡុងពេលដែលអគ្គិសនី ចរន្តអគ្គិសនីប្រើប្រាស់នោះ ។

ម្យ៉ាងទៀតលោក-អ្នកគួរតែមានប្រដាប់សំរាប់កំដៅនៅ ក្នុងផ្ទះរបស់អ្នកជាភារកិច្ចស្រួលឱ្យដឹងអំពីកំរិតនៃសី តណ្ហាការនៃអាហារដែលអាចបិទភ្ជាប់មិនមាន គ្រោះថ្នាក់ដល់យើង ។

បើសិនយើងមានប្រដាប់សំរាប់យើងនឹងដឹងថា កំរិតត្រជាក់សាច់ឬរបស់ផ្សេងៗទៀតដែលមានកំរិតតិច ៤០ អង្សានោះ បើបញ្ហា យើងបិទភ្ជាប់ពុំមានគ្រោះថ្នាក់ ដល់អាហារយើងទេដោយអាហារទាំងនោះពុំមាន ជាតិរលួយខូច ពុំមានជាតិល្អឡើយ ។

How to handle food when the power goes out

LÀM THẾ NÀO ĐỂ BẢO QUẢN THỨC ĂN KHI BỊ CÚP ĐIỆN

Bị cúp điện cách bắt thành linh có thể gây khó chịu và trở ngại, đặt biệt là khi bị cúp điện lâu dài.

Các thức ăn dễ bị hư thì không nên để nơi có nhiệt độ trên 40 độ trong hơn 2 giờ đồng hồ. Nếu việc cúp điện xảy ra trong khoản 2 tiếng đồng hồ trở lại, thì quý vị không cần phải quan tâm. Thế nhưng nếu việc cúp điện kéo dài thêm, thì có lẽ quý vị nên chuẩn bị vài phương thức.

Thứ Nhất là, đừng mở tủ lạnh hay ngăn đông lạnh. Không mở tủ lạnh sẽ giúp giữ độ lạnh cho thức ăn trong vài giờ. Ngăn đông lạnh mà có chứa phân nửa thức ăn có thể giữ độ lạnh trong 24 giờ, và ngăn đông lạnh chứa đầy thức ăn có thể giữ độ lạnh trong 48 giờ.

Thứ Hai là quý vị nên có sẵn thùng ướp lạnh (Styrofoam cooler). Nếu việc cúp điện có thể kéo dài hơn 2 hay 4 giờ đồng hồ, hãy để các loại sữa, thịt, cá, gà, trứng, đồ ăn dư vào thùng ướp lạnh rồi chườm đá xung quanh. Nếu thấy như việc cúp điện dài lâu hơn nữa, cũng hãy bỏ các đồ ăn đông lạnh vào thùng ướp rồi rải đá xung quanh.

Quý vị cũng nên có một cái nhiệt kế kỹ thuật số. Những loại nhiệt kế này giúp quý vị kiểm tra độ lạnh bên trong thức ăn cách nhanh chóng và an toàn. Ví dụ như, nếu miếng thịt bò đông lạnh còn giữ được nhiệt độ ở 40 độ, thì (miếng thịt này) có thể làm đông lạnh lại được.

How to handle food when the power goes out

መግቢ ከመይ ግድርካ ትሕዞ ሓይሊ ኤለክትሪክ አብ ዘቋርጸሉ ግዜ

ዘይተሓሰበ ናይ ሓይሊ ኤለክትሪክ ምቁራጽ ዝሰክፍን ሽግር ዘኸትል እዩ ምናዳ ነዊሕ ግዜ ምስዘቋርጽ

ብቐሊሉ ዝበላሸው ዓይነት ምግብታት ልዕሊ 40 ዲግሪ አብ ደገ ክቕመጡ የብሎምን ካብ ክልተ ሰዓት ንላዕሊ አቲ ናይ ኤለክትሪክ ሓይሊ ካብ ክልተ ሰዓት ንልኒሊ ምስዘቋርጽ ክትሰከፉ አለኩም ካብ ክልተ ሰዓት ንላዕሊ ሓይሊ ኤለክትሪክ ምዘቋርጽ እዞም ዝሰዕቡ ስጉምታት ክተውሱይ ይግባእ።

ቐዳማይ ፍሪዘር ረፍሪጀራተር አይትኸፍቱ ዘይተኸፍተ ረፍሪጀራተር ነቲ ምግቢ ብዛሕሊ ይሕዞ ንቅሩብ ሰዓታት ፍርቁ ብመግቢ ዝመልኤ ፍሪዘር ንዕስራን ኣርባዕተን ሰዓት ብዛሕሊ ነቲ መግቢ ክሕዝ ይኸእል ክሳብ ኣፉ ዝመልኤ ፍሪዘር ክሳብ 48 ሰዓት ኣዝሒሉ ክሕዝ ይኸእል። ካልኣይ ሕሰር ዝበለ ስታይሪፎን ኩለር አብ ቤትኩም ሓዙ እት ናይ ኤለክትሪክ ምቁራጽ ካብ ክልተ ሰዓት ንላዕሊ ምስዘኸውን እብ ረፍሪጀራተር ዝነበረ ጸባን ውጽኢት ጸባን ስጋን እንቋቋሖ ተረፍ መግብን አብ ኩለር በረድ መልእኩም ተቐምጥዎ እቲ ምቁራጽ ኤለክትሪክ ዝቕጽል ምስዝመስል ካልእ ኩለር በረድ መሊእኩም ተዳልው ንናይ ፍሪዘር ምግብኹም ዝሕዝ።

ቐልጡፍ መልሲ ዝህብ ዲጂታል ተርምመተር ሓዙ እዞ ዲጂታል ተርምመተር ብምጥቃም አአብ ውሽጢ አቲ ምግቢ ተምጥረጨር ክተፈልጡ ይሕግዘኩም ንምሳሌ ፍርዘን ስጋ ክብቲ ናይ ወሽጡ ተምጥረቸር ትሕቲ 40 ምስዘኸውን ፍሪዝ ክትገብርዎ ትኸእሉ ኢኹም

ቐልጡፍ መልሲ ዝህብ ዲጂታል ተርምመተር ሓዙ እዞ ዲጂታል ተርምመተር ብምጥቃም አአብ ውሽጢ አቲ ምግቢ ተምጥረጨር ክተፈልጡ ይሕግዘኩም ንምሳሌ ፍርዘን ስጋ ክብቲ ናይ ወሽጡ ተምጥረቸር ትሕቲ 40 ምስዘኸውን ፍሪዝ ክትገብርዎ ትኸእሉ ኢኹም

Sidee raashiinka loo xanaaneeyaa marka ay korontada baxdo

Si dhaqsi ah markay korontada u baxdo waxaa imaan kara dhibaato iyo walbahaar, khaas ahaan marka ay dheeraato.

Raashiinka laguma hayn karo qabowga aha 40 derejada in ka badan laba saacadood. Haddii korontada maqnaato laba saacadood ka yar inaad kululayso ayaad u baahan tahay, haddiise korontada maqnaashaheeda laba saacadood iyo wax ka yar yahay welwel ma qabtid hadiisa uu ka bato laba saacadood, waxaa loo baaqhan yahay inaad qaado tallaaboootin si aad isugu diyaariso.

Marka hore ha furin Qabppjiyaha, Qaboojiyaha aan la furin raashiinka qabppb ayuu ahaanayaa wuxuu ku filaanayaa saacado. Qaboojiyaha wuxuu hayn kara raashiinka nus intuu hayn jirey ilaa iyo 24 saac, midka buuxana ilaa iyo 48 saacadood.

Tan labaad, waa inaad haysataa Styrofoam coolers gacanta hadii ay u ekaato in korontada baxeyso in ka badan laba saacadood ama afar saacadood Qaboojiyaha caanaha ku jira wuxuu wax yeelaynayaa: Malayga, Caanaha, Digaagga, Ukunta inta qaboojiyahaaga ka dhalaalayo barafka, haddii ay u ekaato in dabku ka badan maqnaanayo u diyaari baraf haysahada inaad qaboojiyahaaga baraf ku shubto.

Waa inaad haysataa Tarmuus barafeed ood isla markiiba aad baari karto qabowgiisa raashiinka ku jiro si nabadge; yo ahaan, hadii hilibka lo'da ka hooseeyo qabowga 40 derejo qaboojintiisa waa nabadhaddii uu ka hooseeyo dwrejada 40, waa in la qaboojiyaa.

How to handle food when the power goes out

Что делать с едой при отключении электричества

Неожиданные отключения электричества могут расстраивать и беспокоить, особенно когда они продолжительны.

Скоропортящиеся продукты нельзя держать более двух часов при температуре выше 40 градусов по Фаренгейту. Если электричество отключается на два часа или менее, вы не должны беспокоиться. Но в тех случаях, когда энергоподача прекращается надолго, нелишне было бы знать, что надо делать.

Первое - не открывайте холодильник или морозильную камеру. В холодильнике, который не открывается, еда сохраняется охлажденной несколько часов. Полупустой

морозильник будет держаться 24 часа, а полный - 48 часов.

Второе - у вас должны быть в запасе недорогие пенопластовые холодильники. Если похоже на то, что электричество отключится дольше чем на два-четыре часа, упакуйте охлажденное молоко, молочные продукты, мясо, рыбу, птицу, яйца и остатки еды в пенопластовый холодильник со льдом. Если отключение энергии ожидается продолжительным, то приготовьте такой же пенопластовый холодильник для продуктов из морозильника.

У вас также должен быть цифровой быстродействующий термометр. Этими термометрами вы можете быстро проверить готовность еды и её безопасное хранение. Например, если замороженная говядина имеет внутреннюю температуру ниже 40 градусов по Фаренгейту, то её можно без опаски снова заморозить.

