



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



The Voice

June
2008
*Articles translated
into six languages*

The newspaper of Neighborhood House

Local moms honored at 18th annual luncheon

By **CLAIRE McDANIEL**
Seattle Housing Authority

At the 18th annual I Remember Mama celebration, the Seattle Hilton ballroom was so crowded that organizers were questioning whether to set up another table or two. They decided to keep it cozy by just adding chairs wherever they could.

The Volunteers of America Western Washington - Senior Companion Program (SCP) annual luncheon was created to honor elderly mothers who would otherwise be alone on Mother's Day, and to raise much-needed funds for SCP.

It seems that they didn't get confirmations from everyone so the approximately 170 attendees were a bit of a pleasant surprise.

When scanning the room, the 'Sunday best' fashions and colorful hats caught the eye. The mothers were waited on and treated with great respect.

One of the mothers from University House named Toni said, "This is my second year. I enjoy this because my son passed

away in 2002. I have a good time with good food and celebrating Mother's Day. For me that means a lot because I was a very good mother and I'm sorry he's gone."

Her best friend, Mary, from Pioneer Square, said, "This is the first year I've been here. I'm enjoying the food and I have seen some beautiful mature women here."

SCP began in 1985 and was designed to draw on community commitment and support to meet local needs. Social service and healthcare agencies cooperate as partners to place and supervise SCP volunteers.

SCP provides a link to the community for many homebound individuals and helps decrease their feelings of isolation. The program serves seniors, adults with special needs, families caring for loved ones, and includes men and women from diverse backgrounds and incomes. The program also provides fulfilling part-time community service work for the trained companions.

SCP Executive Director Cristina Vascon-

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Another green world



PHOTO BY JAMES WARREN

Van Jones, president and founder of Green For All, delivers the keynote address at the Neighborhood House Seventh Annual Breakfast Celebration May 14. The social and eco activist spoke to the promise of "green pathways out of poverty" by training and placing low-income individuals in a developing green economy. For the related story, see Page 5.

Wheels on the bus: Your guide to Seattle Metro

By **J.M. (JIM) BUSH**
SHA Resident

METRO Transit is an economical way to get around Seattle and King County, especially if you don't have a car or can't afford the gas to put in it. However, how many of you know you can actually take your own "wheels" on the bus?

That's right — if you use a wheelchair, scooter or walker (or have difficulty with those steps), you can still get on the bus. How? It's quite simple: Every bus owned by the various transit entities in the Puget Sound area is accessible to people with disabilities, having a lift or lowered floor and boarding ramp, usually at the front door of the bus, and "priority seating" for people with disabilities at the front (or as close to the front as possible — on the low-floor buses, these seats are a little

further back).

If you use a "wheeled mobility device" (wheelchair, non-collapsing walker or three- or four-wheeled scooter), there are two spaces at the front of each bus where you can park your wheels.

How do I get on the bus? Well, I use a motorized chair, so I have the process down to a science. Once I know what bus I want to catch and when it arrives, I head to the nearest bus stop (for that route) and wait for the bus to show up; since most bus schedules don't include many of my stops as specific time points, I have to guess when a bus is going to arrive and plan accordingly.

Once the bus I want to ride shows up, I usually move to a spot where drivers can see me and can put their lift or ramp down for me (in the case of more heavily-used bus stops, I "roam" the bus stop to see

when the bus is coming).

Since both the lift and ramp extend five feet from the curb side of the bus, it's important to have enough room for their use. When boarding a lift-equipped bus, I simply roll onto the platform once the outer barrier is down (it swings up anytime the lift isn't on the ground) and hang onto the handrails and let the driver know I'm ready for the ride up.

If you use a manual chair or walker, you'll want to do the same thing (and also lock your brakes). Once the lift reaches the floor level inside the bus, the inner barrier (which is up when the lift is moving) swings down and I roll into the bus and find a space to park" my chair (I sometimes have to ask other passengers to move).

If I'm boarding a low-floor bus, the

Please see "Wheels" on Page 2

Town Hall gives voice to local families

By **LYNN SEREDA**
Section 8 Tenant

On April 26, nearly two hundred people attended a town hall meeting at Franklin High School, as part of the Equal Voice for America's Families Campaign, sponsored by the Marguerite Casey Foundation.

The foundation got help with outreach from community partners, including LELO, Hate Free Zone and the Statewide Poverty Action Network.

This Town Hall event was one of dozens being held all over the nation, including such places as Monroe State Prison and American Indian reservations.

The day began with a welcoming cer-

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Quotable

"You have the opportunity to do something that is very rare... creating green jobs for young people with no hope, no help, no opportunity."

— Van Jones, social and eco activist, delivering the keynote address at Neighborhood House's Seventh Annual Breakfast Celebration. See story on Page 5.

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

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Health Notes

A column devoted to your well-being

Seniors should plan ahead to have needs met in emergencies

BY PAM MCGAFFIN
Special to The Voice

If you're a longtime local, you may remember the Columbus Day Storm of 1962, otherwise known as "The Big Blow," or recall what you were doing when that 6.5-magnitude earthquake rocked Puget Sound in 1965.

How about the December 2007 floods?

Fact is you don't have to be an old-timer to know the kind of emergencies we face around here. If you've weathered just one Northwest winter, chances are you've experienced a power outage, flooding, or worse. Then there are those personal disasters — like fires and falls — that can happen anytime of the year.

Older adults can be particularly vulnerable when disaster strikes because of health and medical needs, limited mobility and reliance on services that may be stretched thin in major emergencies.

If planning for every possible emergency still seems too overwhelming, try this simple, three-step approach advocated by the U.S. Administration on Aging in its Aging In Stride guide (www.AgingInStride.org and click on "Just In Case"):

1. Know the basics: Learn the risks facing your community, your emergency phone numbers and where to tune in for Emergency Alert information (In King County, listen to 710-AM KIRO or watch KIRO 7 TV). Get to know your neighbors and make a plan for connecting with loved ones (including two designated meeting places and an out-of-the-area contact if local phone service is down). Finally, know where your gas, electricity and water shut-off valves are and how to use them.

2. Have emergency supplies ready: You will need two sets of supplies, one for home and one to take with you in case you need to evacuate. Your home supplies should include those things you would need to survive in your home until help can arrive, including:

- Water (one gallon per person per day), non-perishable food to last three to six days and a hand-operated can opener
- Flashlight, light sticks (a safe alternative to candles) and spare batteries
- A three- to six-day supply of prescription medications, an updated list of your medications, and a first-aid kit
- Portable radio
- Cell phone and an emergency contact list of names and phone numbers
- Some cash or travelers' checks

Your pre-packed evacuation backpack or travel bag should include:

- Basic personal hygiene items, including toilet paper, alcohol wipes and hand sanitizer
- An extra pair of prescription glasses
- Change of clothing, compact rain slicker

and walking shoes

- Blanket or sleeping bag
- One or two bottles of water, breakfast bars and hard candy
- Disposable dust masks
- A copy of your emergency contacts and a current list of medications
- Room to pack many of the "home" items, including prescription medications

You can also purchase basic disaster kits, but make sure to include at least a three-day supply of any extra essentials you will need, and update it every six months.

3. Make a personal plan: If you have special needs, plan ahead for meeting those in the event of an emergency. If you have limited mobility or are disabled, you can register with your local fire department or office of emergency services for special help. Employ the buddy system to make sure there is someone to check in on you, and teach that person how to operate any necessary equipment. You can also work through a checklist with a family member or friend that addresses your needs, including mobility equipment for emergency use; back-up power if you depend on home dialysis or infusion equipment; and asking home health care providers or retirement-community staff about emergency planning and procedures.

Fire: As a population group, seniors are more likely to die in a fire, in part, because they often live alone and may not be able to act quickly enough. To reduce your risk:

- Cook carefully: If you have to leave the kitchen while cooking, take a potholder or utensil to remind you to return to the stove. If something in a pan catches fire, put a lid on it. Never throw water on a grease fire.
- Space heaters: Buy only Underwriter's Laboratory (UL) listed heaters. Place them at least three feet away from combustibles, including wallpaper and bedding, and never leave them on while you're sleeping or out of the room.

• Smoking: Don't smoke in bed or leave cigarettes unattended. Use "safety ashtrays" with wide lips and empty them into a toilet or metal container every night before bedtime.

• Smoke alarms: Working smoke alarms in your home will dramatically increase your chances of surviving a fire. Change the batteries when you switch your clocks to Daylight Savings Time.

As older adults prepare for emergencies, they also should take the time to make sure their homes are safe. That means removing loose rugs, cords or other items that can cause falls; moving or securing objects that could fall down in an earthquake; and having a clear, unobstructed path to an exit in the event of a fire.

For more information on emergency preparedness, visit the Web site for the American Red Cross serving King and Kitsap counties at www.seattlredcross.org.



Members of the Duwamish Tribe carry out a welcoming ceremony prior to a town hall event at Franklin High School.

PHOTO BY LYNN SEREDA

Town Hall

Continued from front page

emony led by Cecile Hansen, chairperson of the Duwamish Tribe, who are the first people of Seattle.

Small group discussions brought together diverse groups of people as well as community and nonprofit leaders to discuss what the pressing issues facing American families are, particularly low income families. Currently 37 million Americans, or 18 percent, are now living below the poverty level.

The purpose of the Equal Voices Campaign is to create a national agenda out of these town halls through a group prioritization of issues. The campaign's belief is that engaged families who actively advocate on policies that directly affect their lives will bring about long-term social change.

On Sept. 6 there will be multi-city conferences in Los Angeles, Birmingham and Chicago where the national Equal Voice for American Families platform will be unveiled.

Organizers are working to get at least 10,000 families to these cities. There is an opportunity for people from our area to travel to Los Angeles by bus for this event.

Wheels

Continued from front page

process is simplified, since I can roll right into the bus once the ramp is down, providing you can get up the ramp (most drivers will use the "kneeling" function on their bus, which lowers the front doorway, before putting the ramp down; if you use a manual chair, the driver can help you up the ramp, if you need it).

Once I've parked my "beast" (that's what I call my chair!) on the bus, I attach both red straps (at the rear of the space) to the frame of my chair, with the driver's help, if needed (I've had to instruct a few drivers on how to do this, by the way) and then enjoy the ride.

Occasionally, I will also use the third strap at the front of the space, especially if the floor inside the bus is wet (thanks to our rain!) — if you're using a scooter, you'll need to use that third strap, in addition to the two rear ones; manual-chair users will need to lock their brakes.

Most drivers will also ask where I want to get off and I tell them, even though most buses have ADA passenger signals under the seats that are flipped up to alert the driver that the lift or ramp will be needed at the next stop on their route.

About a block from the stop I want to get off at, I alert the driver by either using the ADA signal mentioned above, or verbally. When the bus comes to a complete stop, I start removing the straps on my chair and move to the front of the bus.

I find it best to wait for other passengers

A number of SHA residents and voucher holders attended the town hall at Franklin. Gina Owens, a scattered-sites resident, said she got involved in Equal Voice through the Poverty Action Network.

What struck her about the event was the high numbers of youth participating, particularly those in the 14-22 age bracket. Owens took her grandson to a youth workshop, and also participated in the undoing racism workshop. She emphasized that throughout the day, the three top issues emerging were housing, healthcare, and education — all basic necessities.

Owens added that she is also considering attending the large conference in Los Angeles this fall.

After a keynote speech at lunch by Ron Chisom, founder of the People's Institute, afternoon workshops on subjects such as debt and poverty, prison issues, and youth violence offered attendees the opportunity to get more in-depth information in specific areas.

There are many ways to get in touch with the Equal Voice Campaign. One can get up to date on their Web Site at www.equalvoice2008.com, or get questions answered by calling the national toll-free hotline at 866-634-2752. The local contact is Kathleen Baca, who can be reached at 206 718-0879 or kbaca@caseygrants.org.

to get on or off the bus before moving to the front of the bus, unless the driver's already directed passengers to the other doors on the bus. If I'm getting off a lift-equipped bus, I roll onto the platform when it's in the up position, let the driver know when I'm ready to ride down, and grab the handrails.

Once the lift is on the ground, the outer barrier lowers, so I can roll off. If I'm getting off a low-floor bus, I simply wait for the ramp to be deployed, then roll off the bus.

While I said every bus in the Puget Sound area is wheelchair-accessible, bus-stop accessibility should be mentioned. As is quite obvious, knowing what stops can be used by lift or ramp-users is extremely important to knowing if you're able to get on or off the bus.

Most bus stops in the Puget Sound area are easily reached by wheelchair users and have plenty of room for lift or ramp usage. There are some exceptions, but those are quite rare, since most bus stops now have sidewalks with raised curbs (and curb cuts) and plenty of room for lift/ramp usage and maneuvering my chair.

