



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



The Voice

June
2009
Articles translated
into six languages

The newspaper of Neighborhood House

Seattle Art Museum is a fun family destination

By CLAIRE McDANIEL
Seattle Housing Authority

If you have not visited the Seattle Art Museum (SAM) in downtown Seattle in a while, you are going to be surprised at how it has grown!

It has expanded to take up the whole block on First Avenue from University Street to Union Street. A spectacular permanent collection is showcased along with constantly rotating art installations and an exciting lineup of traveling exhibitions. More info is available at www.seattleartmuseum.org.

“The expansion has nearly doubled the size of the museum and has allowed SAM to present so much more of what we have in our collection and travelling shows,” said Cara Egan, director of public relations with SAM.

The main point that Egan wants to stress is that you don’t have to have a background in art to appreciate what SAM has to offer.

“You don’t have to know anything about art to come in and have a wonderful time,” said Egan. “You can stay for an hour or two, or a whole day. There is a whole range of choices for all ages. SAM is a general art museum that ranges from ancient art to the present. There is probably something here that is going to capture you or challenge you or open you up to something that you didn’t know you liked but you do when you see it.”

When you enter the museum, you will find an array of helpful brochures. The Map & Guide gives you an overview of the latest exhibits and galleries as well as a map showing what is on each of the four gallery levels.



PHOTO BY CLAIRE McDANIEL

Inopportune: Stage One by Chinese artist, Cai Guo-Qiang, 2004 consists of nine identical white cars outfitted with pulsing colored lights and suspended from the ceiling of the Seattle Art Museum.

Please see “SAM” on Page 5

One card to use for them all

Public transit unveils new “ORCA” card

By JIM BUSH
SHA Resident

If you’re one of the many people who rides public transit, you’ve noticed METRO (and every other transit provider in the Puget Sound region, including Sound Transit and the State Ferry System) has introduced a new way to pay your fare — the One Regional Card for All, otherwise known as ORCA.

While you’ll still be able to use cash, ORCA will make it easier to pay your fare,

since it’s a “smart card” that can be loaded with a certain amount of money, much like a debit card. You decide how much to load onto the card each time you do so and, if you register the card, you can choose to have it automatically re-loaded periodically (like when your balance falls below a certain amount or when the monthly or annual pass you load onto it expires).

Also, with a registered card, you can transfer the card’s value to a new card if the original one gets lost or stolen. In addition, if you have a Regional Reduced Fare Permit (or a bus pass), ORCA will replace that.

The card is easy to use. Whenever you get on a bus, ferry, LINK light-rail train (which starts running in July) or Sounder train, simply tap your card on the card

reader on the bus or at loading platforms for Sounder and LINK (and at State Ferry terminals) and, providing you’ve loaded enough money onto the card itself, the system will automatically deduct the fare for your trip (if you don’t have enough money loaded onto the card, you should be able to pay the difference using cash).

If you use more than one transit provider to get where you’re going, you’ll use your card on each leg of the trip, meaning no more having to search for change or deal with paper transfers, since the system will automatically calculate the fare and deduct that from your account (any transfer values will be considered in the fare calculation).

Since ORCA is just being introduced now, you can get yours (and load it) at many locations, including METRO’S Customer

Please see “ORCA” on Page 3

Sims, Kerlikowske confirmed to Obama administration posts

Ron Sims and Gil Kerlikowske are officially on their way to the other Washington, having been confirmed for their respective posts in the Obama administration by the Senate.

Sims, the former King County Executive, was sworn in May 8 as the deputy secretary of the United States Department of Housing and Urban Development.

Kerlikowske, the former chief of the Seattle Police Department, assumed his new role as director of the Office of National Drug Policy, otherwise known as the national “drug czar,” on May 7.

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

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In this issue

Health Notes	Page 2
AN UPDATE ON H1N1 VIRUS	
Project HANDLE	Page 2
NH PROGRAM RECEIVES AWARD	
One to grow on	Page 3
THE TIME IS RIGHT FOR	
SUMMER PLANTING	
Translations	Page 8
AN UPDATE ON H1N1 VIRUS,	
OR “SWINE FLU”	

Quotable

“Our parents are at the front lines of stopping the spread of infection. We are urging all parents to assess their kids every morning to see if they’re sick, and keep them home if they are.”
— Dr. David Fleming, Director & Health Officer for Public Health - Seattle & King County on H1N1 Virus. For more information, see the article on Page 2.