How to handle food when the power goes out

ኤሌክትሪክ በሚቋረጥበት ሰዓት የምግብ አጠባበቅ ዘዴ

በአጋጣሚ የኤሌክትሪክ መቋረጥ ተስፋ ሊያስቆርጥና ችግር ሊፈጥር ይችላል። በተለይ ችግሩ እየተራዘመ በሄደ ቁጥር። የሚበላሹ ምግቦች ከ40 ዲግሪ ባልበለጠ ከሁለት ሰዓት በላይ መቆየት የለባቸውም። የኤሌክትሪኩ መቋረጥ ሁለት ሰዓት ወይም ከህ በታች ከሆነ አያስቡ። ነገር ግን የኤሌክትሪኩ መቋረጥ ከህ በላይ ከሆነ እርምጃ መውሰድና ጥንቃቄ ማድረግ ያስፈልጋል።

አንደኛ የምግብ ማቀዝቀዣውን ወይም ሪፍሪጅሬቲቱን አለመክፈት። የተከፈተ ሪፍሪጅሬተር ለተወሰነ ጊዜ ምግብ ሳያበላሽ ሊያቆይ ይችላል። ግማሹ የሞላ ሪፍሪጅሬተር እስከ 24 ሰዓት ማቆይት ሲችል ሙሉ የሆነ ደግሞ እስከ 48 ሰዓት ማቆየት

ይችላል።

ሁለተኛ በቅርብም ርካሽ የሆነ ስታይሪፎን ማቀዝቀዣ እንዲኖሮዎት ያስፈልጋል። የኤሌክትሪኩ መቋረጥ ከሁለት ወይም ከአራት ሰዓት በላይ ሊቋረጥ ይችላል ብለው ሲያስቡ የታሸጉ የሪፍሪጅሬተር ነገሮችን እንደ ወተት፣ ስጋ፣ አሳ፣ እንቁላልና የተረፉ ምግቦችን በማቀዝቀዣው ውስጥ ዙሪያውን በረዶ በማድረግ ያስቀምጡ። የኤሌክትሪኩ መቋረጥ የሚረዘም መስሎ ከታየዎት ደግሞ ፍሪጅ የሚቀመጡ ምግቦችን በማቀዝቀዣው ውስጥ በረዶ አድርገው ያስቀምጡ።

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The mission of the Seattle Housing Authority is to enhance the Seattle community by creating and sustaining decent, safe and affordable living environments that foster stability and self-sufficiency for people with low incomes.

Girl Scouts cook up a storm

POTLUCK A BIG SUCCESS

See page 6



SHA NEWS

February
2007

News and information about Seattle's neighborhoods

Report highlights 2006 accomplishments



PHOTO COURTESY OF SEATTLE HOUSING AUTHORITY

Seattle Housing Authority celebrates its yearly accomplishments, like the opening of High Point rental housing (pictured above) in its annual *Moving to New Ways* report.

By KARI SHERRODD
Seattle Housing Authority

Seattle Housing Authority is one of about 30 housing authorities across the country participating in the U.S. Department of Housing and Urban Development's "Moving To new Ways" demonstration program.

Under MTW, SHA has the opportunity to test innovative methods and improve housing to better meet local needs.

The Housing Authority prepares an annual MTW report which documents its progress toward these goals. The recently-published 2006 report provides information about participants served, housing resources, key initiatives and milestones in the agency's community revitalization efforts.

This report serves as a record of a productive year at SHA, including the opening of the Housing Choice Voucher waiting list and the lottery selection of 4,000 new households to be on the list.

It also provides details about redevelopment progress in the agency's communities. Rental housing in the first phase of the

High Point redevelopment was completed and leased up by year end. This includes 200 units of public housing, 144 units of workforce housing and 75 units of housing for low-income seniors.

At Rainier Vista, AIDS Housing of Washington and Housing Resources Group completed construction of The Genesee, a 50-unit building including 22 units for people with disabilities funded through Section 811.

Private homebuilders completed approximately 350 homes for sale in SHA communities: 50 in Rainier Vista, 200 in High Point and 102 in NewHolly.

The Housing Authority sold 29 Scattered-Sites units, bringing total sales to 93 of the 150 units identified for disposition and approved by HUD. The Housing Authority also purchased 14 Scattered-Sites replacement units, bringing the total units replaced to 54. At year end, SHA had another 14 units under contract to purchase.

The first phase of renovations under homeWorks, SHA's high-rise revitalization project, got underway. Three out of the eight buildings in the first phase were completed. Design development documents were created for the seven buildings in the second phase of the project.

The Job Connection, SHA's employment services group, made 172 job placements, 77 percent of which were full-time and 68 percent of which included benefits. The average hourly wage at the time of placement for these participants was \$11.70.

To read the full report or to download the entire report, visit the Development/Asset Management section of <http://www.seattlehousing.org> and follow the "2006 MTW Report" link on the left side of the screen. For more information, contact Andria Lazaga, asset management coordinator, at 206-615-3546 or by e-mail at alazaga@seattlehousing.org.

Housing Authority renews focus on preparedness

By SCOTT FREUTEL
Seattle Housing Authority

Unusual weather this winter — especially December's severe windstorms and subsequent power outages — provided a valuable wake-up call to Seattle Housing Authority staff and residents alike.

Are we prepared for natural disasters and emergencies? How can we do better? What is SHA doing to help its residents ready themselves for days without electricity, heat, food, water and other resources?

According to Ginger Bonnell, SHA's emergency preparedness and recovery coordinator, the agency is evaluating its plans with an eye for improvement.

Foremost among SHA's concerns is the need to ensure dependable and systematic communications in a disaster. If SHA staff and managers are better-informed of conditions at their properties, they can do a much better job responding to residents' needs.

To address this issue, SHA is updating plans to use its central office as a "command center" and communications hub.

"Our basic premise is that the worst possible scenario is a major earthquake. Such an event would likely have the widest effect on our staff and residents and could potentially disrupt travel and communications from north to south across the Ship Canal," Bonnell said.

In the event of such an emergency, four regional centers would be equipped to report conditions at SHA communities to the command center via radio. Two of the centers would be north of the Ship Canal, one south and one in West Seattle.

A second major concern for SHA is ensuring tenants and staff members are prepared for an emergency.

To that end, SHA has worked with the

Red Cross and the Seattle Fire Department to provide information on assembling disaster kits and creating disaster plans.

"SHA serves more than 25,000 residents," Bonnell said. "It is our goal to provide each household with basic information about preparing for emergencies."

Emergency preparedness meetings are also being held in each building or community. Multi-unit buildings have supply cabinets stocked with emergency food, water, light sticks and batteries, and every building office has been provided a radio for use in emergencies, she added.

The supplies are not sufficient, however, to provide food and water to every building occupant for three days — the interval used by emergency planners as the minimum time for which people should be prepared. Accordingly, residents are encouraged to develop their own disaster kits. (See story in front section, page 3.)

Additionally, SHA has organized floor assistants in all high-rises and asked them to get to know their neighbors and learn about their special needs.

The Housing Authority is also part of the City of Seattle's plans for providing the sheltering and feeding of large numbers of people. Most SHA facilities are likely shelter locations — and it is to such shelter locations that disaster officials send food, water and blankets.

"The City is well aware that we house vulnerable populations who may need extra help in an emergency," Bonnell said. "The City is doing everything it can to make sure that we at SHA are prepared to deal with emergencies, and we are working to prepare our residents and staff."

For more information, contact Ginger Bonnell at 206-615-3324 or by e-mail at gbonnell@seattlehousing.org.

Mayor likely to appoint commissioner in March

By VOICE STAFF

Mayor Greg Nickels has not yet nominated a Seattle Housing Authority resident to fill the vacant seat on the agency's Board of Commissioners, but he is expected to do so sometime in March.

Six candidates for the seat were interviewed in December, but the mayor's schedule has prevented him from selecting a nominee, said Rebecca Hansen, boards and commissions administrator for the City of Seattle.

The interviews were conducted by a panel that included Hansen, representatives from the current SHA board, the Mayor's office, the city's Human Services Department and the Office of Housing.

In response to a request from residents that they have a representative on the panel, Rainier Vista resident Christine Andersen also took part in the process.

"She made a great contribution," said Hansen. "She was a wonderful voice to have on the panel."

The seven-member Board of Commissioners is responsible for approving SHA's annual budget and for setting the policies that guide the agency's operations. Two seats on the board are reserved for SHA residents.

In late September, members of the Resident Action Council sent a letter to the mayor requesting that a resident be

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New coordinator jumps in to work with residents

By VIRGINIA FELTON
Seattle Housing Authority

Ann Levine's path from her work in Northern California as a public interest lawyer to her current position as community building coordinator at the Seattle Housing Authority may seem like a convoluted one, but to her it is perfectly logical.

"I just look at it as one thing building on another," she said. "This seems like a natural progression — general advocacy work with low-income people, legal services specific to housing, advocacy at United Way and now community building coordination here at SHA."

Part of Levine's previous work involved representing low-income residents with mental health and developmental disabilities. She also partnered with the Santa Clara County Housing Authority on its Welfare to Work program.

"It was very collaborative work with the housing authority — developing education programs to help residents understand their rights and responsibilities and become active advocates for themselves in interacting with landlords to make sure their housing was safe and secure," she said.

With one positive housing authority experience under her belt, Levine felt confident when offered the job as community building coordinator with Seattle Housing Authority. "When this job came up, it was thrilling to me," she said. "I saw it as a chance to work with a housing authority that had a commitment to engaging residents in a positive and constructive way. At SHA, I have seen lots of creativity and a commitment to innovative programs aimed at increasing residents' self sufficiency."

So far she has been impressed by the group of six community builders who she works with and supervises.

"I see a talented, committed and intelligent group who really get it," she said. "They are dedicated to engaging residents in a meaningful way."