To ensure you're using a bus stop that has enough room for the lift or ramp, look for the wheelchair symbol on the bus-stop sign (it's actually called the International Symbol of Access, or ISA).

Most bus stops in King County have that marking. If in doubt, call METRO Rider Information at 553-3000 (TTD users can call 684-1739) or Customer Services at 553-3060 (TTD: 684-2029).

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.

Be safe

Tips to increase your safety in public spaces

Dear Be Safe,
After it all, I realized I was so scared. Just me and this fellow in the isolated first floor laundry room.

I was there to do my laundry on a Saturday afternoon.

He drank two beers in a half hour and was way too personal when he talked with me. I asked him a few times to limit his conversation.

I finally told him to not talk to me.

He said, "I'm getting mad because you won't talk with me."

After my wash cycle was through, I pulled my clothes out of the machine wet, bagged them, and ran out.

I said to another resident afterwards I was so scared.

From Janice, a long-time resident of a high-rise building

Dear Janice,

Thanks for telling us about this incident. It's the kind of thing that we all can identify with.

What comes across is your apprehension and fear of being in a public space alone with a guy who was drinking and harassing you. And it is especially concerning because the laundry room you described is isolated and it is a weekend day, when the management office would normally be closed.

Here are a few strategies to deal with this situation:

Good: You sent a clear message to the fellow to limit his contact and respect your personal boundaries. He persisted and you left after the wash cycle with your wet laundry.

Better: Get help. If you started your wash and then felt threatened by the man, leave the laundry and seek help from staff on site or a friend. Call 9-1-1 for police assistance. Your personal safety is more important than your laundry.

Best: Size up the situation when you arrive at the laundry. If your personal alarm bell rings, leave. Do your laundry some other time. The best prevention is to stay away from threatening situations. Report the fellow for drinking in a public space.

Report violations of the law and the lease. Violations of the law are reduced when they are reported.

Nowadays, almost 60 percent of crimes are reported to police, a substantial increase from the 35 percent to 40 percent of crime reported in the 1970s. That is one reason crime is down in Seattle.

Remember, drinking alcohol in public areas, like a common laundry room, is a violation of the law and resident lease agreements.

For more information, please contact Allan Davis at 206-323-7094, or Kelly McKinney at 206-323-7084, at Seattle Neighborhood Group.



PHOTO BY CLAIRE MCDANIEL

A large crowd turned out at the Seattle Hilton on Mother's Day for the 18th Annual I Remember Mama luncheon, sponsored by the Volunteers of America - Senior Companion Program.

Luncheon

Continued from front page

celos said that the event was advertised in SHA communities, at Neighborhood House, and at various senior buildings. She's proud of the variety of cultural backgrounds represented by the attendees, including Chinese, Vietnamese, Russian, Filipino, Japanese, Polish and African-American.

"SCP has a dual mission: to provide part-time meaningful work for retired seniors that are of limited income and to serve as care givers for the elderly or handicapped," Vasconcelos said.

One of the ministers from St. Benedict's spoke at the luncheon, and prizes were raffled. Prizes included a Seattle Waterfront Vacation Package for two and membership to the Seattle Art Museum.

Services offered through SCP in-

clude companionship and socialization, advocacy and resource referral, peer counseling, escort and transportation to appointments and outings, light meal preparation and respites for family caregivers. Senior Companions also alert case managers and family to potential client health problems.

The companions themselves are healthy older adults who help other adults live independently. All are over 60 years old, have limited incomes and volunteer 15 - 30 hours per week for a modest tax-free hourly payment. They may spend their time playing games, doing light housekeeping or helping with reading and writing. Services are customized to the individual's needs.

If you are interested in placing a referral for yourself or someone you know or for more information, visit the SCP Web site at www.voaww.org/scp, or call 206-329-0515.



One to grow on

Garden tips for community gardeners

Warmer weather means it's time to start planting summer vegetables

BY ANZA MUENCHOW
Special to The Voice

The days are very long now and the temperature is finally warm enough to have all the favorite summer vegetables planted in the garden. The tomato vines can be tied to tall stakes, especially if you grow the indeterminate types, like Early Girl, Stupice, Brandywine or Sungold. The roma types of tomatoes don't usually get as tall, but I stake them to keep them up out of reach of the slugs.

All the cucumbers and squashes (both summer and winter types) can be planted by now. Give them lots of space and try using trellises for the trailing types. If you are growing a very large variety of trailing winter squash (like hubbard) you may need to give extra support to the fruits as they grow on the trellis.

It is important to water your garden about an inch per week during the summer. And I emphasize watering the soil, not the plants.

The leaves of tomatoes and squash should not get wet, especially in the evening. There are several fungal and bacterial infections that thrive on their wet leaves and may kill your plants.

Use a soaker hose or drip irrigation to conserve water and keep it right at the root zone. Check the soil moisture around your plants often to ensure it stays damp two inches below the surface. Preserve the soil moisture by using mulches which prevent evaporation.

Black plastic is a type of mulch that both controls weeds and keeps the soil damp but wears out and must be thrown away after a couple of years. I use organic mulches when I can get them. Compost is the best.

I also use dried leaves or grass. Sawdust depletes the soil of nitrogen, so I don't put that near the plant's root zone.

As you are harvesting your early spring greens, you may have room in your garden to plant a few rows of beets or chard. This family of vegetables is very nutritious and rather easy to grow. They tolerate a wide range of soil types. If your soil is too acidic (best at about 6.5) the growth will be stunted.

Beets don't like really hot weather (over 80 degrees), so plant in the evening and keep well watered. Perhaps some afternoon shade would help. But beets love the long days of summer.

The best thing about beets is that you can eat all of the plant. The leaves are especially nutritious. The beet seed is actually a small fruit, so several plants may germinate in a cluster.

When you thin out these little baby plants to give them room to grow, use the little leaves in your next green salad. They add a little color and a rich flavor. When the leaves are bigger, you can eat them like spinach.

Then of course, you can wait 50-70 days and you'll be harvesting the nice beet roots. Most beet roots will stay good in the soil well into the fall or even winter, extending the harvest period. Many people have their favorite beet recipes (borscht, pickled, roasted, etc.) but we love eating fresh grated beet salads with a mustard type vinaigrette.

I wear plastic gloves to keep my hands from being stained and peel the beets before I grate them. There are golden beets which don't stain everything red. They work well in many vegetable soups.

The main beet pest is the leaf miner, which is a little fly that lays its little white eggs in the underside of the leaf. When they hatch, the larva climbs into the leaf, through the stomates and tunnels through the veined area. It ruins the leaves.

So, try using floating row cover to prevent the adult from laying its eggs on the leaves. Be sure to secure the edges of the row cover so the little fly can't crawl under the edges. When the days become cold again in the fall, you can take the row cover off. Generally this pest is gone by then.

If you decide to plant chard, the growing requirements are very similar to beets. It may take longer to harvest the large chard leaves, but they are worth the wait. The plants generally do well in our climate all winter. We ate chard for several months this winter. The plant is definitely slow growing when the days are short, with grey skies and cold weather. But as soon as they get some light, the plant will keep producing. I usually plant the rainbow chard, because it is so colorful and every type is delicious.

Happy eating this month with all the fresh peas, spinach and other greens. We should be having warm weather now, so the summer veggies will be ready before you know it.

Anza Muenchow is a farmer and a volunteer with P-Patch. You can reach her by e-mail at anzam@whidbey.net, or online at www.mahafarm.com.

Community notes

Free Greenbridge Walking Group

Join us for a weekly walk in the Greenbridge area, Wednesdays at 10 a.m.

Meet at the Southwest Boys & Girls Club gym, 9800 Eighth Ave. S.W.

Adults age 50+ encouraged to attend; open to all.

Currently an indoor walk but will walk outdoors starting mid-June. For more information, call Mari 206-684-4664.

Mobile mammography screenings available June 5

El Centro de la Raza, the YWCA, and the Susan G. Komen for the Cure are conducting a mobile mammography screening for women over the age of 40 on Thursday, June 5, from 9 a.m.-3 p.m. at El Centro de la Raza, 2524 16th Ave. S. in Seattle. Free childcare is available. No insurance, no problem. For information or an appointment, call Terra at the YWCA 206-436-8644.

What to do this summer?

Summer activities abound — if you know where to look

By TYLER ROUSH
The Voice Editor

It's summer time, and an array of activities are available for area youth, from toddlers to teens.

Nature Consortium summer schedule

The Nature Consortium's Youth Art Program class calendar is available online at www.naturec.org.

The summer quarter at the Yesler Community Center, located at 917 E. Yesler Way, runs from June 23-August 15, with no classes on July 4.

To register, contact Elizabeth Dahl, site coordinator, at 206-830-0488 or yesler@naturec.org.

Mondays, June 23 and 30, July 7, 14, 21 and 28, August 4 and 11

1-3 p.m. Kinetic Creations, ages 5-19
Design and create individual and collective art pieces that move!

4-6 p.m. Making Musical Instruments, ages 5-10

Make musical instruments from recycled and natural materials.

Tuesdays, June 24, July 1, 8, 15, 22 and 29, August 5 and 12

1-3 p.m. Gardening, ages 5-19
Plant, water, grow and eat your own veggies.

4-6 p.m. Spoken word, ages 11-19

Free-write and free-style spoken word and hip hop is studied as a youth-born and youth-sustained cultural art.

Wednesdays, June 25, July 2, 9, 16, 23 and 30, August 6 and 13

12:30-2:30 p.m. Art 101, ages 7-19
Abstract paintings, landscapes, sculpture, mobiles and papier-mâché

3:30-5:30 p.m. Ballet to hip-hop dance, ages 5-19

Explore basic ballet, street dance movement and music.

Thursdays, June 26, July 3, 10, 17, 24 and 31, August 7 and 14

1-3 p.m. Photo Explorations, ages 11-19
Learn how nature plays an inspirational part in photography.

4-6 p.m. World Percussion, ages 5-19
Learn how rhythms and songs connect us to each other and the earth.

Fridays, June 27, July 11, 18 and 25, August 1, 8 and 15

12:30-2:30 p.m. Urban Eco Art, ages 11-19

Create a graffiti mural, collage, sculpture, and T-shirt printing

3:30-5:30 p.m. Art You Can Eat, ages 5-19

World culinary arts class that is all about flavor, friends and fun.

High Point Family Center

Neighborhood House's High Point Family Center, located at 6558 35th Ave. S.W.,

has drop-in hours Tuesdays from 10 a.m.-2 p.m., Thursdays from 3 p.m.-7 p.m. and Saturdays from 11 a.m.-2 p.m.

Drop-in playtime for toddlers

The Seattle Parks and Recreation Department offers drop-in playtime for toddlers at a number of local community centers, including:

Delridge Community Center
4501 Delridge Way S.W.

Tuesdays and Thursdays, 10:30 a.m.-2:30 p.m.; Fridays, 12:30-5 p.m.

High Point Community Center
6920 34th Ave. S.W.

Tuesdays, 10 a.m.-2 p.m.; Thursdays, 10 a.m.-2 p.m. and 4-6 p.m.; Fridays, noon-2 p.m.

Jefferson Community Center
3801 Beacon Ave. S.

Tuesdays and Thursdays, 10 a.m.-2 p.m.

Rainier Community Center
4600 38th Ave. S.

Mondays, Wednesdays and Fridays, 10 a.m.-2 p.m.

South Park Community Center
8319 Eighth Ave. S.

Monday through Friday, 11 a.m.-1 p.m.

For a complete list of locations and times, go to www.seattle.gov/parks/children/play.htm.

Outdoor opportunities for teens

The Outdoor Opportunities (O₂) program, offered by the Seattle Parks and Recreation Department, offers outdoor expeditions for teens ages 15-19.

To participate in the monthly outings, teens must register in advance.

If you have any questions, call Matt



PHOTO PROVIDED BY NATURE CONSORTIUM

A young girl checks her camera during Nature Consortium's Photo Explorations class.

Axling at 206-390-1018 at Golden Gardens or Bob Warner at 206-684-7097 at Camp Long.

For more information or to register, go to www.seattle.gov/parks/teens/O2/default.htm.

Searchable directory

The Seattle Parks and Recreation department offers a searchable directory of classes. Go to www.seattle.gov/parks/centers/default.htm and click the SPARC link on the right side of the page.

Seattle's Child has a directory of summer activities available online. Go to www.seattleschild.com and click the link "Resources & Guides" to be forwarded to the searchable directory.



PHOTO PROVIDED BY NATURE CONSORTIUM

Students participate in the Art 101 class offered by Nature Consortium.