Health Notes

A column devoted to your well-being

News about H1N1 virus, or "swine flu"

H1N1 virus, also known as "swine flu" and "swine Influenza A" is a virus that can spread from people who are infected to others through coughs and sneezes. When people cough or sneeze, they spread germs through the air or onto surfaces that other people may touch. H1N1 virus is not transmitted from pigs to humans or from eating pork products.

For more information and frequent updates: www.kingcounty.gov/health/swineflu. Flu Hotline: 877-903-5464

Everyday behaviors to stay healthy and prevent spread of influenza

- If you are sick, stay home from work or school.
- Cover your nose and mouth with a tissue when you cough or sneeze. Throw the tissue in the trash after you use it.
- Wash your hands often with soap and water, especially after you cough or sneeze. If you don't have access to soap and water, use an alcohol-based hand sanitizer.
- To further prevent the spread of germs, avoid touching your eyes, nose or mouth.
- Avoid close contact with sick people

Recommendations for seeking medical care

Public Health is recommending that you do not seek medical care if you are not ill or have mild symptoms for which you would not ordinarily seek medical care. If you have more severe symptoms of fever, cough, sore throat, body aches or are feeling more seriously ill, call your health care provider to discuss your symptoms and if you need to be evaluated. Your health care provider will determine if a test is appropriate, based on guidelines from Public Health.

Public Health will continue to work with health care providers to test flu patients who develop severe illness or are associated with clusters of other sick people, but does not currently recommend testing for all flu patients.

If the following flu-like symptoms are mild, medical attention is not typically required: runny nose or nasal stuffiness; low-grade fever for less than three days; mild headache; body aches and mild stomach upset.

The CDC has determined that the swine flu virus H1N1 is contagious and is spreading from person to person. Symptoms of swine flu include a fever of more than 100°F, coughing, joint aches, and, in some cases, vomiting and diarrhea.

Public Health - Seattle & King County is closely monitoring the spread of H1N1 virus, also known as "swine flu." As of May 21, the department reported that there were 343 cases of the virus in King County.

"We know that the H1N1 virus is circu-

lating widely and the disease has proven to be relatively mild, so we believe that many cases are not being formally diagnosed," said Dr. David Fleming, Director & Health Officer for Public Health - Seattle & King County. "We need to find new ways to reduce infections besides focusing on diagnosed, probable cases. We will no longer recommend school closure when we have just one or two probable cases in a school. Instead, we will recommend symptom checks at home and school."

Information for parents

Public Health will work closely with school districts to support this new approach to reduce infections in schools. Instead of closing a school when there is a probable case, Public Health is recommending that:

Parents carefully check their children before school for signs and symptoms of the flu. If symptoms are present, they should not send their children to school.

Schools should monitor children and conduct symptoms checks. If they find children with symptoms of the flu, those children should be sent home.

School staff and faculty should assess themselves for symptoms of influenza.

"Our parents are at the front lines of stopping the spread of infection. We are urging all parents to assess their kids every morning to see if they're sick, and keep them home if they are," said Dr. Fleming. "In addition, we will be working with schools across King County to help them identify if children are ill so that sick students are sent home before they expose other children."

Public Health has a Flu Hotline for the public at 877-903-KING (5464), staffed from Monday to Friday, 9 a.m. to 5 p.m. Interpreters are available.

Tamiflu and treatment

There appears to be very limited demand for the antiviral drug Tamiflu to treat patients who have severe illness. However, Public Health is launching a strategy to make sure that adequate and accessible supply exists in the community for every patient with a prescription that is in need of this medication.

While there is plentiful supply of Tamiflu in King County, distribution may be slightly backlogged. Public Health will distribute Tamiflu to any hospital that requests it, and it is identifying sites throughout the county so Tamiflu can be dispensed to patients who cannot find it in their local pharmacies.

Providing effective and innovative health and disease prevention services for over 1.8 million residents and visitors of King County, Public Health - Seattle & King County works for safer and healthier communities for everyone, every day.

The Voice

Editor

Tyler Roush
206-461-8430, ext. 227
tylerr@nhwa.org

Reporters

Jim Bush
Dorene Cornwell
Gina Kim

The Voice, the newspaper of Neighborhood House, is published monthly with the support of Seattle Housing Authority 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. The Voice is published online at www.nhwa.org and at www.seattlehousing.org.