Ann Levine

Levine is also excited by the skill level of the residents she has met so far.

"I think we have a really impressive group of resident leaders within the SHA communities. I am especially impressed with residents' understanding of HUD programs and regulations and SHA's policies," she said. "Going into a meeting like JPAC (Joint Policy Advisory Committee), I have found the level of understanding that the residents already have is quite breath-taking."

Levine added that she is also impressed by resident leadership in resident and community councils.

"The work that they do in engaging and responding to their communities is great," she said.

Even though Levine has been in her job barely two months, she is already developing goals for the future.

"I want to help create a vision for community building at SHA," she said. "This would include identifying core outcomes or measures of success for what we do so that we can communicate effectively about our work."

In summing up her goals, Levine put it this way: "I want to help foster strong communities that are inclusive of people of all cultures, income levels and housing types."

If you'd like to talk to Levine you can reach her by phone at 206-615-3596 or e-mail at annlevine@seattlehousing.org.

Who writes for The Voice?

By VOICE STAFF

Last year, we began holding monthly resident advisory committee meetings in order to give Seattle Housing Authority residents more of a hand in the development and publication of The Voice.

One question that has come up again and again at the meetings is, "Who is this person who has written this article?"

To help answer that question, we have decided to periodically publish short biographies of all of those people who regularly contribute articles to The Voice.

This month's biographies feature some

of the Seattle Housing Authority employees who write stories about SHA policies and community events.

In the future, we will also feature biographies of some of the SHA tenants, interns and social service providers who write for The Voice.

As always, please feel free to contact Voice Editor Stacy Schwandt at 206-461-8430, ext. 227 with your suggestions for The Voice. Also, consider attending the next resident advisory committee meeting, which will take place on Tuesday, March 7 at 2 p.m. at 905 Spruce St.

Virginia Felton

Virginia Felton has been writing articles for The Voice since she first became communications director at SHA.

She is also responsible for maintaining SHA's contract with Neighborhood House, a contract which provides funding to help pay the costs of producing the newspaper.

"I enjoy the challenge of writing Voice articles about SHA's policy changes and initiatives. When I'm writing these articles, I

Please see "Writers" on page 5



Virginia Felton

New tool for verifying resident income to be used HUD tool promises accuracy and fraud reduction

By CINDY SRIBHIBHADH & VIRGINIA FELTON
Seattle Housing Authority

The Seattle Housing Authority will begin using the Department of Housing and Urban Development's Enterprise Income Verification system to help establish income levels for residents in public housing within the next month.

The new online system helps housing authorities meet HUD's requirements for income verification and will help reduce rent errors attributable to tenant's under-reporting of income.

The Housing Authority will use the new tool during the income verification process at residents' annual and interim recertifications.

Federal law requires housing authorities to provide third-party verification of resident and applicant income.

Nationwide, between FY 2000 and 2004, the total income and rent errors attributable to tenant underreporting declined by 74 percent from \$978 million to \$232 million.

According to HUD, the Enterprise Income Verification system was key in reducing these errors.

The new Internet-based tool allows housing authority staff to view employment information, wages, unemployment compensation and social security benefit information for public housing residents and applicants by compiling information from various federal departments such as Social Security and Unemployment.

The system includes information on monthly employer new hires, quarterly wages (including employer information),

federal wages, quarterly unemployment compensation, and monthly social security (SS) and supplement security income (SSI) benefits.

In order to have access to this information, employees at SHA must have a job-related reason to access it, and they must be assigned a password and user ID.

Employees have to verify that they have a valid reason to use the system every time they log in.

When low-income residents sign up for public housing or Section 8, they sign a release form authorizing SHA employees to obtain third-party verification of their income. When SHA employees sign on to the system, they are reminded that they must have a signed release from the household in order to request information.

"We know that the vast majority of our residents are honest and accurate in reporting their income and other information," said Cindy Srihibhadh, property management administrator for SHA. "We want to be able to detect when people are providing false information so that the housing assistance received is appropriate and so housing assistance is available to families who really need it."

Also, staff members expect that the new system will allow them to complete certifications more quickly and provide housing assistance faster.

"Sometimes we have to wait a long time for employers to send us the income information for our residents. The new system does not depend on their cooperation, so we can often complete certifications almost immediately," she said.

SHA closes next available unit waiting list

SEATTLE HOUSING AUTHORITY

Early this year, the Seattle Housing Authority stopped adding new applicants to its Low Income Public Housing "next available unit" waiting list.

According to Admissions Manager Dennis Hall, new applicants to the program will now be asked to choose one or two properties in which they'd like to live, and they'll be added to those buildings' waiting lists.

Admissions staff will help applicants choose the properties and will provide estimated waiting times for the various buildings in SHA's portfolio.

Housing Authority staff members originally hoped that the next available unit waiting list would get people into housing faster. Unfortunately, according to Hall, the

system did not work that way.

Often, the apartment offered to a person or household on the next available unit list was in a part of town in which they didn't want to live. They would decline the unit and then remain longer on the waiting list.

Hall explained that under the new system, SHA will have a less complex waiting list system to manage.

"All sites will have a 'hard,' unambiguous waiting list, and we will be able to place more applicants into buildings in neighborhoods they want to live in," he said. "The new system will also help us calculate waiting times based on historical occupancy data for each property."

All applicants will continue to be housed in chronological order of approval.

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.

Boards

Continued from front page

allowed to sit on the panel. Hansen invited Doug Morrison, the president of the council, and Jean Anderson, president of the Seattle Senior Housing Program's Advocates II, to submit some names and a list of qualities and issues that the panel should consider when forming their recommendation.

The current seat opened up late last year after Seattle Senior Housing Program resident Al Winston stepped down. Winston died in late December. Denny Terrace resident Sybil Bailey was appointed to the second seat in September.

POINT OF VIEW

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

Construction begins on Phase II of homeWorks

BY SVEN KOEHLER
Seattle Housing Authority

HomeWorks is expanding to a total of nine buildings this month, as work in the first of seven Phase II buildings begins at Cedarvale House and Cal-Mor Circle.

At the same time, work is getting under way at Capitol Park and Olive Ridge, the final buildings in Phase I of the three-phase homeWorks project.

The start of Phase II has been exciting news for property managers since the remodeling means more units available to rent.

"Now that construction is finished at Lictonwood, we're happy to have 100 percent of the apartments rented for the first time in years," said Senior Property Manager Bruce Garberding. "No apartments there are offline due to unit conditions."

Of course, no one is more excited about homeWorks progress than residents. Recently, surveys were distributed to tenants in completed homeWorks buildings in order to get feedback about the works' impact.

When asked what the best part of the project was, more than one resident remarked, "The best part is when it is finished!"

Surveys showed a good response to the quality of work and the workers themselves, echoed in a comment made recently by Harvard Court resident Mary Rolfe. "The workers were true gentlemen and did their best to make it easy for us," she said.

The scope of work for Phase II is similar to the first phase, with the installation of new water supply lines as the centerpiece.

Just as in Phase I, buildings in the second phase will also have remodeled community rooms, updated mailboxes and new whole-building ventilation, door entry and emergency call systems.



PHOTO BY SVEN KOEHLER
After the Olive Ridge Construction Kick-Off meeting, residents Jerri Ingram (on right) and CJ take a closer look at the design for the new front entry canopy and new driveway

Some buildings have special maintenance needs that require additional work.

Capitol Park will undergo window replacement beginning in April. The contractor has been working on a mock-up at the building to test the installation process.

The goal of the mock-up is to find an efficient method to replace apartment windows which would take just a few days per unit and could be done without scaffolding the entire building. The work will occur in spring and summer when the weather is more favorable, and the work is being carefully sequenced so residents will know when it will happen well in advance. This should help reduce the impact on residents as much as possible.

The experience at Capitol Park will be useful for Phase II, since window replacement is also slated for Queen Anne Heights and Lake City House.

"People have shown an extraordinary amount of care and diligence in making this project work out well for everyone so far," said Stephanie Van Dyke, the SHA staff person who oversees homeWorks. "I think this has helped homeWorks earn the respect of residents, even when things are very busy in the buildings. I expect that both WG Clark and SHA staff will continue making sure this project goes as smoothly in Phase II as it has in Phase I."

Patio creates controversy at Lake City House

BY STACY SCHWANDT
Voice editor

When residents of Lake City House heard that the Seattle Housing Authority planned to move their patio to make way for a new parking lot, they grew concerned.

The patio sits on the north side of the building, on a narrow strip of land that abuts a neighboring building.

It is a place where they've held Fourth of July barbecues, met with friends and hosted children from a nearby family center for Easter egg coloring and emergency preparedness puppet shows.

Residents are especially fond of the patio's green hill and pine tree, which is more than 30 years old.

"Because we have the tree, we have birds," said Lynda Musselman, who has lived at Lake City House for 26 years. "I see humming birds every once in awhile out there. I just hate for them to take out all the trees."

As part of the homeWorks redevelopment, Seattle Housing Authority officials plan to relocate the patio, level the area and build a 30-stall parking lot to replace the current lot, which sits on top of a hill away from the building.

"The building serves elderly and disabled people," said Stephanie Van Dyke, who oversees the homeWorks renovations for the Housing Authority. "Walking up a relatively steep hill is not so convenient for anyone with mobility issues."

She added that the Housing Authority is considering building additional low-income housing on the land surrounding Lake City House, and they would need the current parking lot land for that project.

"The new project would fit well with our mission, which is to provide low-income housing," she said.

Still, when residents heard of the plan in September, they decided to take action. Neighbors put together a petition and gathered over 65 signatures. Members of the building's Resident Council wrote a letter

to SHA asking for alternative ideas to be considered, especially because they were concerned about the effects car exhaust would have on residents.