PHOTO PROVIDED BY SEATTLE PARKS AND RECREATION DEPARTMENT

A group of students on an environmental education trip at the beach.



Neighborhood House
Strong Families. Strong Communities. Since 1906.

NOW ENROLLING for Head Start and Early Head Start Program

We provide AT NO CHARGE:

- Weekly home visits for pregnant women and families with children 0-3 years of age.
- Classroom programming for children 3-5 years of age.
- We also work with Early Intervention Programs such as Boyer Children's Clinic & Seattle Public Schools.

Serving low-income pregnant women and families with children ages birth to five, including those with special needs, living in the SHA garden communities.



Early Head Start
7054 32nd Ave S., Suite 107
Seattle, WA 98118
(206) 760-9330 ext. 10

Head Start
905 Spruce St., Suite 200
Seattle, WA 98104
(206) 461-8430 ext. 247



Neighborhood House
Strong Families. Strong Communities. Since 1906.

VIETNAMESE

Bây giờ đang đăng ký học sinh cho chương trình Head Start và Early Head Start

Chương trình phục vụ miễn phí:

- Mỗi tuần, có nhân viên thăm viếng đến tận nhà những người mẹ mang thai và những gia đình có con từ lúc mới sinh cho tới đúng 3 tuổi.
- Ghi tên cho trẻ em từ 3 đến 5 tuổi để đi học Lớp Vờ Lờng.
- Cơ quan chúng tôi có làm việc chung với chương trình của trạm y tế trẻ em Boyers và trường học Seattle.

Chương trình phục vụ các người mẹ mang thai, các gia đình có lợi tức thấp, hoặc đang có con mới sinh cho tới đúng 5 tuổi, bao gồm cả những gia đình có con em cần những nhu cầu đặc biệt và hiện đang sống trong những khu gia cư: High Point, New Holly, Rainier Vista và Yesler Terrace.

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7054 32nd Ave S., Suite 107
Seattle, WA 98118
(206) 760-9330 ext. 10

Head Start
905 Spruce St., Suite 200
Seattle, WA 98104
(206) 461-8430 ext. 247

Neighborhood House Executive Director Mark Okazaki met with Tyvon, a student at Brighton Elementary School, to receive a \$300 donation made possible by the school's Penny Harvest

PHOTO BY TYLER ROUSH



Pennies make a big difference

BY VOICE STAFF

Students at Brighton Elementary School in Seattle learned that a little change can go a long way.

Neighborhood House was honored to be one of four community-based organizations chosen by students at Brighton Elementary to receive a share of the \$1,200 raised during the annual Penny Harvest.

The other agencies selected were Progressive Animal Welfare Society (PAWS), Refugee Women's Alliance and Treehouse4Kids.

"A lot of our kids are affected by your organizations directly, and they have a very real piece of your pie, so to speak," said Dennis Raymond, the Penny Harvest staff organizer at Brighton.

Tyvon, a fifth-grade student who was on the selection committee, presented a check to Executive Director Mark Okazaki.

Tyvon said that working on the Penny Harvest helped teach him "how to be a little more compassionate, and help people who aren't as healthy and lucky as other people."

Altogether, 55 schools in the Seattle area raised \$64,000 for local service organizations.

Raymond said that many of the students had the opportunity to see the Dalai Lama speak during the Seeds of Compassion event.

"(The Dalai Lama's) keyword is compassion — compassion of caring and doing," Raymond said. "Our kids are caring and doing."



PHOTO BY JAMES WARREN

Van Jones speaks to a full house in Ballroom 6E at the Washington State Convention & Trade Center.

NH breakfast heralds the greening of our community

BY MOORE INK

To build a community where everyone thrives — what Neighborhood House Executive Director Mark Okazaki described as "a place where we all belong equally" — Neighborhood House beckoned nearly 800 guests to its annual Breakfast Celebration to envision the economic opportunities that await low-income families who join the green revolution.

Inspired by the vision of "a green wave that can lift all boats" from civil rights and environmental activist Van Jones, Neighborhood House supporters donated

\$200,000 to advance the agency's mission of helping diverse communities of people with limited resources attain self-sufficiency, financial independence, health and community building.

After years working with troubled youth in Oakland, keynote speaker Jones took a brief sabbatical to Marin County, California, and was amazed to witness how the wealthy community was reaping the benefits of the new green economy.

Why couldn't the low-income residents of Oakland do the same thing, he thought.

"Solar energy, weatherization, wind farms, planting and caring for trees — all that equals thousands of contracts and millions of jobs — jobs that can't easily be outsourced overseas," he said.

By providing the training, tools and technology for these new jobs, "we create green pathways out of poverty and into economic opportunity that is good for the economy, good for the earth and good for our children."

Lauding Neighborhood House as a leader in envisioning these new green opportunities — exemplified by what Jones called the "crown jewel" of the agency's planned High Point Neighborhood Center — he predicted that our community would be at the forefront of economic growth for all.

Jones compared Neighborhood House's leadership to that of Martin Luther King Jr., who he said shared "a deep dream of transformation for everybody... Forty years later, Neighborhood House is standing for that dream, the 2.0 version!"

"You have the opportunity to do something that is very rare... creating green jobs for young people with no hope, no help, no opportunity," he said. "Here in Seattle, you have already convinced people that green is good; now you are convincing people that green is good for everybody."

Neighborhood House thanks the generous sponsors of its Seventh Annual Breakfast Celebration

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TRANSLATED ARTICLES FROM THE VOICE

Consider saving money using rebates

Экономьте деньги, используя скидки

Хотите ли вы сэкономить в год столько, сколько вы платите в месяц за квартиру, на предметах первой необходимости?

Каждую неделю аптеки, такие, как Райт Эйд и Волгрин (Rite Aid, Walgreen) публикуют листовки, рекламирующие предметы, на которые даётся скидка, то есть они пошлют вам чек на сумму, равную или частичную той, которую вы заплатили. Листовки, доставляемые по почте по вторникам, публикуются также в воскресной Сиятл Таймс.

Предметы, на которые даётся скидка, включают зубные щётки, зубную пасту, полоскание для рта, мыло, шампунь, бритвы, дезодоранты, лекарства от изжоги и простуды и другие, электрические лампочки, стиральные средства.

Скидки работают следующим образом: просмотрите листовки, отметьте то, что вам нужно, купите и сохраните счёт. Затем в конце каждого месяца представьте счёт вместе со специальной формой скидок (rebate submission form), которую предоставляет каждая аптека. Попросите соседа или друга, владеющего английским, помочь вам заполнить эту форму.

Райт Эйд позволяет вам заполнить форму по электронной почте, внося информацию со счёта. Если вы заполните форму, используя электронную почту, то получите чек через две недели. В другом случае вам придётся подождать четыре-шесть недель.

Никогда не забывайте сделать копию с заполненной формы скидок.

Tixgeli lacag dhaqaaleyn adigpp isticmaalaya rebates

Ma rabtaa inaad lacag kugu filan aad dhaqaalaysato ood u baahan tahay si caadi ah u iibsato si aad u iibsato bil kiradeeda ilaa sannad?

Toddobaad walba Dukaanka Daawooyinka sida Rite Aid iyo Walgreen waxay soo saran iidhehyo ay ku dhiirigelinayaan in dukaanku dad wax siinaya taas oo la mid ah in lagu soo diraayo JEEK oo dhammaan ama qaar ka mid ahiba lacagta aad bixin lahayd. Waraaqahaasi iidhehda ah waxaa toos u keenay Boostada maalinta Talaada ah waxayna ku jiraan Axada jornaalka soo baxa oo la yiraahdo Sunday Seattle Times.

Alaabtaas waxaa ku jira qalabka ilkaha lagu rumaysto iyo ilko cadayo, dawada ilkaha lagu cadayado, shaambada jirka lagu nadiifisto, gar xiir, midda soo carfaysa oo la marsado kilkish, nal, iyo wixii la midka ah.

Xaashiyahaas baar waxaa ku dhex jira alaabta aad u baahan tahay waana inaad xafidataa warqadda aad wax ku iibsato. Kaddibna u dir waraaqaha aad wax ku iibsaday bil kasta dhammaadkeeda ado raacinayaa xaashida aad ku soo direen taasoo ka timid Dukaanka Daawooyinka. Warso neighbor ama saaxiib yaqaan luqadda Ingiriiska si foomka laguugu buuxiyo.

RiteAid waxay kuu oggolashahay inaad u gudbisid online adigoo qorayo waxii kula xiriira Haddii aad Online ku gudbisid waxaad Jeeggaagi helayaas muddo ku siman laba toddobaad haddii kale oggoolow 4 ama 6 toddobaad.

Walgreen wuxuu ku darayaa boqolkiiba toban haddii aad dooroto lacagta inaad u hesho Gift Card waxay qaadanaysaa toddobaadyo.

Mar kast xasuusnow inaad Koobi sa samaysato waxaad dirtay.

HÃY QUAN TÂM ĐẾN VIỆC TIẾT KIỆM TIỀN BẰNG CÁCH DÙNG NHỮNG REBATE- HẠ GIÁ

Quý vị có muốn tiết kiệm tiền qua việc thường mua những đồ thực dụng và dùng số tiền dành dụm trong cả năm đó để trả được một tháng tiền thuê nhà không ?

Cứ mỗi tuần các cửa hàng bán thuốc tây như Rite Aid và Walgreen đều có gửi các giấy quảng cáo flyer để khuyến mãi các mặt hàng có giảm giá –rebate, điều này có nghĩa là họ gửi trả lại cho quý vị chi phiếu với một phần hay trọn cả số tiền mà quý vị đã trả lúc mua món hàng. Các giấy quảng cáo được gửi đến bằng đường bưu điện vào các ngày Thứ Ba hay trong các báo Seattle Times phát hành ngày Chủ Nhật .

Các mặt hàng có rebate-giảm giá gồm có như bàn chải răng, kem đánh răng, nước súc miệng, xà bông tắm, xà bông gội đầu, dao cao râu, thuốc khử mùi, thuốc tiêu hóa, thuốc cảm và các loại thuốc khác, bóng điện và bột giặt.

Việc giảm giá- rebate được hiện thực như sau: hãy xem các giấy quảng cáo flyer, khoanh tròn món hàng quý vị cần mua, rồi mua các món hàng đó , xong rồi giữ lại các hoá đơn- receipt. Mỗi cuối tháng, nộp các hoá đơn cùng với các Mẫu Đơn Giảm Giá – do người hàng xóm hay bạn bè biết tiếng Anh giúp điền vô các mẫu đơn này.

Cửa hàng Rite Aid cho phép quý vị nộp lên các hoá đơn xin giảm giá qua mạng(internet), bằng cách là ghi xuống các thông tin có trên các hoá đơn –receipt. Nếu quý vị nộp qua mạng (internet), quý vị sẽ nhận lại tiền rebate-giảm giá trong vòng 2 tuần lễ. Nếu nộp qua cách khác (qua đường bưu điện,) thì phải chờ từ 4 đến 6 tuần lễ.

Cửa Hàng Walgreen’s sẽ cộng thêm 10 phần trăm của số tiền hạ giá – rebate nếu quý vị chọn cách nhận lại tiền rebate bằng thẻ gift card. Họ sẽ gửi thẻ giảm giá trong vòng 4 tuần lễ.

Hãy luôn nhớ sao (copy) ra các hoá đơn quý vị gửi đi.

የቅናሽ ዋጋን በመጠቀም ገንዘብዎትን ይቆጥቡ!

ሁልጊዜ ከሚገዟቸው እቃዎች ላይ በቂ ገንዘብ አትርፈው ለአንድ ወር የቤት ኪራይ ክፍያ የሚሆን እንደሚያገኙ ያውቃሉ?