Project HANDLE receives award for smoking cessation

By VOICE STAFF

Project HANDLE, Neighborhood House has received an award as one of SAMHSA's 100 Pioneers for Smoking Cessation Virtual Leadership Academy. HANDLE's target populations are African American, East African (Amharic, Tigrigna, Oromo and Somali), Cambodian and Vietnamese youth in several public housing sites throughout Seattle and King County.

This project proposes a Tobacco Control Awareness Campaign (TCAC) that trains 10-15 youth Community Advisory Coalition (CAC) members on Tobacco 101 and tobacco media literacy.

The 10-15 youth receive additional training on developing print advertisements and used their skills to develop flyers and billboards for buses that promoted the Hip Hop/Tobacco Free Awareness event in partnership with Asian Pacific Islander Against Tobacco (APICAT) and Washington Asian Pacific Islander Families Against Substance Abuse (WAPIFASA) in May.

APICAT's mission is to "Develop community leadership for outreach, education, policy and advocacy in tobacco control. This coalition includes more than 25 partner organizations and individuals representing the diverse Asian American and Pacific Islander (AAPI) community from King, Pierce, Snohomish and Thurston counties. WAPIFASA serves Asian Pacific Islander youth and all youth of color.

The age of youth served ranges from 13-18 years. Most of WAPIFASA's youth come from low income families and are usually children of immigrants.

WAPIFASA's mission is to provide and advocate for culturally competent and age-appropriate prevention and substance abuse treatment services for Asian Pacific Islander Youth and all Youth of Color. If funded, WAPIFASA will be in charge of coordinating the event and will pay for the rental space for the event.

The 10-15 CAC youth receive train-

HANDLE to host Underage Drinking Town Hall

Project HANDLE, a Neighborhood House program, invites you to attend the Underage Drinking Town Hall at the Rainier Vista Center, 4410 29th Ave. S., in Seattle.

The event is on Thursday, June 25 from 4:30 -7 p.m. Food and beverages will be available.

In the town hall, you will learn updated information on alcohol prevention services and other resources. The Underage Drinking Town Hall is supported by the King County Alcohol and Other Drug Prevention Program, with funds from the State of Washington DSHS Division of Alcohol and Substance Abuse.

ing on Tobacco 101, media literacy, and tobacco's impact in disparity communities. The project is lead by Sameth Mell, Community Health Worker at Project HANDLE.

These trainings are conducted by APICAT and Public Health Seattle King County (PHSKC) Tobacco Prevention program. Several of PHSKC's Tobacco Prevention staff are members of APICAT.

Following these trainings, the CAC members participate in a 10-week youth leadership program that will incorporate the development of print advertising and the development of a promotion plan for the Tobacco Control Awareness event. Project HANDLE staff and CAC youth will have their advertisements placed on various bus routes in South/Southeast of Seattle in order to promote the Hip Hop/Tobacco Free Awareness event.

Project HANDLE of Neighborhood House is funded by SAMHSA/CSAT for HIV/substance abuse outreach and the Drug Free Communities Initiative for the Office of National Control Policy and SAMHSA/CSAP.

Celebrate National Safety Month with a renewed commitment to personal safety

By VOICE STAFF

June is National Safety Month! In 2005, more than 60 percent of all accidental deaths involved unemployed people or members in their family. According to the National Safety Council, accidental injuries exceed \$625 billion per year and the non-work related accidental injury is greatly increasing. Below are different safety focuses and tips for a safer environment.

Driving Behaviors

• Speeding is the most common error cited in fatal accidents. Allow enough time to reach your destination and obey the speed limit. Slow down when driving on poor roads and in bad weather.

• Do not drink and drive.

• Know the side effects of medications, including cough and cold medications that cause drowsiness.

• Cell phone use while driving and other forms of distracted driving account for 80

percent of all crashes. Be cautious of reaching under the seat to retrieve things and turning around to talk to passengers.

Indoor Air Quality

• Carbon Monoxide (CO) is a colorless and odorless gas that can be produced by furnaces, stoves, heaters, automobile exhausts, and tobacco smoke. Never burn charcoal indoors and do not use your oven or gas range to heat your home.

• Do not leave a car or lawn mower running in a closed space, and inspect furnaces and chimneys annually. More than 300 people die per year of CO poisoning.

• Radon is a gas formed by the natural decay of uranium in rock, soil and water. It can enter homes through cracks in walls or openings around drains. For a low-cost test kit of radon, call the National Radon Hotline at 800-767-7236. Radon is the second leading cause of lung cancer.