The group also testified about the issue at the Housing Authority's Board of Commissioner's meeting in November.

Housing Authority officials have met with residents a few times to listen to their concerns.

During the course of the meetings, the Housing Authority agreed to build the new patio on a different side of the building, but they would not change their planned location for the parking lot.

Originally, the patio was to be rebuilt on the east side of the building, which due to site topography meant residents would get to it from the second floor.

They were concerned that the patio wouldn't be connected to their community room and kitchen, so that carrying food and hosting events would be complicated.

"We recognized that not having a connection to the community room was really going to make it difficult, so we sent it back to the architects to revise the plan," Van Dyke said. "What we were trying to do there was respond to the residents' concerns."

The architects devised a plan to place the patio on the south side of the building and build a hallway from the community room.

"I'm very glad that they're trying to listen," Musselman said. "They know that we want the patio to be part of our community room, but we still don't want the patio to be moved."

She added that she and her neighbors will continue their efforts to advocate for preserving the patio.

Van Dyke said she hoped that in the long run the residents come to appreciate the sunnier south-side patio, the close proximity of parking and the new green spaces that are planned for the front of their building.

For now, patio work is expected to go ahead in August or September.

Denny Terrace community room dedicated

BY SCOTT FREUTEL
Seattle Housing Authority

Residents of Denny Terrace and employees of Seattle Housing Authority gathered last month to celebrate the renaming of the building's newly-redecorated community room "The Lester Jones Community Room" after the building's longtime assistant resident manager.

For good measure, the Denny Terrace Resident Council also proclaimed Jan. 9 "Lester Lee Jones Day."

Jones was born in Fresno, Calif. in 1949 and died in Oregon in 2001. He is survived by two sons, Lester, Jr., and David, known throughout Denny Terrace as "Ziggy."

From 1987 until late 2000, Jones served at Denny Terrace, living in employee housing with Ziggy. At one time, SHA had proposed an adult tenants-only policy at Denny Terrace, but many residents banned together and prevailed upon SHA to let Ziggy continue living in the building.

Ziggy now lives in California.

By one long-term Denny Terrace resident's guess, there are more than 100 residents still in the building who were there when Jones left in 2000. Many of these residents voiced high praise for Jones at last month's dedication ceremony.

Among the accolades were, "He was always helpful, always kind," "He always had time for me and my concerns," "He'd stop by my apartment just to make sure that everything was OK," "He was a great listener, kind and caring and considerate; he was easy to love."

It fell to Paul Marsh, resident manager at Denny Terrace, to balance the picture of Jones a little.

"Lester had terrible handwriting," he said to laughter and applause.

Later, Marsh said, "I liked Lester the first time I met him. He was blessed with a giving and forgiving spirit. Lester had a simple but profound philosophy: 'Always do the right thing.' He lived his life with dignity and grace. Lester was a real hero to those who knew and loved him."

Bruce Garberding, now an SHA senior property manager, was for a time Jones's supervisor at Denny Terrace. He delivered the eulogy at Jones's memorial service in 2001.

"Lester was the kind of guy you really enjoy working with, and one of the reasons you look forward to going to work in the morning," he said last month. "We worked together really closely to bring Denny Terrace around, and ended up being the best of friends."

Sybil Bailey, a longtime Denny Terrace resident, president of the Resident Council and a member of the SHA Board of Commissioners, remembered that when Jones first came to work at Denny Terrace "the building was in real disarray, and Lester did everything he could do to get the building straightened out — he and Bruce and Paul and a few residents."

After the speeches and remembrances, residents and well-wishers toasted Jones's memory with sparkling apple cider and sat down to a spread of roast beef sandwiches and corn chowder.

Community notes

Ross Manor elects council

Residents of Ross Manor elected a resident council in late December.

"Our goal will be to work with SHA management and organizations to coordinate activities with residents to help them contribute to the safety and security of our Ross Manor Community," said Vice President James Chapple.

The 2007 Ross Manor Resident Council members are: President Gail Ketterer, Vice President and Newsletter Editor James Chapple, Treasurer Peggy Strawn, Interim Secretary Gail Ketterer, and members at large Irene Dorse and Jeffrey Sedgely.

Advocates meet

The board of the Seattle Senior Housing Program Advocates II meets on the second Thursday of each month at 2 p.m. Meetings are held at alternate buildings and are open to any interested resident. Call 206-282-2229 for the latest location.

HIGH POINT HERALD

NEWS ABOUT THE HIGH POINT COMMUNITY

High Point welcomes new community builder

By KARI SHERRODD
Seattle Housing Authority

Samantha Gotkin joined Seattle Housing Authority's Community Services team last month as High Point's new community builder.

If you haven't already met her, you will find out that she is looking forward to learning from and continuing existing community building efforts at High Point.

"As a community builder I have the amazing opportunity to support residents to express themselves and take action on the issues that impact their lives, as well as help bring together the many diverse groups and interests present in the High Point community," she said.

Gotkin previously worked as a certification specialist at SHA.

She was born and raised in the Seattle area, growing up primarily in the Central District.

She graduated with a Masters in Social Work from the University of Washington's School of Social Work in 2005. Her education focused on community development and multi-ethnic empowerment practice.

Community organizing through self-empowerment, education and the arts is one of Gotkin's passions and has been the focus of much of her life.

She has been involved with various local organizing efforts over the last 11 years, particularly with Seattle Young People's Project, Seattle Public Schools and People's Institute Northwest.

"Community members are the utmost experts on their experiences and their needs and should be at the forefront of community development," she said. "Today with all the many different pressures and obstacles we all face, it is critical that we remember



PHOTO BY KARI SHERRODD

New High Point Community Builder Samantha Gotkin is looking forward to working with High Point residents.

this and support the voices that many times get lost."

Some of the first things Gotkin is looking forward to working with the High Point residents on are organizing the High Point Neighborhood Association elections, getting residents involved with designing and building the High Point Community Park and working with High Point teenagers to create a space for youth activities.

"Samantha will bring creativity, energy, enthusiasm and a comprehensive knowledge of community building principles to the High Point community," said John Forsyth, SHA's community services administrator.

You can reach Gotkin at her office in the High Point Job Connection office, by phone at 206-937-3292, ext. 306 or by e-mail at sgotkin@seattlehousing.org.

Monthly community potlucks planned

By VOICE STAFF

High Point residents are invited to join their neighbors for monthly community potlucks.

The potlucks, which began in January, are a way for High Point residents to get to know one another and share useful information.

The next event will be held in the Elizabeth House community room, 3201 S.W. Graham St., on Feb. 8 from 10 a.m. to 1 p.m.

The potlucks evolved when residents from diverse ethnic backgrounds began to attend the monthly Cambodian Tea Time meetings that were hosted by Neighborhood House.

Now, the event is meant to be a community building and organizing event for

all of High Point.

This month's potluck will include a group exercise or dance, bingo, announcements from service providers, time for community members to talk about any concerns, upcoming events or urgent issues with their neighbors and a potluck lunch.

Attendees are encouraged to contribute a dish if they are able.

Some food will be provided by the Neighborhood House Healthy Homes project.

Additionally, Neighborhood House Healthy Homes project coordinators have agreed to schedule a 20-minute workshop on healthy nutrition once a quarter.

For more information, please contact Rose Long at 206-923-3266 or by e-mail at rosell@nhwa.org.



Writer's viewpoint Community organizer speaks out

Residents disappointed by insufficient action on pedestrian safety issues

By DENISE TUNG SHARIFY
Special to The Voice

Residents were hopeful when they shared their concerns at a pedestrian safety meeting last November at High Point.

Over 70 community members attended the meeting with a team of staff from the Seattle Department of Transportation and Deputy Mayor Tim Ceis.

Community members shared their stories and complaints about motorists' speed, inadequate traffic signals and traffic congestion in this growing neighborhood.

Parents and seniors reported the dangers of crossing a busy four-lane street with inadequate crosswalks or traffic signals. The top two concerns were changing the half traffic light to a full light at 35th Avenue Southwest and Southwest Raymond Street and reducing speed on 35th Avenue.

One of High Point's youth spoke up about his concern that 20 high school students must cross the four-lane 35th Avenue every morning to catch the school bus.

At the urging of Deputy Mayor Ceis, Wayne Wentz, director of traffic operations for SDOT, promised he would begin working immediately with the school district to get the bus stop moved to a safer location.

Our officials seemed genuinely concerned for our safety and needs and left with a list of recommendations from the community residents.

The High Point residents' hopes were

shattered at the follow-up meeting with SDOT staff on Jan. 18.

When asked when the bus stop would be moved, Wentz advised High Point residents to follow up with the school district themselves.

While he did provide a list of planned improvements that included enlarging, adding and replacing missing speed limit signs, adding parking restrictions and adding pedestrian countdown signals at certain locations, he said he wouldn't make decisions regarding the top two concerns until later this year.

However, Wentz did not make any commitments to future communication with this group regarding actions or decisions.

High Point residents have been working with SDOT on pedestrian safety concerns since 2005. Many residents feel that the delayed actions will continue to put residents at risk and that these minor changes will not reduce the dangers for pedestrians and drivers.

They left the meeting feeling frustrated and disrespected because they felt their voices were not heard.

Denise Tung Sharify is a community health program manager for Neighborhood House.

****NEWS UPDATE:** Thanks to follow-up work done by community organizers, Seattle Public Schools has agreed to move the bus stop across the street to the east side of 35th Avenue.

British Columbia housing staff tour SHA communities

By VIRGINIA FELTON
Seattle Housing Authority

Seven members of British Columbia Housing visited Seattle last month, met with Seattle Housing Authority staff and toured housing developments including High Point.

British Columbia Housing has a similar mandate to SHA regarding building affordable housing, although the Canadian agency serves the entire province of British Columbia, not just the municipality of Vancouver.