በየሳምንቱ አንዳንድ መደብሮች እንደራይት ኤድና ዋልግሪን የመሳሰሉት ለሚያቀርቧቸው ቁሳቁሶች የ ዋጋ ቅናሻቸውን በማስታወቂያ ያወጣሉ። ይህም ማለት መጀመሪያ ለክፍሉባቸው ሁሉ ወይም ለክፍሉ ቼክ ይመልሱልዎታል ማለት ነው። እነዚህ የሚላኩት ማስታወቂያዎች ዘወትር ማክሰኞ የሚላኩ ሲሆን በእሁድ የሲያትል ታይምስ ጋዜጣ ላይ ይወጣሉ።

የቅናሽ ቁሳቁሶቹ እንደጥርስ ቡርሽ ሳሙና፣ የአፍ ማጠቢያ ፣ የሰውነት ማጠቢያ፣ ሻምቡ፣ የፀጉር መቁረጫ፣ የሰውነት ሽታ፣ የአሲድ መከላከያ፣ የብርድ መድከኞች፣ የመብራት አምፖሎች፣ የልብስ ማጠቢያ ሳሙኖችና የመሳሰሉ ናቸው።

የሚሰጠውን የእቃ ቅናሽ ማስታወቂያ ለመጠቀም እንደሚከተለው ማድረግ ይጠቅማል። የሚላኩትን ጋዜጣና ማስታወቂያ በማየት የሚፈልጓቸውን ነገሮች ክብ አድርገው ይፃፉበት። የሚፈልጉትን እቃ ከገዙ በኋላ ደረሰኙን ያስቀምጡ። በወሩ መጨረሻ ደረሰኙን መደብሩ ካመጣው የቅናሽ ማስታወቂያ ኩፕን ጋር አብረው ይመልሱ። እንግሊዘኛ የሚናገር ጓደኛ ወይም ጎረቤት ካለ ፎርምን እንዲሞላልዎ ይጠይቁ።

ራይት ኤድ ቅናሽ የተደረገበትን ፎርም በአንተርነት ላይ ሞልተው እንዲመልሱ እድል ይሰጥዎታል። በአንተርነት ከሞሉ, በሁለት ሳምንት ውስጥ ቼክ ያገኛሉ። ካለበዚያ ግን ከአራት እስከ ስድስት ሳምንት ይወስዳል።

ወልግሪን ደግሞ 10 ፐርሰንት ቦነስ ወይም ቅናሽ በማድረግ ገንዘቡ በስጦታ ወይም በሱቁ ጊፍት ካርድ ከመረጡ ይሰጥዎታል። ይህን የቅናሽ ቼክ ለመላክ አራት ሳምንት ይወስዳል።

ሁልጊዜ የሚልጓቸውን ሁሉ ኮፒ ያድርጉ።

ገንዘብ ንምቕጣብ ሪቦትስ ተጠቅም

አብቲ ዕለታዊ እትገዝኦ ነገራት ገንዘብ ብምትራፍ ናይ ሓደ ወርሒ ገዛ ክራይ አብ ዓመት ክትከፍል የኽእለካ።

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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.

Birds of a feather at High Point

COMMUNITY CREATES ART PROJECT

See Page 4



SHA NEWS

June
2008

News and information about Seattle's neighborhoods

Dream Power sponsors visit for 50 neighborhood youths to Cirque du Soleil

BY WILLIAM SPIRITDANCER
AND VIRGINIA FELTON

Dream Power International, a Seattle based non-profit organization, hosted a surprise all-expense paid trip to Cirque Du Soleil on April 30 for 50 inner-city youths and families from Seattle's Central District area as part of its "Inspired Kids" project.

Many of the youths were residents of Seattle Housing Authority's townhomes on Norman Street.

William Spiritdancer, founder of Dream Power International, requested free tickets from Cirque Du Soleil for the youths in his Seattle central district neighborhood because he felt it was something very artistic, inspiring, and unique, different than the usual things they are exposed to. Dream Power International's mission is to help people discover and use their gifts to create a better society.

Spiritdancer founded the organization seven years ago. It is supported by grassroots donations, business sponsorships and grants.

"I wanted to expose them to something that would blow their minds and give them a whole new perspective on the world," said Spiritdancer. "I also wanted them to go in style. Many of these families are large and



PHOTO BY INYE WOKOMA

A group of 50 local youths received free tickets to an April performance of Cirque Du Soleil through a request from Dream Power International.

low-income and it is really difficult for them to take the entire family out."

Laetitia Hespel of Cirque du Soleil's Social Action division called Dream Power on Tuesday, April 29 to donate 50 tickets for the 8 p.m. show happening the next day. Cirque Du Soleil spokeswoman Jessenia Villamil

said that the company gives priority to organizations who work with youth at risk. With less than a 48-hour notice, William and his wife Roxann (co-founder of Dream Power International) set out to arrange for funding

Please see "Dream Power" on Page 6

Roberta Sherwood joins SHA staff as Community Building Coordinator

BY VIRGINIA FELTON
Seattle Housing Authority

If Roberta Sherwood is successful in meeting her goals at Seattle Housing Authority, resident leaders will be more visible in activities in two years, as community building staff "blends more into the background."

"When we are successful," she said, "residents are able to work in their communities in positive ways. They recognize that they have a lot of power in their own community, that they have lots of choices. Community Builders are there to support them in their growth as they develop the skills to be excellent leaders in their communities."

As Sherwood talks about her new job, it is easy to see that she is enthusiastic about promoting resident leadership.

"I believe anyone can be a leader if they have the desire and the necessary sense of responsibility," she said. "We can help them with the training and support they need to learn the skills of leadership."

Please see "Sherwood" on Page 2

Proposed 'Safety Net Assistance Program' (SNAP) would allow Public Housing residents a way back

BY SHA STAFF

A new SHA initiative, the Safety Net Assistance Program, or SNAP for short, would give residents who move out of Low Income Public Housing units into the private rental market a fall-back plan in the event their life situations change in a way that threatens to make them homeless.

One such change in life situation might be a resident's getting a job and then, a few months later, losing it.

In January, SHA commissioned a telephone survey of more than 200 public housing households, chosen at random, that had at least one adult household member who was considered to be eligible for getting a job.

The survey asked residents' opinions about several possible policies that might motivate them to move out of public housing if they were working and earning enough to afford a market-rate apartment similar to their public housing unit.

Residents indicated they would be most motivated if they knew they could return to public housing in the event they lost their job and could no longer afford market-rate rent. (Of the residents polled, 76 percent rated this idea as 8 or higher on a 10-point scale.)

To counter this apparent fear of homelessness, SHA administrators determined that SHA would need to provide immediate access to housing.

SHA proposes to provide this by creating a preference that would place the affected

household at the top of an approved waiting list.

All residents of public housing would be eligible for the SNAP safety net. Each would have to meet three requirements:

- Either participate actively in at least one of SHA's programs designed to promote financial independence or attend a one-on-one self-sufficiency planning session with a counselor. These programs include the Family Self-Sufficiency Program itself, The Job Connection and the Tenant Trust Account.
- Be in good standing with SHA: That is, rent paid on time, no damages beyond normal wear-and-tear at vacate, was not evicted from the unit, no significant complaints.
- Not have a Housing Choice (Section 8) Voucher.

The household would have to remain eligible for public housing and would be subject to a criminal screening, a credit report and an income eligibility review.

Any request for a household to return under SNAP would have to include the original head of household.

Please see "SNAP" on Page 6

Meetings scheduled on utility allowance changes

BY SHA STAFF

Soon Seattle Housing Authority will be lowering the utility allowance for residents at High Point, Rainier Vista and NewHolly. Meetings will be held at each of these communities to answer questions about this and explain it further.

All Seattle Housing Authority residents are invited. Here are the dates and locations for the meetings:

High Point, July 7, 5:30 p.m.-7 p.m. at High Point Community Center

NewHolly, July 24, 5:30 p.m.-7 p.m. at NewHolly Gathering Hall

Rainier Vista, July 31, 5:30 p.m.-7 p.m. at McBride Court (4521 29th Ave. S)

Utility allowances make it possible for low-income households to keep enough money back from their payments to SHA to cover their utilities bills. The allowance is expected to apply to all utilities — heat, lights, gas, water and sewer.

Utility allowances are being lowered to match the actual use of utilities

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Residents comment on proposed HUD agreement

By VIRGINIA FELTON
Seattle Housing Authority

About a dozen residents gathered in SHA's Central Office board room May 19 to offer their comments and questions regarding the new "Moving to Work" agreement that SHA is considering entering into with the Department of Housing and Urban Development.

SHA is one of about 30 housing authorities across the country participating in the Moving to Work demonstration program (MTW). This program allows SHA to test innovative methods to improve housing delivery to better meet local needs.

While in MTW, SHA may propose and implement alternatives to national regulations for issues spelled out in an agreement signed by SHA and HUD.

SHA calls this program the "Moving to New Ways" program because that name better described the goals of the program.

SHA's current agreement expires in 2009. Under the agreement that HUD proposes to continue Seattle Housing's MTW status, most of SHA's current flexibility will be maintained through 2018. However, reporting requirements and other administrative burdens may increase.

At the May 19 hearing, Andria Lazaga, SHA's asset management coordinator,

explained the various components of the proposed new agreement. She stressed that the MTW program has three goals – to increase housing choices for residents, to foster self-sufficiency and to achieve cost effectiveness with federal funds.

She noted that the new agreement would more specifically call out what SHA is authorized to do.

"However it is important to note," she said, "that just because HUD authorizes SHA to do something, does not mean that we intend to do it." She cited rent policy as an example. "If we decided to change our rent policies, the proposed changes would go to residents through the Joint Policy Advisory Committee, there would be public hearings, and we would have a period for comments."

Residents who made comments at the meeting included Dennis Bejin and Calvin Creach. Bejin expressed his concern about the possibility of rent policies that would not be as favorable to residents, or would give resident managers more authority.

Executive Director Tom Tierney pointed out that SHA has had MTW authority since 1999, and the agency has only made rent changes that benefited tenants.

"We have not taken rent levels above 30 percent of income, and we have endeavored to share benefits with residents through

was to help older people stay in the building as long as possible as they got older.

"We encouraged residents to find ways to get assistance if they needed it, hired a counselor, and added some internal support systems to help people," Sherwood said. "Working there helped me to learn a lot about HUD, about building community and about working in low-income housing."

Sherwood sees her new work culture and SHA as a place that supports community building activities, but still has opportunities for improvement.

"It is great that SHA supports community building to the extent that it is in the budget and there is staffing to take those skills and those values into the various communities we serve."

At the same time, she acknowledges that not every staff member shares her enthusiasm at the same level.

"For quite a few SHA staff members, bricks and mortar is their focus. This is important — it has to be SHA's main focus. As community builders, we appreciate and support that work," she said. "At the same time, we want to help fellow staff members understand that when communities are more successful in their community building efforts, they are more successful in general, with fewer problems or negative community issues. Strong communities are better for everyone."

While her long term goals are lofty, in the short term, she is focusing on getting to know the job. Her office has a white board full of topics and issues to be explored. In the immediate future she looks toward bringing on a new community builder at High Point and helping that person integrate into the team and be successful. She hopes to help all of SHA's community builders to



PHOTO BY VIRGINIA FELTON

Dennis Bejin from Jefferson Terrace checks his notes during the MTW hearing.

programs like the Tenant Trust Accounts," he said.

The comment period for the new MTW agreement closed on May 30.

The Seattle Housing Board of Commissioners will most likely vote on the new agreement at its regular meeting on June 16.

Operation Jackson Park Pride: promoting and fostering community engagement

By JULIENNE MATEO
Special to *The Voice*

On Saturday, May 10, Operation: Jackson Park Pride launched one of its major community building activities.

The three-month program at the Jackson Park housing facility focuses on promoting and fostering community engagement through a series of health promotion and disease prevention activities.

This program is headed by a group of Seattle University nursing students who are working in collaboration with Jackson Park residents to help resolve their lifestyle concerns.

The need to beautify Jackson Park's residential area through a litter pick-up and educate the youth regarding safety issues were a concern for numerous residents.

This concern was transformed into a fun-filled Beautification Day for the youth at Jackson Park.

With the support of their family members, 27 children ages 4 to 14 participated in an event that not only promoted a cleaner community, but also instilled knowledge to the kids about stranger danger, 911 protocols, rules when crossing the street, and bicycle helmet safety.

Through the support of Cascade Bicycle Club, Seattle Neighborhood Group, A New York Pizza Place, Top 10 Toys, Seattle University Bookstore, University of Washington Bookstore and Tully's Coffee, participants were able to receive free helmets, pizza, stuffed animals, toys, and goodie bags.

It was a day of excitement and gratification which the Seattle University nursing students hope to continue.

Sherwood

Continued from front page

"Some community members come into their community leadership roles with those skills already in place. Others need the opportunity to develop them. We want to accept people where they are and work with them as they learn and develop their own skills."

Sherwood began in her job as Community Building Coordinator in late April. She brings a varied background to the job, much of it focused on nonprofit and social service work. "I think this job is a great match for my love of working with people and my experience in management," she said. "SHA is a place I can use both my experience and my gifts. It is a job that really speaks to my heart."

Among the social services agencies she has worked in is the YWCA — where she has held positions as varied as swimming instructor and executive director. In one job, she helped to develop a shelter for abused women and their children. In another, she did community support group work in a mental health center where she helped people learn how to support each other.

Here in Seattle, she worked for eight years as the manager of Hilltop House on First Hill — a low-income high rise building that receives rental subsidy from HUD. This experience helped her to gain understanding of the specific concerns of low-income seniors.