Please see "Safety" on Page 4

Be safe

Protect your child from guns in the home

In the United States, approximately 40 percent of homes with children also have guns. In many of these households, the guns are left unloaded and are not locked up. Some people who keep a loaded gun in the house say they do so for security reasons. Statistically, loaded unsecured guns are more likely to be used in a suicide or accidentally discharged than for personal protection.

One of the simplest steps a parent can take is to ask questions. Before allowing your child to visit another home, ask if there is a gun in the household. If the answer is yes, you need to learn whether

of not the gun is kept unloaded and locked up. It is also important that the ammunition is kept locked up separately from the gun. If you are uncomfortable with the answers you receive, then you can invite your child's friend to play in your home.

Allan Davis (323-7094) and Kelly McKinney (323-7084) are Community Education Coordinators for Seattle Neighborhood Group.

Call Allan or Kelly for crime prevention information or help with your safety and security concerns.

One-year countdown to the 2010 census officially kicks off

Events to promote the 2010 Census begin across the country

BY THE CENSUS BUREAU

The 2010 Census is less than one year away and preparations are in full swing. Activities to lay the groundwork for the nationwide effort to count everyone residing in the United States are visible across the country. 2010 Census data inform critical decisions from congressional representation to the allocation of more than \$300 billion annually in federal funds. Beginning in April and May 2009, United States residents saw that the 2010 Census was under way in their communities through operational milestones including:

- **Address Canvassing:** Approximately 140,000 census workers, hired from within each local community, will cover most neighborhoods to identify each residential address. This will help ensure everyone residing in the United States receives a 2010 Census questionnaire. This is the first visible sign that the decennial census is approaching and the first use of handheld technology by the Census Bureau. The result of this effort will be the most comprehensive U.S. address list in existence.

- **Partnership Recruitment:** Partnerships with for-profit and non-profit organizations and government entities are vital to raising awareness of and increasing

participation in this historic event. More than 250 national partners have already signed on to spread the message that achieving a complete and accurate count is important in 2010.

- **Census in Schools:** Throughout April 2009, every school in the country received a letter of interest encouraging principals and teachers to sign on and participate in the K-12 Census in Schools program. Schools will receive their Census in Schools instructional materials in the Fall of 2009. Students will be able to experience the Census In Schools program throughout the 2009-2010 school year.

Commerce Secretary Gary Locke Appoints Morial to Lead 2010 Census Advisory Committee

Secretary of Commerce Gary Locke has named National Urban League President Marc Morial as chair of the U.S. Census Bureau's 2010 Census Advisory Committee, which provides advice on the design and implementation of the 2010 Census.

Morial, president and CEO of the National Urban League since 2003, leads the nation's oldest and largest civil rights organization. Morial served two terms as mayor of New Orleans from 1994 to 2002 and was also president of the U.S. Conference of Mayors from 2001 to 2002.

The Census is mandated by the Constitution. The questionnaire for the upcoming 2010 Census will be one of the shortest in history: just 10 questions that will take only about 10 minutes to complete. All responses are kept strictly confidential. The Census data are used to apportion the seats in the U.S. House of Representatives.



One to grow on

Garden tips for community gardeners

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

This article is reprinted from the June 2008 issue of The Voice.

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.

ORCA

Continued from front page

Service Office at Second and Jackson, the Westlake Customer Stop (at Third and Pine — in the tunnel) and at many retail locations.

After the six-month introductory period, ORCA cards will be \$5 each (\$3 for people with Regional Reduced-Fare Permits, or RRFPs.)

Want more information? It's available online at www.orcacards.com or at METRO's Web site (www.metrokc.gov/transit) and via phone at 1-888-988-6722 (1-888-988-ORCA).

TTD users should call the TTY relay service at 711 and ask to be connected to the above phone number.

New Neighborhood House banner highlights solar panel array

Neighborhood House recently unveiled a 40-foot-tall banner on the Nucor Building in West Seattle. The banner, which can be seen from the West Seattle Bridge while heading toward downtown, highlights the agency's ongoing solar panel challenge for the under-construction High Point Neighborhood Center.

The banner reads "West Seattle's going solar! Neighborhood House is leading the way with the largest array of solar panels in the state."

For more information about Neighborhood House and the High Point Neighborhood Center, visit www.nhwa.org.