Craig Crawford of BC Housing said they were interested in visiting Seattle because they have a 16-acre site within the City of Vancouver with housing that was built in the 1940s.

They are considering a redevelopment project there and were especially interested in SHA's experience in its HOPE VI communities of High Point, NewHolly and Rainier Vista.

The specific topics they were interested in included sustainable development, securing a range of affordable housing types, relocating existing tenants, involving the private sector in partnerships, consulting with the immediate neighborhoods and the wider community, and creating master-planned communities.

The Canadian group met with about eight SHA staff members, and they spent about



PHOTO COURTESY OF SEATTLE HOUSING AUTHORITY

Visitors from British Columbia toured High Point with SHA officials last month.

three hours touring the redeveloped communities. Over lunch back at SHA's central office, staff members answered each other's questions and traded ideas.

"These kinds of exchanges are always valuable," noted SHA's Executive Director Tom Tierney. "They give us an opportunity to compare notes with people who are doing similar work and to exchange ideas."

The BC Housing staff members proclaimed the trip a success.

In a follow-up note one staff member said, on behalf of the group, "We felt our trip was very successful in opening us up to the opportunities we have here, and we were very impressed with both the scale of what you have undertaken, and the supports that you have in place to make it all work."

RAINIER VISTA NEWS

NEWS ABOUT THE RAINIER VISTA COMMUNITY

New ESL class meets at Technology Center

By ALYSSA MARTIN
Voice reporter

Every Tuesday and Wednesday morning from 9 to 11:45 a.m. English language classes are offered at the Neighborhood House Rainier Vista Technology Center.

Dedicated to empowering non-native English speakers with stronger communication skills, South Seattle Community College partners with Neighborhood House to offer these ESL classes for \$25 a quarter or free of cost to those who qualify.

Tuesday classes, taught by Karl Scheer, focus on developing reading and writing skills while Wednesday classes, taught by Kris Lysaker, focus on typing and computer training.

With over 17 years experience teaching ESL, Lysaker helps every student gain confidence on the computer, no matter what their initial skill level. She prides herself on giving students "the biggest bang for their buck," by planning simple lessons that teach the most important basic technology skills minus any confusing, excess information.

Last month, she guided students through the process of signing up for an e-mail account. Afterwards they reviewed key vocabulary terms such as "check mail," "compose" and "sent."

Anaji Aman, a mother of three sons in NewHolly, said she looks forward to learning at the technology center on Tuesdays. Aman has a business selling Herbalife nutritional supplements, and she said she hopes that the class will help her reach new customers on the Internet.

Monir Adam's eight-hour shift driving a taxi cab often ends as late as 3 a.m., but he still arrives promptly for English class at 9 a.m.

"If I type good and fast, maybe I can quit driving," he said. "It is not too interesting, driving. Too many crazy people."

Neighborhood House Adult Education Manager Amy Kickliter points out that this class time is especially convenient for parents with children in the Neighborhood House Head Start program.

"We've seen a good turn out at these English classes and we hope even more students will register," she said.

Tsegaye Gebru, the Network Coordinator at Neighborhood House, thrives on connecting immigrants to knowledge and resources that improve their lives in Seattle.

As a refugee from Ethiopia himself, Gebru recalled several situations where English lessons make a difference.

"If parents need to talk to their child's teacher or call the hospital if their child is sick, (knowing English can help)," he said.

In the past, Gebru has awarded outstanding ESL and technology students with refurbished computers and Internet access. He hopes these rewards will be available to students with great attendance this semester, too.

For more information, contact Gebru at 206-461-4568, ext 212 or by e-mail at tsegayeg@nhwa.org. You can also register by e-mailing Lysaker at klysaker@scd.edu, just include a few sentences about your favorite animal or food to make her smile.

Rainier Vista youth learn to express energy through rhythm

By CLAIRE McDANIEL
Voice reporter

When you pass by the Nature Consortium's Rainier Vista Art Studio on Martin Luther King Jr. Way near South Columbian Way on Thursday evenings this winter, you may hear the sounds of African Remo Djembe drums, bongos and other percussion instruments as children sing African chants at the top of their lungs.

The sounds are emitting from the free African Theater class for children ages 5 to 19 in which participants learn African drumming, singing and dancing from Sumayya Diop with help from the Nature Consortium's site coordinator Maria-Jose Palacios.

Palacios said there can be anywhere from 5 to 20 kids at the studio on a Thursday night.

This night in the first hour there are two girls and three boys from Somali who now live in the Rainier Vista community. They find it so tempting to beat their drums either with their hands or a drumstick that it gets pretty noisy.

Diop leads them in a rhythm while being careful not to stifle their creative expression.

"Do you remember the rhythm?" she asks and then strikes her drum methodically, telling her students to "close your eyes and open your ears."

"I'll be the caller and you be the response," she says.

It is evident that the kids get a great release when they're able to express their energy musically. Since they move in and out of the classroom and get caught up in playing their own instruments, some class time is spent trying to get everyone's attention.

Diop starts again by asking each child to play a specific rhythm, encouraging them to listen and repeat, but not criticizing if they do it differently than she does.

"1-2-3-4 hold 5."

When one of the older students hits his bongo drum as hard as he can with a drumstick, Diop instructs him, "We don't want you to beat the drum, we want it to talk." When he struggles in his effort to repeat her rhythm, she tells him, "Keep it in your mind. Don't doubt."

One of the younger boys sticks out his tongue as he's concentrating — whatever it takes to try and get the rhythm right.

At one point, Diop brings out a map of Africa and asks the children to find their country. She prods and coaxes them until they find it and then suggests to Palacios that the map be tacked

on the wall.

As the class progresses, the dynamic changes, as the five students are joined by about 15 kids from the Rainier Vista Boys & Girls Club's Percussion for Kids program.

Diop is preparing the larger class for a play they will be performing about a young man in Africa who is hungry and looking for food. He is on a journey. He will be going to villages on his journey and each village will need drummers, singers or dancers. In the play the young man goes to different places to try and get a job for food.

At his final destination, he gets a drum and it changes his life.

The Nature Consortium's Rainier Vista art studio holds different classes each weekday evening including Global Arts, Lion Dance, MyWeb and Teen Art Studio. For more information on these classes, please contact Palacios at 206-923-0854, Nature Consortium Arts Education Director, Victoria Brown at 206-370-2191 or visit the Rainier Vista community Web site at <http://www.rainiervista.org>.



PHOTO BY CLAIRE McDANIEL

The Nature Consortium's African Theater class teacher, Sumayya Diop leads her students Anab Ali, age 12 (left) and Yahya Adan, age 7, in some drum rhythms.

Writers

Continued from page 2

ask myself what parts of the issue residents would be most affected by and interested in, and I try to write with that in mind. I believe that it is important for us at SHA to do our best to communicate thoroughly with residents about things that affect them, and I see The Voice as a really important tool for doing that."

Scott Freutel

Scott Freutel joined the Seattle Housing Authority staff as a communications specialist last March, and has contributed articles to every issue of The Voice since then.

"I was pleased to discover so professional a publication as The Voice when I started here," Freutel said. "In writing for it, I particularly enjoy visiting the various buildings and communities our residents and readers live in, and meeting them and hearing about their activities and concerns. A lot of wonderful things are going on here, and learning about



Scott Freutel

and reporting on them is a real pleasure."

Freutel works at PorchLight, in Ballard, chiefly on matters having to do with the Low Income Public Housing program and the Housing Choice Voucher program (Section 8).

He edits the Landlord Bulletin, which is sent to all Section 8 landlords, and the PorchLight Insider, which is published to keep SHA's service-agency partners up to date on policies and on such SHA activities such as homeWorks.

He also designs brochures and flyers, and he maintains the housing section of the SHA Web site, <http://www.seattlehousing.org>.

Sven Koehler

Sven Koehler has been writing a monthly article for The Voice covering homeWorks since October 2005, when the project started and he began working as the resident communications liaison.

"The Voice is all about topics that are important to residents. Since the homeWorks construction work directly affects many of The Voice reader's lives, it is a perfect way to share relevant information about the project," he said. "Writing the articles means conducting interviews and researching different aspects of the construction and allows me the chance to

Please see "The Voice" on page 7

Community notes

Emergency workshop planned

Tenants of the Snoqualmie building and McBride Court are invited to attend an emergency preparedness workshop on Feb. 12 in the McBride Court community room from 5:30 to 6:30 p.m.

Seattle Housing Authority's Impact Management staff members will cover specific information on responding to power outages, including how to open the garage door manually, how long to expect the backup generator to run, how to find alternate ways to get in and out of the building, and the best ways to make sure all of your neighbors are safe and cared for.

Information will also be provided on residential storage for the two buildings.

A similar workshop for residents who live on the other side of Rainier Vista will be held in March.

For more information about the event, contact Seattle Housing Authority Community Builder Naomi Chang at 206-722-4010, ext. 2.

NEWHOLLY NOTES

NEWS ABOUT THE NEWHOLLY COMMUNITY

Celebrate Black History Month on Feb. 23

By KARI SHERRODD
Seattle Housing Authority

February marks Black History Month — an annual celebration that has existed since 1926. It serves as a special time to remember the extensive accomplishments of African Americans that have shaped our history, as well as the history that is being made every day.

Black History Month will be marked by the Atlantic Street Center-sponsored celebration from 6 to 8 p.m. on Feb. 23 at the NewHolly Gathering Hall.

Performances and music by community members will be featured and soul food will be served at the free event. All are welcome to join in the fun. For more information call Atlantic Street Center's NewHolly Youth and Family Center at 206-723-4073.

The Black History celebration was established by Dr. Carter G. Woodson, a Harvard graduate and scholar of African-American history.