"I enjoyed working with the resident council there," she said. "It was very active and involved, doing fundraising for projects around the building and establishing a P-Patch."

One of Sherwood's goals at Hilltop House



Roberta Sherwood

continue to work well as a team.

Over the next few months, she will be making the rounds of Community Council meetings, JPAC meetings and other resident gatherings. She is hoping that lots of residents will keep an eye out for her and introduce themselves.

"I am very excited to be here," she said. "I am delighted to be part of the staff at SHA and to have access to the many communities. I am looking forward to making new friends among both staff and residents, and to see all of the work that they are doing blossom."

Changes

Continued from front page

(electricity, gas and water) in the newly constructed housing at the HOPE VI communities. When utility allowances are lowered, the portion of the rent paid to SHA increases at the same time.

When utility allowances increase, the other portion of the rent decreases. In all cases, the total amount that a household pays for rent and utilities remains fairly constant at 30 percent of monthly income.

Plan now to attend one of the community meetings to learn more, and watch for more information in *The Voice* next month.

About The Voice

The Voice is a monthly newspaper published by Neighborhood House with financial support from Seattle Housing Authority and King County Housing Authority.

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 Tyler Roush at (206) 461-8430, ext. 227 or by e-mail at tylerr@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.

Redevelopment projects look to hiring residents

Both the High Point and Rainier Vista redevelopment projects will be creating employment opportunities for Seattle Housing Authority residents in the near future. Construction employment opportunities are continually opening and available.

Residents of Seattle Housing Authority communities have first priority for these jobs, but other community members may also be eligible. Please contact Sam Pierce at The Job Connection (206-937-3292) for more information and to learn about various trades and apprenticeship programs that may be available.

POINT OF VIEW

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

QFC-sponsored van provides transportation for Ballard residents

By VIRGINIA FELTON
Seattle Housing Authority

When Grant Johnson thought about the fact that the Ballard QFC was closing at the end of December last year, there was a little seed of worry that entered his thoughts. What would happen to the elderly people in the neighborhood who depended on that store for their groceries?



Grant Johnson

As the manager of the Crown Hill QFC, it wasn't really part of his job description to worry about those Ballard folks, but that didn't stop him.

He talked with other store managers, including Mark Dodge, who was in charge of the Ballard store, which was being demolished and re-built over a two-year period. Then, in his spare time, he began walking the Ballard area to discover where the elders who shopped there lived.

That led him to three of SHA's buildings — Ballard House, Schwabacher House and Nelson Manor.

Johnson knocked on doors and talked with residents. At Nelson Manor, he met Mary Jean Russell, who took down his phone number and passed it along to Resident Manager Linda Post-Smith.

Catch a ride

The QFC van provides weekly service on Tuesdays to residents of Schwabacher House, Nelson Manor and Ballard House. Residents have about a half hour to shop at the store. Here's the schedule:

Pick up at Schwabacher House, 11 a.m., return 11:50 a.m.

Pick up at Nelson Manor, noon, return 12:50 p.m.

Pick up at Ballard House, 1 p.m., return 1:50 pm

Post-Smith helped him make contact with other residents, and he tried out the idea of a van service that would take residents up to the Crown Hill store while the Ballard store was being built. At the same time, Post-Smith was concerned about pedestrian safety, and supported the van idea for that reason as well.

"One of our residents was hit crossing Market Street a while back, so I worry about them having to walk long distances and cross busy streets," she said.

Post-Smith hosted a meeting at Schwabacher House, to which other residents were invited.

"After I worked with Linda and found

Please see "Van" on Page 6



Photo by Claire McDaniel
Christopher McNeil (left), driver of the QFC shuttle, speaks with a resident of Schwabacher House following a shuttle run last month.

Whose view is this?



Win a \$15 gift card!

Last month's "Whose View" depicted the view from Capitol Park.

Among the correct entries that The Voice received, L.M. Brown's entry was drawn as the winner. Congratulations!

This month we take a look at a different view. Send your answer to the question, "Whose view is this?" to Tyler Roush at tyler@nhwa.org or

mail them to 905 Spruce St., Suite 200, Seattle, WA 98104.

All correct entries will be entered into a drawing each month for a \$15 gift card to Safeway, QFC or Bartell Drugs.

Deadline for submission of entries is the 15th of the month.

If you would like to contribute a photo of your view for our contest, please send it to Tyler Roush at the e-mail or postal address listed above.

Notes about Preparing for the Digital Television Transition

By SVEN KOEHLER
Seattle Housing Authority

One of the core problems faced by TV watchers in SHA buildings who don't subscribe to a paid service is that the current building antennas most likely won't receive most of the available programming once the switch to all digital broadcasting happens.

This is because many stations that currently broadcast in the spectrum known as VHF for their analog signals are using the spectrum known as UHF for their digital signals, while SHA's antennas are designed for VHF only (channels 2-13.)

However, it is technically possible for stations to send digital signals in either VHF or UHF spectrums, so SHA is currently working with local channels to test how the building antennas will function with digital signals in VHF. Unfortunately, residents will still face the loss of most programming they have been accustomed to getting for free over the airwaves using the building antenna, even if a digital converter box is used.

There are resources available for those interested in an overview of what channels are theoretically available from an outdoor antenna like those found on SHA buildings. The FCC, which is the federal regulatory agency that is managing the transition to digital television, points to www.antennaweb.org as a good resource.

This site allows you to compare what is available in the best-case scenario at your address in the VHF and UHF spectrums.

However, this information has a disclaimer that actual antenna reception may be worse due to the effect of local topography and the surrounding urban landscape. Neighboring buildings can interfere with the signals.

There also is a similar disclaimer that indoor or set-top antennas will be much less capable of receiving a signal than an outdoor antenna.

(It is important to note that cable or satellite users won't face this problem and won't need a converter box or antenna, since the companies convert the signal as part of their paid service.)

Despite the obstacles, SHA will try to squeeze the most out of the aging building antenna system. The hope remains that perhaps the picture tube won't go completely black after the digital transition in February 2009. Stay tuned!

HIGH POINT HERALD

NEWS ABOUT THE HIGH POINT COMMUNITY

Birds of all continents to grace High Point's amphitheater

By SCOTT FREUTEL
Seattle Housing Authority

In The Commons at High Point, standing ready as a backdrop to the new amphitheater, are seven sturdy steel frames ready to hold ... birds.

Birds? Yes, birds: flamingoes and cranes and eagles and parrots, among others.

The birds will be drawn on paper and then transferred onto and carved into 14 wooden planks each 8 feet high, 10.75 inches wide, and 1.5 inches thick. Then the planks will be painted and weatherproofed.

Finally, two planks will be joined back to back and inserted as a pair into one of the seven steel frames — one frame for each of the seven continents. The planks designated for each continent will bear the images of birds native to that continent.

The community art project, which began to take shape in a public meeting last November, is meant to express the diversity of the High Point community at this gathering place.

After November's introductory meeting, eight workshops were scheduled. At the first of them, on a Thursday last month, several people braved cold winds to come help figure out which birds might best stand for which continents. With the help of bird books, they sketched the birds onto paper for transfer to the planks. Later, they helped carve the designs and then paint the wood.

Although people who live in High Point developed the project's theme and decided its

scope, artists who are accustomed to creating gathering places have shepherded the project from its beginning.

One is Milenko Matanovic, executive director of Issaquah-based Pomegranate Center, which he created 21 years ago to facilitate and create art in communities. Matanovic said recently that he's mainly interested in art that works for the public, not just art "in museums and the homes of the wealthy."

Many of his projects create public gathering spaces because, he said, "Whatever we do is intended to serve many purposes, but mainly we want to coax folks out of their homes into a public space, where they'll bump into one another and socialize and find their voice."

Another person helping the project along is Pomegranate Center's project director, Duncan Chalmers. With experience in construction, as an architect and as a hands-on project supervisor he is skilled at working with many people to get projects built.

Working with Matanovic and Chalmers on this project is Chiaki Takanohara, a sculptor and artist who will mainly be helping with carving the images. Takanohara has 12 years' experience working on Pomegranate Center projects.

The amphitheater at The Commons is a circle 35 feet across, a size chosen for its suitability to performances by small groups: dances and dance performances, musical performances, kids' events and weddings. Once the bird planks are in place they'll form a backdrop for these events and performances.

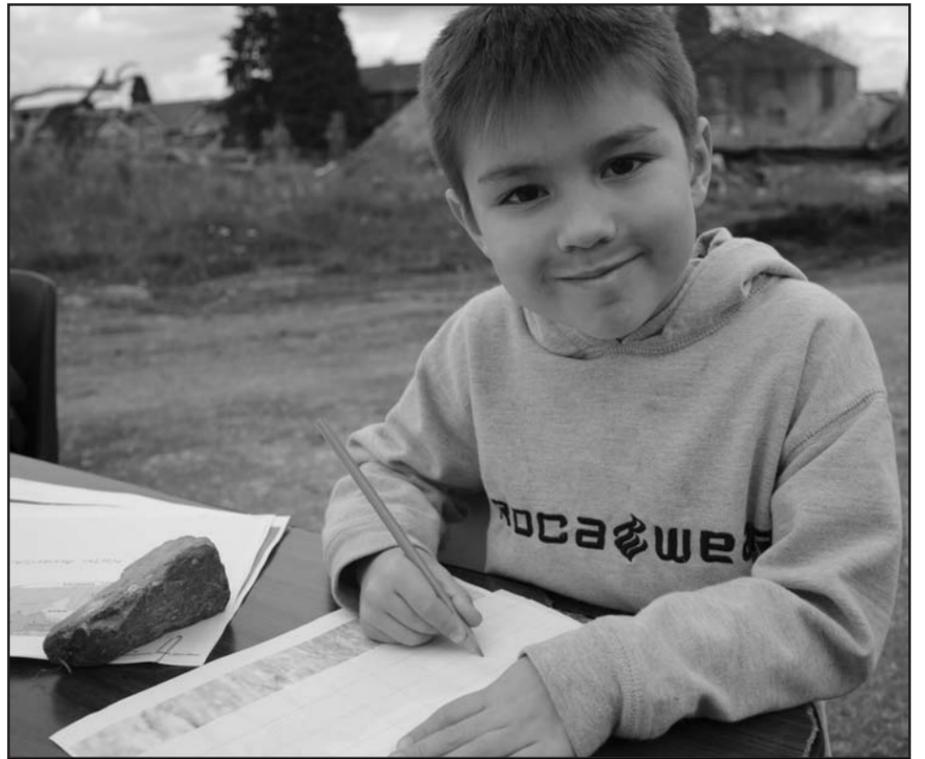


PHOTO BY SCOTT FREUTEL

At High Point, young amphitheater project volunteer Theryn Wardell sets out to trace the figure of a bird; later, his tracing will be transferred to a wooden panel for carving.

(A later part of the project will involve creating colorful nylon banners that will fill the gaps between the planks.)

For more information about the project, and to learn where and when you can participate, call Bree Delgadillo, project

coordinator, at Pomegranate Center, 425-557-6412. Workshops are on Thursdays and Saturdays.

The project was scheduled for completion by Memorial Day, May 26; no date has yet been set for its official inauguration.

High Point Family Center offers sewing classes for many ability levels

By DENISE SHARIFY
Neighborhood House

Sewing classes began with six brand new sewing machines and supplies last month at the High Point Family Center, a new program at Neighborhood House.

Husband and wife team Nghia and Houng Nguyen were the first to sign up and complete the first class session, which began in April.

Huong, a petite woman from Vietnam, hoped to learn basic skills so she can do some alterations because clothing purchased in the U.S. is usually too big for her.

Houng and her husband were quick learners and are planning to purchase their first sewing machine.

Sewing teacher Norma Roth has been teaching for about five years at the NewHolly Family Center. She is a certified teacher and member of the Clothing and Textiles Advisors, a program of the Washington State University Extension Co-op.

"I enjoy teaching and love working with people from other countries and learning about other cultures," Roth said.

She designed a four-session program that includes getting to know your sewing machine and basic sewing skills.

At each session, depending on their sewing skill, participants will learn how to make a tote bag, potholder, pillow case or apron.

Jen Calleja, Family Center Coordinator, is excited about this new program, which is funded by the City of Seattle.

"The High Point community has been asking for a sewing program for many years", she said. "Participants can learn to sew while meeting new friends and connecting with community services all at the same time."

After completing the sewing sessions, participants can use the sewing machines during the Family Center's drop-in hours.

The High Point Family Center is open on Tuesdays from 10 a.m.-2 p.m., Thursdays from 3 p.m.-7 p.m. and Saturdays from 11 a.m.-2 p.m.