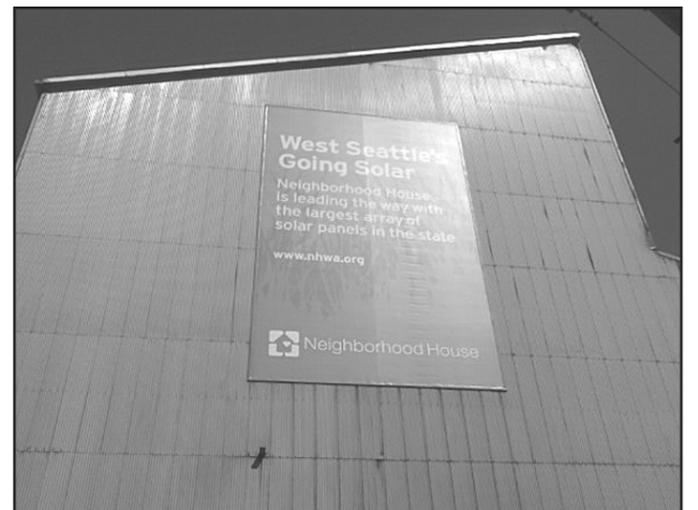


PHOTO COURTESY NUCOR

Seattle Municipal Court offers reduction on collection fees through June 30

The Seattle Municipal Court is having a Collections Reduction Event from May 1 through June 30. If you need to pay past due tickets, now is your chance. For 60 days, all collection fees and interest will be waived and participants can pay their dues directly to the Seattle Municipal Court rather than to the Collection Agency. This is a way for citizens to pay obligations owed to the court at a reduced cost.

You can make payments by:

1. Coming to the Court at 600 5th Avenue in the Seattle Justice Center. Hours of operation are Monday through Friday, 8 a.m. to 5 p.m., or;
2. Mailing your payment to: Seattle Municipal Court P.O. Box 34987 Seattle, WA 98124-4987 Attn: Collection Reduction Program Visit www.seattle.gov/courts for more details or call the phone center at 206-684-5600.

Safety

Continued from Page 2

Falls in the Home

- Home falls are the second most accidental deaths in the home after poisoning. Make sure your home floors are free of clutter and piles. Wear slippers, skid-proof footwear, or go barefoot to avoid slips.
- Maintain good lighting throughout your home, especially on stairs and dark hallways.
- Use step stools and proper ladders instead of chairs for home maintenance.

Poisoning Prevention

- 32 percent of deaths occurring at home are due to poisoning, and most fatalities occur among people in their 40s and 50s.
- Mixing medicine and alcohol can lead to liver failure. Do not take more than the prescribed amount, borrow prescription for someone else, or take expired medica-

tions.

- In case of accidental poisoning, don't vomit right away – it may cause more harm than good. Read the label and follow directions.
- Call the national toll-free number for the Poison Control Center: 800-222-1222.

Fire Prevention

- Though fires can bring injury and death, fires caused by smoking materials cause more fatalities than any other. Put matches, lighters and candles out of sight of children.
- Install smoke detectors; check them monthly while replacing the batteries once a year.
- Keep a fire extinguisher in the kitchen, never leave food cooking unattended and don't use appliances with exposed wires.
- Always completely extinguish smoking materials before dumping ashes and do not leave children alone near open flame.

King County Libraries offer a host of summertime activities

By VOICE STAFF

Looking for something to do this summer? Why not stop by your local library?

Below are a few events offered at some of the many King County Library System locations. For more information, go to www.kcls.org.

Kent Regional Library

212 2nd Avenue N., Kent Children & Families
 "Spanish Story Times": June 4, 11, 18, and 25 at 7 p.m.
 Enjoy stories, songs, and finger plays in Spanish and English.
 "Be Creative @ Your Library Story Time": July 3, 17, 24, and 31 at 11 a.m.
 All ages welcome, ages 5 and younger with adult. Use your imagination and have fun as you enjoy stories, songs, and finger plays! Clifford the Big Red Dog will make a special appearance.

Adults
 "Citizenship Class": June 2, 9, 16, 23, and 30 at 7 p.m.
 Get help with the Citizenship interview process, including civics and government questions, reading and writing English and practicing your interview skills.
 "Talk Time": July 7, 14, 21, and 28 at 3:30 p.m.
 Improve your speaking and listening skills in this English conversation group. Learn more about American culture and meet people from around the world.