Born to parents who were former slaves, he spent his childhood working in the Kentucky coal mines and enrolled in high school at age 20. He graduated from high school and later went on to earn a Ph.D. from Harvard.

Woodson originally chose the second week of February as "Negro History Week" because it was the week in which both abolitionist Frederick Douglass and Abraham Lincoln had their birthdays. After the civil-rights movement and Woodson's death, the week was expanded to become a nationally recognized month-long celebration.

Black History Month serves not only as a good time to celebrate extensive accomplishments, but as a time to learn more about African American history. Did you know that it was the 15th Amendment that guaranteed men the right to vote regard-

less of race, color or previous condition of servitude or that the first U.S. African American Senator was Hiram Revels? Or, what is now known as the Great Migration occurred between 1916 and 1970 when over six million African American Southerners migrated to urban areas in the northern and western U.S.?

Seattle is rich in African American history. Manuel Lopes was Seattle's first African American settler, arriving in the young town in 1852. Lopes became the community's first barber with his shop just south of today's Pioneer Square Park.

Powell S. Barnett (1883-1971), a Seattle musician, baseball player, and community leader, was the organizer and first president of the Leschi (neighborhood) Community Council. He was a leader in organizing the East Madison YMCA and was the first African American to become a member of the once all-white Musicians Union.

Roberta Byrd Barr (1919-1993) was an African American educator, civil rights leader, actor, librarian, and television personality. She was born in Tacoma and lived for much of her life in Seattle.

Bertha Pitts Campbell (1889-1990), an early Seattle civil rights worker, was a founder of the Christian Friends for Racial Equality and an early board member of the Seattle Urban League. She was also one of 22 young women at Howard University in 1913 who founded the Delta Sigma Theta sorority, one of the largest African American sororities.

For more information about Black History Month and African American history visit the City's Black History Month Web page at <http://www.seattle.gov/blackhistory/2006/>.

For specific African American history in the Puget Sound area search "African American" on <http://www.historylink.org>.

Grand opening planned for community center

FROM PARKS AND RECREATION REPORTS

The NewHolly community is invited to the grand opening celebration of the newly-renovated Van Asselt Community Center this month.

The event, which will feature live music, food, entertainment and time for playing on the new playground, will be held on Saturday, February 10 from 11 a.m. to 1 p.m.

The event is being hosted by Seattle Parks and Recreation in conjunction with Starbucks. Mayor Greg Nickels will be in attendance.

The community center is reopening after a \$3.9 million renovation, which has more than doubled the size of the facility. The renovation was funded by the 1999 Community Center Levy and took place over the past year and a half.

Included in the expansion are a new main entry with reception counter, new staff offices, interior and exterior public restrooms and a changing room with a shower.

The new building includes a lounge area, activity rooms and a large, dividable multi-purpose room with an adjoining kitchen.

The expanded center will be home to activities including teen camps, classes, after-school programs, community meetings, weddings, senior programs and after school child care.

Outside, there are two high school regulation-sized basketball courts that have been renovated by a grant provided by the Sonics/Storm Team Foundation.

For more information about the event, call 206-684-7149.

NewHolly residents celebrate the New Year — and one another



PHOTO BY JOY BRYNGELSON

NewHolly Girl Scouts cooked many dishes for the New Year's potluck. They are (from left) Front row, Nasnet Berhane, Luwam Kibreab, Selu Berhane, Nazareth Abraham and Tigist Salelew. Back row, Bayush Alemayehu, Solomuna Ghebreamlak and Meseret Tella.

SEATTLE HOUSING AUTHORITY

Some 30 languages are spoken by residents of NewHolly, and many of those languages were heard in the community's Gathering Hall last month, when residents toasted one another and the new year at NewHolly's annual Multicultural New Year's Potluck.

About 80 residents of all three phases of NewHolly, about a third of them children, attended.

The chief focus of the evening, according to NewHolly Community Builder Joy Bryngelson, was the food. Many people showed up with hot dishes native to their countries of origin, and wrote out the name of each dish and its main ingredients.

Girls from the NewHolly Girl Scouts Troop 8208 brought many dishes they'd cooked themselves and each described the dish she'd brought and told how she'd prepared it. The girls also helped with decorating and supervised the buffet service.

The buffet presented an abundance of dishes from different cultures, including a coconut-mango brown rice dessert, various

chicken dishes, egg rolls, noodles and goulash, macaroni and cheese and corn bread.

Each dish was identified by its ingredients and the name of its cook.

The people who came together at the Gathering Hall had the opportunity to sign up for committees that are forming to work on neighborhood topics including crime prevention and traffic safety, the Neighborhood Council, friends of the parks, community clean-up, Welcome Wagon, and youth and parents on campus — a committee that will be looking into the behavior of NewHolly children.

Some of these committees started meeting in January and others will meet for the first time this month. Schedules will be posted on <http://www.newholly.org> and on the bulletin board outside the NewHolly community building office next to the Gathering Hall.

During the meal, one celebrant volunteered to be DJ and played songs from many different cultures, ending with Eritrean music, which filled the hall while neighbors worked together to clean up.

Community notes

Service center opening this month

The City of Seattle's Neighborhood Service Center will open in the Othello building this month.

The center will provide NewHolly residents with a place to pay their city utility bills and parking tickets, purchase pet licenses and apply for passports.

The center will occupy the ground floor of the building at the corner of Othello Street and 39th Avenue Southeast.

Interested in a cleaner community?

Would you like to see less trash on the sidewalks and streets in NewHolly? Are you fed up with the shopping carts left around the neighborhood? If so, consider joining the NewHolly

clean-up committee. The group's first meeting will take place on Tuesday, February 27 from 6 to 7:30 p.m. in the campus living room.

Refreshments will be provided.

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.

For more information about the responsibilities of tutors or to sign up, please contact Vu Le at 206-760-1573 or by e-mail at rainwalker@gmail.com.

YESLER HAPPENINGS

NEWS ABOUT THE YESLER TERRACE COMMUNITY

Committee discusses economic opportunity, environmental stewardship



PHOTO BY STACY SCHWANDT

Yesler Terrace residents watch as a consultant from Pacific Rim Resources writes down their ideas about how a Yesler Terrace redevelopment could provide economic opportunity to the community.

By Stacy Schwandt
Voice editor

Defining social equity, environmental stewardship and economic opportunity were on the agenda for the third Yesler Terrace Citizen's Review Committee meeting last month.

The 20-member committee is charged with developing the guiding principles and making recommendations on the redevelopment of Yesler Terrace to the Seattle Housing Authority Board of Commissioners. The three concepts, along with defining one-for-one replacement housing, form the core of the committee's considerations.

First, a consultant from Pacific Rim Resources presented the group with a definition of social equity that was assembled from their November discussion.

"Social equity is the principle of sustainable human development that strives to satisfy environmental needs and improve quality of life for all social groups, generations and community participants, especially the most vulnerable and historically challenged," offered consultant Marcie Wagoner.

Committee members commented on the definition, with James Kelly of the Urban League saying that it needed to be stronger and include a commitment to offering the basic essentials of life to those who live in the community.

The group then went through a series of exercises in which they discussed environmental stewardship and economic opportunity, including what works and what doesn't work in the community today.

Pests, litter and a lack of street appeal were mentioned as barriers to a sound environment, while the proximity of the

neighborhood to downtown and the International District were listed as assets for building economic opportunity.

During a small group exercise, committee members, SHA staffers and Yesler Terrace residents in the audience were asked to provide their input on the concepts.

Through interpreters, Yesler residents said they wanted to preserve the green spaces in their community, including the back yards and the individual entryways to their homes.

"No apartment living," was listed as one of their priorities.

On the topic of economic opportunity, residents said access to the ethnic markets of the International District was crucial to them, and that they'd like to see those pathways preserved.

In wrapping up, committee members offered their visions for environmental stewardship and economic opportunity, with Adrienne Quinn of the City of Seattle's Office of Housing calling for the creation of healthy indoor and outdoor spaces and a child-friendly community.

Yesler Terrace resident Aregawi Abriaha, who sits on the committee, said that he is having a difficult time envisioning the future of his community.

"How many units might we have? How many do we have today? How many are we preserving? We still need more information to really talk about the future."

The next meeting of the Yesler Terrace Citizen's Review Committee will take place at the Yesler Terrace Community Center, 917 Yesler Way, on Wednesday, February 28 at 5 p.m. The discussion will cover one-for-one replacement housing.

For more information, call Leslie Stewart at 206-615-3556.

Notes from the manager

By Judi Carter
Senior Property Manager

So far, this winter has been very difficult!

The heavy rain and hard winds of December knocked down several trees in the community. At present, not all of the trees have been removed from yards, and not all fences have been repaired.

Construction has been completed on the eight roofs that were damaged by trees.

Once the downed trees are safely removed, there will be sidewalk repairs completed in the areas where the sidewalks were displaced by tree roots.

The snows in January caused a lot of problems too. Cars were iced over, and the roads and sidewalks were slick.

Schools were closed, and parents had to find emergency day care so they could go to work. Busses were not running up hills.

It was a mess!

As I walked around the community,

I saw something that should never have happened.

Two residents pulled out their garden hoses and used them to clear their car windows of ice.

The water ran down the icy sidewalks, creating even more ice as it froze because of the cold.

This made the sidewalks even icier and more dangerous than before.

Another serious problem was that the garden hoses had been left connected to the outside faucets. If it had gotten colder, the pipes feeding the hose could have frozen and broken, causing serious damage to the apartment.

I knocked on both residents' doors, and both immediately turned off and disconnected the hose from the faucet. If your hose is still connected to your faucet, please, put down this paper right now and go outside and unscrew it.

I sure hope that the rest of the winter is milder than the past two months.

The Voice Continued from page 5

hear firsthand the residents' experiences as we remodel their buildings. Plus I've had the opportunity to meet some great people! It's been interesting how many residents have prior experiences working in different aspects of the construction industry themselves."