For more information about services and the next sewing session, please call 206-923-3266.

Rental housing in Phase II of High Point opens soon

By SHA STAFF

At the beginning of June, families will begin moving into the first block of rental housing in Phase II.

The ten units, located on 31st Ave SW, are a mix of duplexes, triplexes and single family homes.

Over 100 additional units are expected to be available for lease by the end of summer, including several Breathe Easy homes.

When finished, High Point Phase II will have 256 affordable rental units for low to moderate income families.

The new rental housing will offer opportunities for low-income residents over a range of income levels.

Much of the housing will be part of SHA's Low Income Public Housing program. There is already a long waiting list for these housing units, but those interested in living at High Point should still consider applying.

About 80 families who lived in the original High Point will have first priority for returning to High Point to live in this housing.

This housing will also include some fully ac-

cessible units for people with disabilities, as well as 25 Breathe Easy homes for people with family members who suffer from respiratory problems such as asthma.

Residents who would benefit from this type of housing should consider applying.

Tax-credit rentals in Phase II will also serve low-income people.

Rents on these units will begin at \$795 for a one-bedroom apartment and rise to as much as \$1,160 for a four-bedroom housing unit.

Renters must have an income within a certain range to qualify for a tax-credit rental.

That income range begins at \$34,200 for a one-person household and goes up to \$56,640 for a six-person household.

If you are interested in applying for a Breathe Easy home or a tax-credit rental, please call the rental office at 206-932-2736.

If you decide to apply for this housing, you will need to go to the office to fill out an application.

The rental office for High Point is located at 6558 35th Ave. S.W., which is at the corner of Southwest Holly Street.

Redevelopment projects look to hiring residents

Both the High Point and Rainier Vista redevelopment projects will be creating employment opportunities for Seattle Housing Authority residents in the near future. Construction employment opportunities are continually opening and available.

Residents of Seattle Housing Authority communities have first priority for these jobs, but other community members may also be eligible. Please contact Sam Pierce at The Job Connection (206-937-3292) for more information and to learn about various trades and apprenticeship programs that may be available.

RAINIER VISTA NEWS

NEWS ABOUT THE RAINIER VISTA COMMUNITY

New site manager reaching out to RV

BY PAM MCGAFFIN
Moore Ink

Meet Kate Farmer. Chances are you soon will, if you live, work or have an interest in the Rainier Vista community. Three weeks into her new job as site manager of the Neighborhood House Rainier Vista Center, Kate was busy meeting people at all kinds of meetings: the Light Rail Safety Committee; the Traffic, Safety and Crime Prevention Committee; the Citizens' Review Committee. She has a list. "I'm trying to remember everybody's names," Kate says with a laugh. "I think it's going to take me awhile." Introducing yourself to a neighborhood as diverse and dynamic as Rainier Vista makes for a full calendar. So, to help Kate out, we'll introduce her — and her new position — to all of you. As Rainier Vista site manager, Kate will coordinate the Center's services and programs, oversee volunteers and facilities, work to develop partnerships with other agencies and organizations, and reach out to residents and community members. She sees herself as an "ambassador" of Neighborhood House and the Rainier Vista Center, which she hopes will become the go-to place for those who live and work in the community. "We're in their backyard," she says. "I think people know we're here, but they don't know all that we have to offer." Rainier Vista Center is a busy place, but Kate wants it to be even busier with adults and children taking advantage of all its resources, including Head Start, English as a Second Language classes, a computer lab, citizenship education, employment and financial-literacy programs, and cultural events.

The goal is to make Rainier Vista Center an "enhanced hub" of community services, coordination and vitality. To that end, sponsor Regence BlueShield has committed to providing \$240,000 over three years to help Neighborhood House identify and meet the needs of Rainier Vista housing residents as well as surrounding renters, homeowners, service providers and businesses. Kate, who has a large notebook filled with the results of recent focus group meetings, plans to pursue new and expanded initiatives and programs in response to those findings. She sees Rainier Vista becoming a model. As the first site manager in the first center to be built and owned by Neighborhood House in its 102-year history, Kate says she will be creating her job as she goes along. "I like that," she says. "It will be fun to be part of that whole creative process." She brings to the job a strong background in human services and banking. Her last job was with the Archdiocesan Housing Authority in Seattle as a service coordinator in a retirement community for low-income seniors. Before that, she worked as a case manager in a Massachusetts domestic violence and substance abuse program for women with children. She switched to human services after working for several years as an executive secretary in the banking industry. "I used to do a lot of volunteer work," she says. "My first love is working with people." Growing up in the small Michigan City of North Muskegon, she saw the effects of the auto-industry decline. "I can remember a lot of families I went to school with really struggling because the economy was so bad," she says. Many of the young people have since moved away in search of employment and opportunity.



PHOTO BY MIKE MOORE
Kate Farmer is the new site manager at Neighborhood House - Rainier Vista Center.

In that way, Kate can relate to the immigrants and refugees who come to the U.S. looking for better lives. "I think it's got to be so difficult when you also face language, cultural and employment barriers," she says. "That's why it's so important to have services and resources in place to help them achieve their goals." Kate can be reached at 206-461-4568 or via e-mail at katef@nhwa.org.

Rainier Vista residents take time to learn about light rail

BY JEFF ARNIM
Seattle Housing Authority

As Sound Transit's light rail trains start running along the tracks lining Martin Luther King Jr. Way South during testing this summer, Rainier Vista residents and their neighbors will face a number of new safety hazards. Once passenger service begins in

2009, they will also likely experience new parking challenges. These two important issues received public attention this past month, when representatives from Sound Transit and the City of Seattle's Department of Transportation held a meeting that attracted more than 50 people, including Rainier Vista residents, their neighbors and the community's Traffic

Safety Committee. The May 12 meeting marked the beginning of Sound Transit's community safety outreach, a process that will take on increasing importance in the next few months, as light rail trains take to the tracks for the first time. Current projections call for testing to begin in either the first or second week of August. Helping community members learn how to safely interact with their neighborhood's new light rail line — whether on foot, on a bicycle, or in a car — was a key part of Sound Transit's presentation. "When on foot, you should cross the street and the tracks only at designated crosswalks," said Carol Doering, a Sound Transit staff member involved in the agency's safety outreach program. Following all traffic signs and signals is especially important because light rail trains are not able to avoid people in their path like buses or cars can; since they do not have steering wheels, they cannot swerve out of the way. Also, because of their size and speed, they are unable to stop as quickly as other vehicles. Sound Transit encourages residents to always be aware around the tracks — looking both ways, listening for train whistles and bells, and remembering that trains always have the right of way. Community members should also pay special attention to staying away from the wires running above the tracks. "The trains are powered by the overhead electrical lines," Doering said. "Any contact with the overhead power lines can cause serious injury or death." Crossing the tracks on wheels poses several additional challenges that residents must be aware of. Bicycles and motorcycles should cross at a 90 degree angle to prevent their tires from getting caught in the tracks, while automobile drivers must remember to stay behind all rail crossing gates, to never stop on the tracks, and to make left turns only when green signal arrows indicate it is safe to do so. In addition to concerns about safety, residents who attended the meeting raised questions about parking, which is expected to become a bigger issue when the line starts serving paying customers next year. In particular, community members asked about the impact of commuters. Some are concerned that commuters could drive into the neighborhood, park on the street, and then catch the train into downtown Seattle — and in so doing, leaving their car behind and occupying a space intended for residents or business customers. "The plan is to launch a parking study this summer to assess the parking inventory along the light rail corridor," said Alex Wiggins, the light rail community liaison for the City of Seattle's Department of Transportation. "Once we have the results, we can then work with the community and Sound Transit to come up with parking solutions." Wiggins noted the likelihood of creating residential parking zones, and the establishment of timed parking zones within a quarter mile radius of each station, to try and ensure adequate parking while meeting the unique needs of neighborhood residents, business owners and light rail commuters.

<p>Redevelopment projects look to hiring residents</p> <p>Both the High Point and Rainier Vista redevelopment projects will be creating employment opportunities for Seattle Housing Authority residents in the near future. Construction employment opportunities are continually opening and available.</p>	<p>Residents of Seattle Housing Authority communities have first priority for these jobs, but other community members may also be eligible. Please contact Sam Pierce at The Job Connection (206-937-3292) for more information and to learn about various trades and apprenticeship programs that may be available.</p>
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<p>RAINIER VISTA Maalinta nadaafada (communityga) Nagu caawi sidii aan u qurxin lahayn meesha aan daganahay Maalinta: Sabtida June 07 Rainier Vista Park (29th Ave. & S. Genesee) Soo qaado gloves hadaad helli kartid Waxa kale ee loo bado meesha ayaan ka helli karnaa Qofwalba ka so qaybgal wanaagsan!!</p> <p>公共清潔 使我們的鄰里看起來好 星期六 6/07/08 10:00上午 Rainier Vista 公園 (29th Ave. & S. Genesee) 請帶來手套, 其他供應將提供. 歡迎大家!</p> <p>Don Dep Cho Sach Se Trong Cong Dong Rainier Vista Xin giup lam dep cho khu vuc chung ta dang song 10 gio sang thi bay, ngay 07 thang 6, 2008 tai cong vien trung tam (truoec Neighborhood House) xin dem theo bao tay. Nhung vat dung khac se duoc cung cap.</p>	<p>Community Clean-up Help Make Our Neighborhood Look Good</p> <p>Saturday 6/07/08 10 A.M.</p> <p>Rainier Vista Park (29th Ave. and S. Genesee)</p> <p>Please bring gloves, other supplies will be provided.</p> <p>Everyone Welcome!</p>
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NEWHOLLY NOTES

NEWS ABOUT THE NEWHOLLY COMMUNITY

Development plans outlined for remaining piece of NewHolly

BY JEFF ARNIM
Seattle Housing Authority

Except for its temporary use as a staging area for Sound Transit during light rail construction, the large site at the southwest corner of Martin Luther King, Jr. Way South and South Othello Street in the NewHolly neighborhood has stood empty for the past several years.

Seattle Housing Authority hopes that soon will change. The agency is actively pursuing a developer to purchase and build on the three-and-a-half acre site, known as Othello Station.

Although it's too early to know exactly what the site will look like, the Housing Authority's development requirements already spell out what can be built there.

"The requirements at Othello Station include a minimum of 300 units of market rate housing, 40,000 square feet of retail space, and parking that includes 100 commercial and 200 residential spaces," said Senior Development Program Manager Ed Rose.

The site is divided into three parcels. Two

of them occupy the land between South Othello Street and South Holly Park Drive to the west of Martin Luther King Jr. Way South. The other parcel runs along Martin Luther King Jr. Way, to the south of Holly Park Drive.

Development requirements call for retail spaces to be located on the ground floor of the buildings along Othello Street and Martin Luther King Jr. Way, with residential units located above, and parking for residents and shoppers to the rear.

It is also expected that townhome-style residences will be built along Holly Park Drive.

A pedestrian promenade will likely run between the two large parcels of land north of Holly Park Drive.

The plans for the site fit with Seattle Housing Authority's goal to create a neighborhood that mixes residential housing at all income levels with commercial spaces and other services that benefit those in NewHolly and beyond.

"Development of the Othello Station site will contribute to making NewHolly and the

surrounding neighborhoods a more healthy community overall," explained Rose.

"One of the primary benefits to residents living at NewHolly is improved convenience and more choices for shopping in their neighborhood," he said. "This has been a fundamental goal in the planning of NewHolly."

The site is also being developed in accordance with City of Seattle and Seattle Housing Authority design guidelines that encourage planning for, and development of, retail uses that stimulate pedestrian activity in the vicinity of transit stations.

The goal is to help create residential and commercial nodes that will establish the NewHolly community as a focal point along the MLK corridor and within Southeast Seattle.

Sound Transit is currently finishing up work on the stations and charging the overhead wires that provide electrical power to the trains.

Testing of the trains in the MLK corridor is scheduled for August, with passenger operations scheduled to start in early 2009.

SNAP

Continued from front page

The returning household would be offered just one unit.

If a household declined the offer of that unit, its special preference would be cancelled. (However, the household would have the option to be placed on the public housing waiting list, like any regular applicant, at any time, as would households not eligible to return under SNAP.)

SHA proposes to offer the SNAP preference to residents for up to six months from the date the resident vacates his or her public housing unit. SHA's Admissions Office would administer the program.

SHA is looking for public comments on this new initiative, which will be presented to the Board of Commissioners this summer.

To comment, please send a letter to Dennis Hall, Admissions Manager, PorchLight, 907 NW Ballard Way, Suite 200, Seattle WA 98107, or e-mail him at dhall@seattlehousing.org.