Auburn
 1102 Auburn Way S., Auburn Children & Families
 "Sleepy Story Time": June 4, 11, 18, 25, July 2, 9, 16, 23, and 30 at 7 p.m.
 All ages welcome, ages 5 and younger with adult. Wear your pajamas and bring your teddy bear for this 30-minute bedtime Story Time.

Teens

"Game On!": June 3 at 3:30 p.m.
 Play your favorite games for the Wii, Xbox 360, GameCube and PS2.

Adults
 "English as a Second Language (ESL) Class": June 1, 3, 8, 10, 15, 17, 22, 24, July 4, 6, 8, 13, 15, 20, 22, 27, and 29 at 6 p.m.
 A formal class to learn English.

Federal Way 320th
 848 S. 320th St., Federal Way Children & Families
 "Brown Bag Summer Story Time": June 25, July 2, 9, 16, 23, 30 at noon
 Bring a sack lunch and listen to stories as you munch!

Teens
 "Game On!": June 18, July 16 and 23 at 4 p.m.
 Play GameCube, Xbox and Wii video games at the library. We're turning the meeting room into an arcade, so don't miss the fun!

Des Moines
 21620 11th Avenue S., Des Moines Children & Teens
 "Study Zone (K-12)": June 2, 9 and 16 and 3:30 p.m.
 Students can drop-in for free homework help from volunteer tutors.

White Center
 11220 16th S.W., Seattle Children & Teens
 "Study Zone (K-12)": June 2 and 9 at 5 p.m., and June 3, 10, and 17 at 6 p.m.
 Drop-in during scheduled hours for free homework help from volunteer tutors.

Burien
 14700 Sixth Ave. SW, Burien Children & Teens
 "Study Zone (K-12)": June 2, 3, 9, 10, 16, and 17 at 3:30 p.m.
 Drop-in during scheduled hours for free homework help from volunteer tutors.



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 Lông.
- 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.



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



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



HAADA WAXANN DIWAAN GALINAY Head start and Early Head Start programs

Waxaanu bixinaa lacag la'aan:

- Booqasho guri (Home visits) oo haweenka uurka leh & kuwo Caruutoodu 0-3 sano jir ah oo Guri loogu adegayo.
- Iskool lootalagaley carurta 3-5 sano jir ah.
- Waxaa intaasi dheer, adeegyo kahortag ah oo loo fidinayo caruurta waxbarashadu dhibeyso (oo loo yaqaano damiin). Waxaa lashaqeynaa Boyer Children's Clinic & Seattle Public School.

Kaalmo loo talagaley haweenka uurka leh & dadka income-koodu yar yahay oo Degan guryaha SHA-da, kunasaabsan caruurta 3-5 sano jir ah, Iyo kuwo ubaahan adeegyo gaar ahaaneed (special needs).



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

**Please recycle
this newspaper**

SAM

Continued from front page

If your time is limited, there are four Highlight Tour guides: If You Only Have an Hour, Less is More, Ten Compelling Characters and the Please Grow! Highlight Tour for Families. Each of these guides has a numbered location map with ten recommended pieces of artwork or activities that fit into each theme. This will help you use your limited time efficiently to maximize your enjoyment.

Although there are suggested entry fees, SAM has a 'pay what you can' policy (except for special exhibits). This means that you can pay any amount and SAM will provide you with a ticket to view their collections.

To save even more money, visitors can bring their own food and eat inside the museum on the Terrace outside SAM's TASTE Restaurant.

The museum is also ADA accessible. The labels describing each piece are on a low level and the font size is relatively large. There are elevators and escalators for those with limited mobility.

There are benches scattered throughout the building to provide visitors with places to rest to compensate for the increased size of the museum.

Families don't need to be concerned about bringing children to the museum — even very young children. There are fun adventures for kids to participate in such as scavenger hunts and they can play in the Knudsen Family Room. In the Family Room, they can dress up in period costumes or use blocks to build architectural masterpieces, for example.

No doubt they will also enjoy the nine-foot-tall mouse sculpture in the North Contemporary Gallery!