Other than writing for The Voice, Koehler serves as a primary contact for the homeWorks construction project.

He designs communications materials, organizes informational meetings and works with the contractor and construction managers to minimize the impact of the work on residents.

Claire McDaniel

Claire McDaniel is the administrative assistant to the Communications Department and has written for The Voice for the past year.

"Before I started working at SHA, I wrote letters to the editor that were often published in local newspapers or online publications when I felt strongly about an issue like politics, social issues or sports.



Claire McDaniel

"I was eager to get more writing experience by contributing to a publication like The Voice that serves the important function of keeping SHA residents informed and giving them a forum for expressing themselves, what's happening in their communities and their cultures," she said. "My attraction to human interest stories has turned me into somewhat of a specialist in that area.

"I enjoy interviewing people who live and work in the various SHA communities and revealing what motivates them and keeps them engaged."

McDaniel also provides administrative support for her own department and backup support for the Executive Department.

In addition to other duties, she is responsible for updating the community Web sites for High Point, NewHolly, Rainier Vista and

Yesler Terrace which includes posting notices of neighborhood events of interest.

Kari Sherrodd

Kari Sherrodd has been writing for The Voice for the past three years since she started working at SHA as a technical communications specialist.

"I find value in writing for The Voice because it gives me the opportunity to communicate key issues that effect public housing residents," she said. "It also gives me the opportunity to help residents' voices be heard about particular issues and experiences that effect their housing and lives.

"Some of my favorite stories have been about residents coming together to solve problems and to create community on their own within their buildings or neighborhoods."



Kari Sherrodd

Other than writing for The Voice, Sherrodd serves as a primary contact for the SHA Web site and Intranet, making content and design revisions and ensuring compliance to guidelines and standards.

She creates the agency's bi-monthly internal newsletter and provides support with graphic design, media relations and other communications activities.

Cindy Sribhibhadh

Cindy Sribhibhadh has contributed articles to The Voice for the past four years since she took over the responsibility of managing Housing Operation's property management policies and procedures.

"The Voice has been an invaluable communication tool to our public housing residents," she said. "It is how I seek resident input on proposed policy changes as well as to provide information about upcoming changes to how business is done in different divisions of Housing Operations."

Sribhibhadh has been with SHA for 20 years, and currently, as property management administrator, she manages the admissions division at PorchLight, the Seattle Senior Housing Program and SHA's special portfolio.



TRANSLATIONS

TRANSLATED ARTICLES FROM THE VOICE

Knowing a few simple fact about carbon monoxide can save lives
ការយល់ដឹងខ្លះអំពីធាតុពុលនៃជាតិពុលនឹងអាច

ជួយជីវិតផុតពីការគ្រោះថ្នាក់

ក្នុងកំឡុងខ្សែជំងឺរាងកាយនេះគឺមានចំនួនអ្នកស្លាប់ជាច្រើនពាន់គ្រួសារក្នុងតំបន់ស្រុកឃុំឃ្លាតយើងនេះ ហើយមានប្រមាណជាង២០០នាក់ដែលទទួលបានគ្រោះថ្នាក់ពុលជាតិផ្សែងខ្លះក្នុងនោះមានលទ្ធភាពស្លាប់ដោយជាតិផ្សែងពុលនោះ ដែរ ។

នេះជាវិធានការណ៍ផ្សេងៗទៀតទៅថ្ងៃក្រោយ ក្នុងការការពារកុំឱ្យមានជាតិពុល ដូចមានខាងក្រោមនេះ ៖

៖១: ការយល់ដឹងខ្លះអំពីខ្លួនជាខ្លួនផ្ទះផ្ទះនៃផ្សែងនៅក្នុងផ្ទះរបស់អ្នក ឬជំងឺខ្លះ វាទាំឱ្យមានពុលហ្វូស៊ែនដែលមានស្លាប់ក្នុងរយៈពេលយ៉ាងខ្លីផង ។

ផ្សែងខ្លះដែលមានជាតិពុលនេះ គឺ កើតឡើងអំពីការដុត ប្រេង ឬ ជាតិប្រូប៉ាន ដែលធ្វើឱ្យមានការចំណុះក្នុងការដក ដង្ហើម ពេលដែលយើងកំពុងដកដង្ហើមឱ្យដាច់ដើម ។ល។ជាតិសេសជាតិកើតឡើងដែលមានជាតិពុលច្រើននៅពេលដែល យើងកំពុងដកដង្ហើមចូលទៅក្នុងខ្លួនយើង ។

ហើយហេតុនាំឱ្យមានគ្រោះថ្នាក់ និង ពិបាកដង្ហើម ហាមកុំដុតធុរជាតិបាចពលដែលមានជាតិពុលនៅក្នុងផ្ទះទឹក ឡើយ ។

ផ្សែងសំបោរពណ៌ខ្មៅស្រទាប់ខ្លះក្នុងផ្ទះយើង ក្នុងទីកន្លែងបន្តិចដាក់ អីវ៉ាន់ទឹកឡើងដែលលោកអ្នករស់នៅដាច់ខាត ។

ហាមមិនឱ្យប្រើគ្រឿងម៉ាស៊ីនយន្តនៅផ្ទះរបស់អ្នក ។

ហាមមិនឱ្យដាក់ប្រេងសាំងនៅជិតប្លុកផ្ទះអ្នកដាច់ខាតនោះឡើយនៅក្នុងផ្ទះរបស់អ្នកមានបើកទ្វារក៏ដោយ ។

ហាមកុំដុតប្រេងកាតប្រក្រាសឬហ្វឺតដែលមានជាតិនៅផ្ទះរបស់អ្នក ។

បើសិនដឹងអ្នកណាមួយដែលកំពុងមានការចាប់ដង្ហើមដោយសារមានជាតិពុលនៅក្នុងខ្លួនរបស់គេហើយសូមអ្នកនាំជននោះចេញឱ្យឆ្ងាយពីកន្លែងនោះហើយដាក់គាត់ទីណាដែលមានខ្យល់អាគាសធាតុឈ្លាយយ៉ាងលឿនបំផុត រួចនាំជននោះទៅជួបជាមួយលោកវេជ្ជបណ្ឌិតភ្លាម ។

អាគសញ្ញាដែលដឹងថាមានពុលនោះ គឺ មានឈឺក្បាល អស់កម្លាំង រីលមុខ ធ្មេញស្លាដើ ទន់ដៃដើម ហើយមានក្អកក្អិនផង ។

Knowing a few simple facts about carbon monoxide can save lives

ណែនាំអំពីការការពារខ្លួនអំពីធាតុពុលនៃជាតិពុលនឹងអាចសម្រាប់ជីវិត

ណែនាំអំពីការការពារខ្លួនអំពីធាតុពុលនៃជាតិពុលនឹងអាចសម្រាប់ជីវិត ។

នេះជាវិធានការណ៍ផ្សេងៗទៀតទៅថ្ងៃក្រោយ ក្នុងការការពារកុំឱ្យមានជាតិពុល ដូចមានខាងក្រោមនេះ ៖

៖១: ការយល់ដឹងខ្លះអំពីខ្លួនជាខ្លួនផ្ទះផ្ទះនៃផ្សែងនៅក្នុងផ្ទះរបស់អ្នក ឬជំងឺខ្លះ វាទាំឱ្យមានពុលហ្វូស៊ែនដែលមានស្លាប់ក្នុងរយៈពេលយ៉ាងខ្លីផង ។

ផ្សែងខ្លះដែលមានជាតិពុលនេះ គឺ កើតឡើងអំពីការដុត ប្រេង ឬ ជាតិប្រូប៉ាន ដែលធ្វើឱ្យមានការចំណុះក្នុងការដក ដង្ហើម ពេលដែលយើងកំពុងដកដង្ហើមឱ្យដាច់ដើម ។ល។ជាតិសេសជាតិកើតឡើងដែលមានជាតិពុលច្រើននៅពេលដែល យើងកំពុងដកដង្ហើមចូលទៅក្នុងខ្លួនយើង ។

ហើយហេតុនាំឱ្យមានគ្រោះថ្នាក់ និង ពិបាកដង្ហើម ហាមកុំដុតធុរជាតិបាចពលដែលមានជាតិពុលនៅក្នុងផ្ទះទឹក ឡើយ ។

ផ្សែងសំបោរពណ៌ខ្មៅស្រទាប់ខ្លះក្នុងផ្ទះយើង ក្នុងទីកន្លែងបន្តិចដាក់ អីវ៉ាន់ទឹកឡើងដែលលោកអ្នករស់នៅដាច់ខាត ។

ហាមមិនឱ្យប្រើគ្រឿងម៉ាស៊ីនយន្តនៅផ្ទះរបស់អ្នក ។

ហាមមិនឱ្យដាក់ប្រេងសាំងនៅជិតប្លុកផ្ទះអ្នកដាច់ខាតនោះឡើយនៅក្នុងផ្ទះរបស់អ្នកមានបើកទ្វារក៏ដោយ ។

ហាមកុំដុតប្រេងកាតប្រក្រាសឬហ្វឺតដែលមានជាតិនៅផ្ទះរបស់អ្នក ។

បើសិនដឹងអ្នកណាមួយដែលកំពុងមានការចាប់ដង្ហើមដោយសារមានជាតិពុលនៅក្នុងខ្លួនរបស់គេហើយសូមអ្នកនាំជននោះចេញឱ្យឆ្ងាយពីកន្លែងនោះហើយដាក់គាត់ទីណាដែលមានខ្យល់អាគាសធាតុឈ្លាយយ៉ាងលឿនបំផុត រួចនាំជននោះទៅជួបជាមួយលោកវេជ្ជបណ្ឌិតភ្លាម ។

អាគសញ្ញាដែលដឹងថាមានពុលនោះ គឺ មានឈឺក្បាល អស់កម្លាំង រីលមុខ ធ្មេញស្លាដើ ទន់ដៃដើម ហើយមានក្អកក្អិនផង ។

Knowing a few simple facts about carbon monoxide can save lives

Ogaashaha xoogaa Hawada xun carbon monoxide waxay badbaadinaysaa nolosh

Intii ay socotay Duufaantii Dabaysha ee dhoweed waxaa baxday korontada meelaha King County, in ka bafdan 200 qofood ayaa ku xanuunsaday wax yeellada hawada xun loo yaqaan carbon monoxide sunteeda ugu yaraan toddoba way ku geeriyootay.