Comments must be received by Monday, June 30, 2008.

Dream Power

Continued from front page

for the trip, transportation, and meals for the 50 people that would be selected to attend. William chose children and families in his Central District area neighborhood that he felt would benefit from the trip.

The next hurdle was securing financing. The money came through Christoph Mack of Synapse Product Development, who William had contacted earlier as a possible sponsor for Dream Power. Mack wrote a check to cover meals, a Starline Luxury Coach for the evening and souvenirs for the children attending the circus trip. Starline Transportation also generously donated towards the cost of the coach rental.

At 5 p.m. on the Wednesday evening of the show, a mob of squealing, excited children and their families gathered outside on a residential Street near Martin Luther King Jr. Way. The bus left at 5:30 p.m. and made a stop at Chipotle restaurant in Redmond, where everyone dined on Mexican food before the show. Once at the show, each child was provided with a small stipend to purchase snacks and souvenirs.

"What I liked about the circus is when they were throwing pillows...and flipping and stuff. They were flipping from one bed to another. It was so cool!" 12-year-old Janiva said about the trip.

"My best part was the girl that was floating with the balloons. That little trip we went on inspired everybody and it was awesome!" Jamal, 13, said.

"It seemed to bring a light over the

whole neighborhood," Will said. "The children seemed to be happier and get along better after the trip."

Spiritdancer notes that a lot of people and organizations came through at the last minute to help pull off this incredible event.

"I was so delighted when Cirque du Soleil called with the tickets," he said. "At first, Roxann wanted to pass on the trip due to such short notice. But we decided to give it a shot, and make it happen — and happen it did!"

About Inspired Kids

A project of Dream Power International, the Inspired Kids Project is designed to expose families, without adequate financial resources, to experiences that are inspiring, positive, creative, artistic, beautiful and joyful, in order that they can develop to their fullest potential. Our goal at Dream Power is to expand their worlds. We believe that inspiration can open up the realms of unlimited possibilities that are all around them. And, once inspired, they will dream again, and their dreams will then reveal to them their gifts and true purpose in the world.

About Dream Power International

Dream Power International, is a Seattle based nonprofit whose mission is to help people discover their life purpose or "true dream" in life. Their goal is to help people discover what they love to do (their gifts) and apply it to problems they care about in the world (their purpose). For more information, go to www.mydreampower.com.

Van

Continued from Page 3

out that there were quite a few people who wanted to participate, I talked to the people who run the Metro Access vans," Johnson said. "Unfortunately, they work mostly with disabled people, not just the elderly."

But Johnson did not let that turn-down stop him. He enlisted the help and support of co-workers at QFC's corporate headquarters, including Dave McBride, who is in charge of transportation. McBride referred him to the Starline Transportation Company.

Starline made an affordable proposal, and Johnson got the green light from headquarters. On April 29, the van service made

its first run. Kristin Maas, one of Johnson's colleagues at headquarters, praised his determination.

"He really kept his focus on this," she said. "He was the driving force behind it, and he is a great host to the people who are using it once they get to the store."

"So far, 27 people participated on our biggest day," said Johnson. "I am hoping that more people from Ballard House will participate in the future. We also have a pharmacy at our Crown Hill store where people can get generic prescriptions for \$4 or \$10. I hope people can take advantage of this."

"Grant has really gone above and beyond to help our community," said Post-Smith. "This is a great service for residents."

Community notes

Redevelopment projects look to hiring residents

Both the High Point and Rainier Vista redevelopment projects will be creating employment opportunities for Seattle Housing Authority residents in the near future. Construction employment opportunities are continually opening and available.

Residents of Seattle Housing Authority communities have first priority for these jobs, but other community members may also be eligible. Please contact Sam Pierce at The Job Connection (206-937-3292) for more information and to learn about various trades and apprenticeship programs that may be available.

Meeting scheduled to discuss utility allowance changes

Soon Seattle Housing Authority will be lowering the utility allowance for

residents at High Point, Rainier Vista and NewHolly. There will be meetings at each of these communities to answer questions about this and explain it further. All Seattle Housing Authority residents are invited. Here is the date and location for the NewHolly meeting:

July 24, 5:30 - 7 p.m., NewHolly Gathering Hall

Get last-minute homework help at NewHolly Library

The NewHolly Library offers homework assistance for several sessions in June.

Assistance is available on a drop-in basis for students in kindergarten through 12th grade from 5:45-7:45 p.m. June 2, 4, 9 and 11.

For more information, contact the NewHolly Branch Library at 206-386-1905.

 **Neighborhood House**
Strong Families. Strong Communities. Since 1906.

YESLER HAPPENINGS

NEWS ABOUT THE YESLER TERRACE COMMUNITY

Local market distributes food to those in need

BY VOICE STAFF

Eight years ago Food Not Bombs started the Saturday Free Market at Yesler Terrace.

Their mission was getting produce into the homes of families who may not be able to afford it otherwise.

Volunteers load up boxes of fruits and vegetables each week at two branches of the Puget Consumer Co-op markets — Greenlake and Fremont.

Usually about twenty boxes are collected and spread out over five tables at the site.

Families stand with one bag and move through the line snatching their favorite items.

When the food is gone, so are the people and that is usually within ten minutes.

Kristin O'Donnell of the Yesler Terrace Community Council has participated in this event for the last seven years.

"There's a herd of people grabbing, but no one's been hurt yet!" she said.

The market is held at noon each Saturday at 825 Yesler Way, near the Yesler Community Center.



Patrons at the Food Not Bombs Saturday Market look through a box filled with fresh vegetables.

PHOTO BY UNIQUE SAUNDERS

Citizen Review Committee reconvenes for Phase II

BY JUDITH KILGORE
Seattle Housing Authority

The first meeting of the phase II Yesler Terrace Redevelopment Project Citizen Review Committee meeting (CRC) is scheduled for June 10 from 4:30-6:30 p.m. at the Yesler Community Center.

Germaine Covington, former director of the City of Seattle Office of Civil Rights, has agreed to chair the committee during this phase, replacing former Mayor Norman Rice. Most of the members of the committee from Phase I will also participate in this phase.

The CRC was expanded to include representation from First Hill, the City of Seattle Design Commission and the Department of Public Health, among others.

Six residents (up from four resident representatives on the first CRC) appointed by the Yesler Terrace Community Council will participate on the CRC.

The agenda for this first meeting is to introduce CRC members to the SHA staff and consultants and provide an overview of future meetings.

The committee will meet from four to six times over the next eight months. These meetings will be in addition to several community workshops to be held during this time.

At the workshops, residents and other community stakeholders will have the opportunity to work directly with the site planning consultant team in creating the conceptual alternatives for the site.

The mission of the Citizen Review Committee is to review the site alternatives and to advise and comment on their consistency with the adopted Guiding Principles and Definitions.

All CRC meetings will be interpreted and a light snack will be provided.

Notes from the Manager

BY JUDI CARTER
Senior Property Manager

The children will be out of school for the summer shortly.

Do you have a plan for what your children will be doing while you are at work?

There may be a few slots left at the Community Center for day camp.

Please do not just send the children to the community center to hang out all day.

They have to be registered for day camp in order to go on the field trips, and participate in the other activities.

There may be a scholarship slot or two left by the time you are reading this.

You can phone the Community Center at 206-386-1245 for more information.

Yesler's Juneteenth celebration will take place on Friday, June 20 from 5-8 p.m.

There will be food from many places in the world.

There will be music, including the return of Asmelash Haile playing the Kerarr!

Yesler Terrace children will dance, and the Community Council will present their annual Alligator Awards.

There will be informational tables, to find out about services available in and around the community.

There will be a book exchange, so plan on bringing books you have read to swap for some you would like to read.

Best of all, all Yesler Terrace residents are invited to this free annual event! It will be held, as usual, in the ball field behind the old Community Center.

Once again, I would like to remind all residents not to feed the birds.

We are noticing more mice and rats around the community, who are eating the food some individuals are leaving out for the birds.

There is plenty of food in nature for the birds to eat.

Putting out extra food only encourages pests like rats and mice to multiply and in the fall, enter our homes for more food.

If you already have mice or rats in your home, please phone the management office at 206-223-3758, and SHA's pest control technician will be out within a week to work on the problem.

As the weather continues to heat up, it is important that we not waste water.

If the children want to cool off,

do not let them run the water in the yard.

Inexpensive wading pools are available from Walgreens, Fred Meyer and other similar stores.

If you buy one of those, be sure you empty it at night and more importantly, if you have small children, make sure an adult is outside with them at all times when the pool has water in it.

Please do not water the grass this year, and if you have a garden, only water early in the morning, and only long enough to keep your plants alive.

For more information on gardening with less water, please phone King County Master Gardeners at 206-296-3440 Monday thru Friday, 10 a.m.-4 p.m.

Emergency preparedness tip of the month: Heavy food containers and pans should be stored in the lower cabinets in your home.

All heavy items such as art objects, stereo speakers, etc should be placed below waist level in your apartment.

That way, should there be an earthquake, it is less likely that you could be hit by a heavy object falling from above. If it could hurt you, secure it or put it in a place where it would do the least harm should it fall.

TRANSLATIONS

TRANSLATED ARTICLES FROM THE VOICE

Time to enroll in Head Start ចំពេលត្រូវចុះឈ្មោះកូន នៅមត្សសាលា

តើលោកអ្នកមានកូនស្រីស្រីដែលអាចចុះឈ្មោះ ខ្សាច់ឈ្មោះនៅសាលាដំបូង ដែលមានអ្វីច្រើន និងតាមកម្មវិធីផ្សេងៗទៀតដល់ពួកគេទេ ?

ក្រសួងអង្ការទេសចរណ៍សាលាមត្សសាលាមានបំណងនិងចុះឈ្មោះទទួលបានកូនចៅលោកអ្នកដែលមាន អាយុចាប់ពី៣ទៅ៥ឆ្នាំ សម្រាប់ឆ្នាំក្រោយនេះ, គឺចាប់ផ្តើមក្នុងខែ៩នេះហើយ ។ ទីកន្លែងមាន៖ នៅតាមសហគមន៍ NewHolly, ផ្លូវ Vista, Yesler Terace, និង High Point ។

កម្មវិធីនេះគឺជាកម្មវិធីរបស់រដ្ឋាភិបាលបានដូចដល់ គ្រួសារមានប្រាក់ចំណូលតិច ។ ជាកម្មវិធីដូចកូន ថ្លៃដល់កូនក្មេងដែលមានចំណងចូលរួម, ដើម្បីជំរុញ ឱ្យដល់ការអភិវឌ្ឍន៍ស្មារតីដែលក្មេងត្រូវការ ។ បុគ្គលិកអ្នកជំនួយដល់មាតាបិតានៃសិស្ស និងមាន លោកគ្រូអ្នកត្រូវជួយផ្នែកនៃការអប់រំដល់ក្មេងផង លោកគ្រូនិងសូមស្វាគមន៍ដល់មាតា-បិតាដែលមាន ពេលវេលានិងស្ម័គ្រចិត្តក្នុងការជួយដល់កម្មវិធីនេះគ្រប់ ពេលទាំងអស់ ។

កូនស្រីស្រីដែលនឹងបានចូលរួមក្នុងកម្មវិធីនេះត្រូវ ទទួលបានអាហារឧប្បត្តិការដ៏ស្រស់ស្អាតដល់កម្មវិធី អប់រំ, ជំនួយផ្នែកពេទ្យធ្មេញ, សុខភាព, និងផ្តល់ អ្វីចំពោះដល់ក្មេងដោយមិនគិតប្រាក់អំពីមាតា-បិតា ទាំងអស់ជាម្យ៉ាងទាល់ថ្ងៃ ។

មានបុគ្គលិកជួយបង្ហាញដល់មានឪពុក-ម្តាយដែល មានចំណងជួយនៅកម្មវិធីផ្សេងៗដែលតម្រូវនៃផ្នែក ការសិក្សានៃកូនក្មេងផង ។

ម្យ៉ាងកម្មវិធីសាលា នេះបញ្ចប់ហើយនឹងមានការទិញដូច ដល់មាតាបិតាដែលមានថ្លៃ ឬ ចំពោះអ្នកដែលមាន កូនចាប់ពី ១ខែដល់៣ឆ្នាំ , ក្រសួងសាលាមត្សសាលា និងមានអ្នកជួយប្រចាំដល់ក្រុមគ្រួសារនិងកូនចៅ ។ លោកអ្នកមានសំណួរ សូមទាក់ទងជាមួយលោក **Million Shiferaw** តាម 206-461-8430 ឬ246 លើលោកអ្នកមានសំណួរ ។

Time to enroll in Head Start Пора записаться в Высокий старт

У вас есть ребёнок, который хочет научиться буквам и цифрам, петь песни и играть с другими детьми?