Second Saturdays of selected months from 10 a.m. until noon there are Family Fun! days designed for kids ages 3 to 12 along with their parent or guardian. You can spend

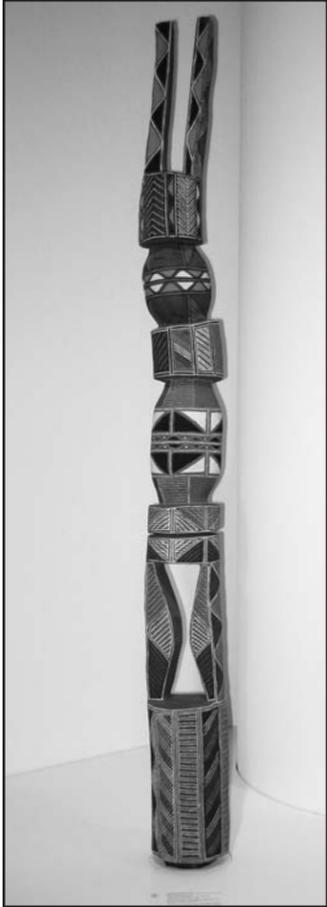


PHOTO BY CLAIRE MCDANIEL

An example of Australian art from a recent exhibit.

Directions

The museum entrance is on the corner of First Avenue and Union Street.

Heading North: I-5 to Seneca Street exit (#165), west on Seneca Street to First Avenue, and turn right (north).

Heading South: I-5 to Union Street exit (#165B), west (toward Puget Sound) on Union Street to First Avenue.

From I-90: Heading west, merge onto I-5 North, take Madison Street exit (#2C). Turn left on Madison and right on First Avenue.

Bus Information

The museum is easily reached by using the Metro bus system. Buses #5, #12, #15, #18, #21, #22, #54, #55, #56 and #57 stop near First Avenue and Union Street. Buses #5, #10, #11, #12, #15, #18, #21, #22, #54, #55, #56, #113, #120, #121, #122, #125 and #132 stop near First Avenue and University Street. Visit Metro Online (<http://transit.metrokc.gov>) for more bus route information or call 206-553-3000.

Flash and non-flash photography, movie and video cameras are prohibited.

TASTE Restaurant

Inside SAM is a restaurant that serves food created with "fresh from the market" ingredients.

Open for lunch, happy hour and dinner.

Tuesday – Saturday: 10 a.m. – 10 p.m.

Sunday: 10 a.m. – 6 p.m.

Monday: closed

You can also bring your own food and eat in the Terrace outside the TASTE Restaurant.

the day creating art together, enjoying performances, and taking kid-inspired tours of the galleries.

Although photographs are not allowed, you may bring in pencils and pads and sketch your favorite exhibit.

SAM's collection is global. International exhibits are brought in regularly so you might see artists from a location that you or your ancestors came from.

"There are pieces that might remind you of home or your family or your ancestry or someone that you know," Egan said.

There are tours that are designed for people who are new to a museum. SAM staff is trained to make people feel welcome and help them become familiar with what to expect on their visit. Tours are free with museum admission.

Visit SAM's calendar on their Web site at www.seattleartmuseum.org/calendar/calendar.asp for a schedule of upcoming tours.

Visitor Information

Seattle Art Museum (SAM)
1300 First Avenue
Seattle, WA 98101-2003
206-654-3100
TDD 206-654-3137

Hours

Tuesday – Sunday, 10 a.m. to 5 p.m.
Thursday & Friday, 10 a.m. to 9 p.m.
Closed Monday

Tickets — Suggested Fees (pay what you can)
\$15 adults
\$12 seniors 62 and over, military with ID
\$9 students with ID, youth 13 to 17
FREE for children 12 and under
FREE for SAM members

Fees include current exhibits as well as SAM collections and installations. SAM audio, the permanent collection audio guide, is free with admission (available on a first-come, first-served basis).

Free days

First Thursdays: Free to all

First Fridays: Free to seniors (age 62+)

Second Fridays 5 to 9 p.m.: Free to teens (ages 13 to 19) with ID

All free day programs include access to special exhibitions as well as all SAM collections and installations.

SAM is closed on the following holidays:

Columbus Day, Oct. 12

Thanksgiving, Nov. 26

Christmas Eve and Christmas Day, Dec. 24 and 25

New Year's Eve and New Year's Day, Dec. 31 and Jan. 1, 2010

Museum facilities are wheelchair accessible and SAM offers a variety of services for the visually and hearing impaired. For more information, visit www.seattleartmuseum.org/visit/SAMaccessibility.asp.

Snow pack melt increases drowning risk

Cold, swift waters make drowning threat particularly high this time of year

This summer, stay out of King County's dangerously deep, cold, and swift rivers and lakes. The snowpack melt makes this time of year more treacherous than usual for swimmers, rafters, inner tubers, and kayakers. Since 2002, almost one-third, or 32 percent, of all preventable drowning deaths in King County occurred in May and June.