Waxaa jirey wax yaabho sahlan oo lagu ogaan karay hawada xun si loogu hortago dhibaata waqtiga soo socda.

Horta, carbon monoxide waa sun sida gaaska aadan urin Karin, arki Karin dadkana ku dila daqiiqado.

Carbon monoxideka waa walax dhaliya saliidda gas kasta, saliidda alwaaha la gubo. Haddii waxyaabaha gubanaya saliid ku jirto waa uu dhalinayaa, haddii sida wanaagsan loo isticmaalo Hawada xun carbon monoxideinta caadiga ah waxba ma dhibto, haddii sida sax ah aan loo isticmaalin dhibaata way imaanaysaa.

Weligaa ha gubin dhuxul, sunta dadka disha, kamariska, garriga faanka, gaariga xamuulka, geerishyada. Ha ku gubin dhuxul meesha dabka dhexdiisa oo gurigaaga ah.

Weligaa ha isticmaalin gaas xoogan, weligaa ha isticmaalin kulaylisada gurigaaga, xitaa waqti yarweligaa ha isticmaalin gaas si aad u kululayso gurigaaga xitaa waqti yar. Xitaa ha gayn Garaashka, xitaa haddii ay albaabadu u furan yihiin. Weligaa ha seexan qol loo isticmaalayo Gaas kullayliso ahaan.

Haddii aad ka shakiso qof ku sumoowey hawada xun carbon monoxide, u dhaqaaji meel hawo leh isla markiiba, una qaad Gurmada deg degga qolka suntan, waxayna leedahay madax xanuun, itaal darro, wareer, iskudarsan iyo san dareere.

Knowing a few simple facts about carbon monoxide can save lives

អ្នកអាច ការពារ ខ្លួនអ្នក អំពី ធាតុពុល ដែល អាច គ្រោះថ្នាក់ ដល់ ជីវិត របស់ អ្នក

អ្នកអាច ការពារ ខ្លួនអ្នក អំពី ធាតុពុល ដែល អាច គ្រោះថ្នាក់ ដល់ ជីវិត របស់ អ្នក ។

នេះជាវិធានការណ៍ផ្សេងៗទៀតទៅថ្ងៃក្រោយ ក្នុងការការពារកុំឱ្យមានជាតិពុល ដូចមានខាងក្រោមនេះ ៖

៖១: ការយល់ដឹងខ្លះអំពីខ្លួនជាខ្លួនផ្ទះផ្ទះនៃផ្សែងនៅក្នុងផ្ទះរបស់អ្នក ឬជំងឺខ្លះ វាទាំឱ្យមានពុលហ្វូស៊ែនដែលមានស្លាប់ក្នុងរយៈពេលយ៉ាងខ្លីផង ។

ផ្សែងខ្លះដែលមានជាតិពុលនេះ គឺ កើតឡើងអំពីការដុត ប្រេង ឬ ជាតិប្រូប៉ាន ដែលធ្វើឱ្យមានការចំណុះក្នុងការដក ដង្ហើម ពេលដែលយើងកំពុងដកដង្ហើមឱ្យដាច់ដើម ។ល។ជាតិសេសជាតិកើតឡើងដែលមានជាតិពុលច្រើននៅពេលដែល យើងកំពុងដកដង្ហើមចូលទៅក្នុងខ្លួនយើង ។

ហើយហេតុនាំឱ្យមានគ្រោះថ្នាក់ និង ពិបាកដង្ហើម ហាមកុំដុតធុរជាតិបាចពលដែលមានជាតិពុលនៅក្នុងផ្ទះទឹក ឡើយ ។

ផ្សែងសំបោរពណ៌ខ្មៅស្រទាប់ខ្លះក្នុងផ្ទះយើង ក្នុងទីកន្លែងបន្តិចដាក់ អីវ៉ាន់ទឹកឡើងដែលលោកអ្នករស់នៅដាច់ខាត ។

ហាមមិនឱ្យប្រើគ្រឿងម៉ាស៊ីនយន្តនៅផ្ទះរបស់អ្នក ។

ហាមមិនឱ្យដាក់ប្រេងសាំងនៅជិតប្លុកផ្ទះអ្នកដាច់ខាតនោះឡើយនៅក្នុងផ្ទះរបស់អ្នកមានបើកទ្វារក៏ដោយ ។

ហាមកុំដុតប្រេងកាតប្រក្រាសឬហ្វឺតដែលមានជាតិនៅផ្ទះរបស់អ្នក ។

បើសិនដឹងអ្នកណាមួយដែលកំពុងមានការចាប់ដង្ហើមដោយសារមានជាតិពុលនៅក្នុងខ្លួនរបស់គេហើយសូមអ្នកនាំជននោះចេញឱ្យឆ្ងាយពីកន្លែងនោះហើយដាក់គាត់ទីណាដែលមានខ្យល់អាគាសធាតុឈ្លាយយ៉ាងលឿនបំផុត រួចនាំជននោះទៅជួបជាមួយលោកវេជ្ជបណ្ឌិតភ្លាម ។

អាគសញ្ញាដែលដឹងថាមានពុលនោះ គឺ មានឈឺក្បាល អស់កម្លាំង រីលមុខ ធ្មេញស្លាដើ ទន់ដៃដើម ហើយមានក្អកក្អិនផង ។

Knowing a few simple facts about carbon monoxide can save lives

BIẾT ĐƯỢC VÀI ĐIỀU THỰC TẾ VỀ THÁN KHÍ (CARBON MONOXIDE) CÓ THỂ CỨU SỐNG NHIỀU SINH MẠNG

Trong trần giồng bảo mới đây và tiếp theo đó là việc cúp điện lâu dài trong quận King, đã có hơn 200 người bị đau yếu vì nhiễm chất độc thần khí carbon monoxide, và đã có ít nhất là 7 người đã chết.

Có vài điểm thực tế đơn giản cần phải biết về chất thần khí carbon monoxide để phòng tránh những thảm họa trong tương lai.

Thứ nhất là, chất thần khí carbon monoxide là chất gas độc, không mùi, không thể thấy bằng mắt hay được đánh hơi bằng mũi. Nó có thể giết chết một người trong vài phút.

Chất thần khí carbon monoxide được thải ra từ việc đốt cháy các loại xăng dầu, củi, than đá. Nếu các bếp lò xử dụng chất đốt mà được bảo trì và được xử dụng đúng cách thì chất thần khí carbon

monoxide thải ra thường ít nguy hại, thế nhưng, nếu không dùng đúng cách, có thể xảy ra tai họa.

Đùng bao giờ đốt than đá trong nhà, trong lều trại, trong xe van, xe tải hay trong garage. Đùng đốt than đá trong lò sưởi nhà quý vị.

Đùng bao giờ chạy máy xăng trong nhà. Đùng bao giờ mở bếp lò ga để sưởi trong nhà, dù chỉ trong thời gian ngắn. Đùng bao giờ để xe nổ máy trong nhà xe, dù cửa garage mở.

Đùng bao giờ ngủ trong phòng lúc xử dụng lò sưởi gas hay dầu mà không có chỗ thoát hơi.

Nếu quý vị nghi ngờ có người bị nhiễm chất thần khí carbon monoxides, hãy di chuyển họ ngay lập tức đến chỗ có không khí trong lành, và sau đó đưa họ đến phòng cấp cứu. Triệu chứng của việc bị nhiễm thần khí carbon monoxide gồm có nhức đầu, cảm thấy yếu đi, chóng mặt, lẫn lộn, mệt mỏi và buồn nôn.

KÍNH CHÚC QUÍ BẠN ĐỌC VIỆT NAM MỘT NĂM MỚI KHANG AN THỊNH VƯỢNG

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Знание простых фактов об угарном газе может спасти жизнь

Во время последних отключений электричества, последовавших за недавними штормовыми ветрами, более 200 людей заболели, отравившись угарным газом и не менее семи умерли по этой причине.

Чтобы предупредить подобные трагедии нужно знать простые факты об угарном газе. Во-первых, угарный газ - отравляющий газ без запаха, его нельзя увидеть или почувствовать. Он может убить любого за несколько минут.

Угарный газ выделяется при горении любого горючего будь то бензин, масло, керосин, дерево или уголь. Если бытовые устройства, работающие на горючем, используются правильно, количество угарного газа, выделяемого при этом, не представляет никакой опасности, тем не менее

неправильное их использование может привести к трагедии.

Никогда не жгите уголь в домах, палатках, передвижных домиках, фургонах, грузовиках, гаражах. Не жгите уголь дома в камине.

Никогда не используйте внутри дома приборы, работающие на бензине. Никогда не используйте бензин для обогрева дома, даже на короткое время. Никогда не оставляйте машину с работающим мотором в гараже, даже если дверь гаража открыта. Не спите в комнате, обогреваемой бензиновым или керосиновым нагревателем без вентиляции.

Если вы подозреваете, что кто-то отравился угарным газом, немедленно переведите их в хорошо проветриваемое место, а затем доставьте в скорую помощь. Признаками отравления угарным газом являются головная боль, слабость, головокружение, замешательство, усталость и тошнота.