Программа Высокий старт при Нейборхуд хауз сейчас записывает детей в возрасте от 3 до 5 лет на следующий учебный год, который начинается в сентябре. Филиалы программы работают в жилых массивах Нью Холи, Рейниер Виста, Йслер Терас и Хай Пойнт.

Высокий старт - это бесплатная федеральная программа для детей дошкольного возраста из малообеспеченных семей. Занятия, продолжающиеся половину дня, помогают детям развиваться умственно, социально и физически.

Работники программы Высокий старт признают, что родители являются первыми и самыми важными учителями детей и они приветствуют участие родителей во всех школьных делах.

Дети, посещающие программу Высокий старт, участвуют в различных воспитательных мероприятиях. Им также обеспечивается медицинская и зубоврачебная помощь, а также ежедневное здоровое питание.

Программа Высокий старт также предлагает индивидуальную помощь семьям, помогая родителям в достижении их целей, чтобы они эффективно могли обеспечить образование своих детей.

Программа Ранний Высокий старт также производит запись беременных женщин и семей с детьми в возрасте от 0 до 3. Эта программа обеспечивает бесплатно еженедельное посещение на дому, при котором семьи получают информацию о детском развитии, социальные услуги, оценки здоровья и другие услуги.

Для дополнительной информации или для записи ребёнка свяжитесь с Милльан Шифроу (Million Shiferow) по тел. 206-461-8430 доп.246.

ĐẸN LÚC GHI TÊN CHO CON EM VÀO LỚP VỠ LÒNG (HEADSTART)

Có phải quý vị có con em thích học chữ và đếm số, thích hát và vui chơi với các em khác không?

Chương trình Lớp Vỡ Lòng Headstart của cơ quan Neighborhood House đang ghi tên để thu nhận trẻ em từ 3 đến 5 tuổi cho mùa học tới vào tháng Chín. Các lớp học đều có ở cộng đồngNew Holly, Rainier Vista, Yesler Terrace và High Point.

Chương trình lớp vỡ long Head Start là một chương trình miễn phí tài trợ bởi chính phủ liên bang dành cho các em trong lứa tuổi vỡ long và là con em các gia đình có lợi tức thấp. Các lớp học dài nửa ngày, cung cấp cho các em những sinh hoạt để giúp các em được phát triển về tâm thần, về giao tế xã hội và về thể lực.

Ban giáo viên của Chương Trình Lớp Vỡ Lòng thừa nhận rằng bậc cha mẹ chính là các thầy giáo đầu tiên và quan trọng nhất đối với các em, và họ đón nhận những sự tham gia của các cha mẹ vào các sinh hoạt của trường học.

Các em đi học lớp Vỡ Lòng đều được tham gia vào nhiều sinh hoạt giáo dục. Các em cũng nhận được những chăm sóc về sức khỏe, về răng cũng như có được các bữa ăn lành mạnh và các thức ăn nhẹ mỗi ngày.

Chương trình Lớp Vỡ Lòng cũng cung cấp những trợ giúp cá biệt dành cho những gia đình, giúp đỡ các cha mẹ đạt được những mục tiêu mà họ mong muốn để rồi họ có thể hỗ trợ trong việc giáo dục cho con em của họ.

Chương trình Ấu Nhi – Early HeadStart của cơ quan NH cũng đang thu nhận (để phục vụ) các bà mẹ đang mang thai và các gia đình có trẻ em mới sinh đến 3 tuổi. Chương Trình Ấu Nhi là một chương trình miễn phí, hàng tuần có các cuộc thăm viếng các gia đình, cung cấp thông tin về sự phát triển của trẻ em, các dịch vụ xã hội, chăm sóc sức khỏe và các dịch vụ khác.

Muốn biết thêm chi tiết hoặc muốn ghi tên tham dự, xin hãy liên lạc ông Million Shiferaw ở số 206-461-8430 – số chuyển tiếp 246.

Time to enroll in Head Start ទេ ឃ្ល នៅជិត វិទ្យាល័យ ឬ អង្គការ អ្នកដទៃ ឬ

តើលោកអ្នកមានកូនស្រីស្រីដែលអាចចុះឈ្មោះ ខ្សាច់ឈ្មោះនៅសាលាដំបូង ដែលមានអ្វីច្រើន និងតាមកម្មវិធីផ្សេងៗទៀតដល់ពួកគេទេ ?

ក្រសួងអង្ការទេសចរណ៍សាលាមត្សសាលាមានបំណងនិងចុះឈ្មោះទទួលបានកូនចៅលោកអ្នកដែលមាន អាយុចាប់ពី៣ទៅ៥ឆ្នាំ សម្រាប់ឆ្នាំក្រោយនេះ, គឺចាប់ផ្តើមក្នុងខែ៩នេះហើយ ។ ទីកន្លែងមាន៖ នៅតាមសហគមន៍ NewHolly, ផ្លូវ Vista, Yesler Terace, និង High Point ។

កម្មវិធីនេះគឺជាកម្មវិធីរបស់រដ្ឋាភិបាលបានដូចដល់ គ្រួសារមានប្រាក់ចំណូលតិច ។ ជាកម្មវិធីដូចកូន ថ្លៃដល់កូនក្មេងដែលមានចំណងចូលរួម, ដើម្បីជំរុញ ឱ្យដល់ការអភិវឌ្ឍន៍ស្មារតីដែលក្មេងត្រូវការ ។ បុគ្គលិកអ្នកជំនួយដល់មាតាបិតានៃសិស្ស និងមាន លោកគ្រូអ្នកត្រូវជួយផ្នែកនៃការអប់រំដល់ក្មេងផង លោកគ្រូនិងសូមស្វាគមន៍ដល់មាតា-បិតាដែលមាន ពេលវេលានិងស្ម័គ្រចិត្តក្នុងការជួយដល់កម្មវិធីនេះគ្រប់ ពេលទាំងអស់ ។

កូនស្រីស្រីដែលនឹងបានចូលរួមក្នុងកម្មវិធីនេះត្រូវ ទទួលបានអាហារឧប្បត្តិការដ៏ស្រស់ស្អាតដល់កម្មវិធី អប់រំ, ជំនួយផ្នែកពេទ្យធ្មេញ, សុខភាព, និងផ្តល់ អ្វីចំពោះដល់ក្មេងដោយមិនគិតប្រាក់អំពីមាតា-បិតា ទាំងអស់ជាម្យ៉ាងទាល់ថ្ងៃ ។

មានបុគ្គលិកជួយបង្ហាញដល់មានឪពុក-ម្តាយដែល មានចំណងជួយនៅកម្មវិធីផ្សេងៗដែលតម្រូវនៃផ្នែក ការសិក្សានៃកូនក្មេងផង ។

ម្យ៉ាងកម្មវិធីសាលា នេះបញ្ចប់ហើយនឹងមានការទិញដូច ដល់មាតាបិតាដែលមានថ្លៃ ឬ ចំពោះអ្នកដែលមាន កូនចាប់ពី ១ខែដល់៣ឆ្នាំ , ក្រសួងសាលាមត្សសាលា និងមានអ្នកជួយប្រចាំដល់ក្រុមគ្រួសារនិងកូនចៅ ។ លោកអ្នកមានសំណួរ សូមទាក់ទងជាមួយលោក **Million Shiferaw** តាម 206-461-8430 ឬ246 លើលោកអ្នកមានសំណួរ ។

Waqtiga lays qorayo Head Start

Ma leedahay canug oo jecayl inuu barto waraaqahooda iyo lamabarrada, sida loo heeso iyo loola ciyaaro caruurta kale?

Neighborhood House Head Start mashruuceeda adda waa la qorayaa caruurta u dhexeysa 3 ilaa 5 sano sannadka xiga ee waxbarashada oo bilaabmaya bisha September. Mashruucyadaan NewHolly, Rainier Vista, Yesler Terrace iyo High Point deegaankeeda.

Head Startwaa lacag la'aan oo caruurta bilowga dadka dakhligoodu hooseeyo. Waa nus maalin oo shaqooyin caruurta oo ka caawimaysa maskax ahaan, iyo jir ahaanba.

Head Start shaqaalaheeda waa xubno u aqoonsada waalidiinta oo ah qaybta kooraad waana kuwa ugu muhimsan macallimiinta caruurta, waa la soo dhoweynayaa ku dhex jirkooda

dhammaan shaqooyinka Dugsiyada.

Caruurta ka soo qayb gasha Head Start waxay ka qayb gelayaan wax yaabo badan oo dugsiya tacliinta ku saabsan. Iyaga weliba waxay helayaan Daawo iyo Ilkaha oo caafimaad ah iyo raashiin caafimaadeed maalin waliba ah.

Head Start xitaa wuxuu caawimayaa qoysaska, waalidiinta la caawimayo sidii ay u gaari lahaayeen halaka ay higsanayaan oo si dhab ah looga caawimayo waxbarashada caruurtooda.

Neighborhood House Early Head Start masharuuciisa xitaa wuxuu qorayaa dadka Uurka leh iyo qoysaska macal caruurtooda laga bilaabo da'da 0 ilaa 3. Early Head Start mashruuca lacag la'aan booqashooyinka guryaha marka qoyska uu helo cunugga horumarkiisa wararka, shaqooyinka loo qabto caafimaadka, iyo hawlo kale.

Wixii warar dheeraad ah oo is qoridda cunugga ku saabsan la soo xiri Million Shiferaw 206-461-8430 ext. 246.

ለሄድ ስታርት የመመዘገቢያ ጊዜ

ፊደሎችንና፣ ቁጥሮችን፣ መዝሙሮችን እና ክሌሎች ልጆች ጋር አብሮ መጫወትን የሚወድ ልጅ አሎት?

የኔበርሁድ ሃውስ ሄድ ስታርት ፕሮግራም በአሁኑ ሰዓት ከ3-5 እድሜ ያላቸውን ለሚቀጥለው የትምህርት ዓመት ማለት በሴፕቴምበር ለሚጀምረው አሁን እየመዘገበ ነው። ፕሮግራሞቹ የሚገኙት በኒውሆሊ፣ ሬኔር ቪዚታ፣ የሰለርና ሃይ ፖይንት ኮሚኒቲዎች ነው።

ሄድ ስታርት ከመንግስት በነፃ የሚሰጥ ለፕሪስኩል ህፃናት፣ ለዝቅተኛ ገቢ ላላቸው ቤተሰቦች የሚሰጥ ፕሮግራም ነው። ፕሮግራሙ የማግኘት ቀን ሲሆን ልጆቹ የሚያገኙት የተለያዩ እንቅስቃሴዎች ለአይምሮአቸው ብስለት፣ አብሮ መኖርን እና ባጠቃላይ ለሰውነታቸው እድገት ይጠቅማቸዋል።

የሄድ ስታርት ሰራተኛ አባላት፣ ወላጆች ለልጆቻቸው የመጀመሪያ በጣም ጠቃሚ አስተማሪዎች ናቸው ይላሉ። በየትምህርት ቤቱም የወላጆች ተሳትፎ

በጣም አስፈላጊ መሆኑን ይናገራሉ።

በሄድስታርት የሚሟሩ ልጆች የተለያዩ ትምህርታዊ እንቅስቃሴዎች ያደርጋሉ። በተጨማሪ የጥርስም ሆነ ሌላ ህክምና በነፃ ያገኛሉ። ለጤና የሚጠቅሙ ምግቦችንም በየቀኑ ይመገባሉ።

በተጨማሪ ሄድ እስታርት ወላጆች ግባቸው ደርሰው ቤተሰቦቻቸውን በደንብ እንዲረዱ በግል ለቤተሰብ ልጆቻቸውን በትምህርታቸው እንዲረዱ ያደርጋል።

የኔበርሁድ ሃውስ የቅድመ ሄድ ስታርት ፕሮግራም በተጨማሪ እርጉዝ ሴቶችን፣ ቤተሰባቸውንና ልጆችን ከ0 እስከ 3 እድሜ ያላቸውን ይመዘግባል። የቅድመ ሄድስታርት ፕሮግራም ነፃ የሆነና በየዓመቱ የቤት ጉብኝት ፕሮግራም ያለው፤ ቤተሰቦች ስለ ልጆች እድገት ኢንፎርሜሽን፣ ስለሕዝብ አገልግሎቶች፣ የጤናና ሌሎችንም ግልጋሎቶች የሚሰጥ ነው።

ለተጨማሪ ማብራሪያ ወይም ልጆችን ለማስመዘገብ ከፊለጉ 206-461-8430 X246 በመደወል ሚሊዮን ሽፈራውን ያነጋግሩ።