"This is a risky time to swim, tube, or raft in local rivers or lakes," said Dr. David Fleming, Director and Health Officer for Public Health - Seattle & King County. "Our local lakes and rivers may look inviting in the hot weather of early summer. Unfortunately, this is also when the water is most perilous. Even the best swimmers wearing lifejackets can be injured or die in such rapid, cold water."

In 2008, there were 21 unintentional drowning deaths in King County, thirteen of them in open water such as rivers, lakes, or Puget Sound. Nine deaths — 43 percent of the yearly total — took place during the months of May and June.

In addition to the temperature and swift water threats, rivers may also have clogs of debris, presenting an added danger to swimmers, rafters, tubers, and kayakers.

"Rivers are running higher and swifter from snowmelt and may have new pieces of wood either submerged or spanning river channels. People

should exercise great caution when navigating or doing recreational activities on rivers," said Theresa Jennings, Director for the King County Department of Natural Resources and Parks.

Recommendations from Public Health

Swimming and other water sports are a great way to stay active. However, to stay safe:

- Know the water – Washington waters are cold enough to cause hypothermia even on the hottest summer day; hypothermia may weaken even the strongest swimmer.

- Know your limits – drowning often happens when a person tires while swimming or a novice swimmer tries to keep up with friends who are stronger swimmers.

- Learn to swim, and choose lifeguarded areas. Wear a life jacket while swimming anywhere without lifeguards. Avoid swimming at local beaches until lifeguards go on duty, usually in mid-June. Until lifeguards go on duty, use indoor pools.

- Avoid drinking alcohol or using other drugs while swimming, boating, tubing, or rafting.

- Watch children closely when they are in or near any type of water; stay close enough to reach them immediately.

For more information on water safety and drowning prevention, visit Public Health - Seattle & King County Web pages at www.kingcounty.gov/health/injury.

Parks superintendent to meet with Northgate community

Seattle Parks and Recreation will host a public meeting for the Northgate area community to meet with Parks Superintendent Timothy Gallagher. The meeting will be held on Tuesday, June 9, beginning at 7 p.m. at the Northgate Community Center, 10510 Fifth Ave. NE.

The purpose of the meeting is to give the community an opportunity to discuss with Seattle Parks and Recreation how the department is meeting the needs of neighbors.

Everyone is invited to the meeting, including those who are regular users of parks and who participate in Parks sponsored programs and activities, as well as those who have never visited a community center or taken a

class with the department.

At the meeting, visitors will have the opportunity to:

- Meet the staff that serves the Northgate area community.

- Have personal conversations with the staff about what is working, and what can be improved.

- Talk with the Superintendent about ideas to build community relationships, and make Parks programs and services respond best to the needs of those living in the Northgate community.

For more information, please contact Pati Maxwell or Tim Pretare at the Northgate Community Center by calling 206-386-GATE(4283) or by emailing pati.maxwell@seattle.gov or tim.pretare@seattle.gov.



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Redmond: 425.861.3700

South Seattle Community College: 206.764.5304

Market place coupon

Do you have a couch or other item you want to sell? Take advantage of the free person-to-person classified advertising in The Voice by filling out your 24-word ad below. Remember, write only one word per line and don't forget to include your telephone number in your ad! Mail your ad before the 18th of the month and it will be included in the next month's issue.

Name _____ Address _____

City _____ State _____ ZIP _____

Telephone _____ E-mail _____

Write your ad here (one word per line)

Check the classification: Items for sale Autos for sale
 Items wanted Services

Mail to: PPC, 4000 Aurora Ave. N., Seattle, WA 98133 Fax: 206-461-1285
E-mail: classmgr@nwlinc.com w/subject line "The Voice"

TRANSLATIONS

TRANSLATED ARTICLES FROM THE VOICE

What is H1N1 virus (Swine flu)?
የሽታይንፍላኒን ቫይረስ (ስዋይን ፍሉ) ምንድን ነው?

H1N1 ስዋይን ፍሉ ቫይረስ የሚጠራው ስዋይን ፍሉ ቫይረስ በግንባርና ሌሎችን በጉንፋንና በማንጠስ የሚተላለፍ ነው። ስዎች ሲሰሉ ወይም ሲያስነጥሱ በአየር ላይ ጀርግኖችን በማስተላለፍ ወይም እቃዎችን ሰው የሚነካቸው ላይ ያደርጋሉ። H1N1 ቫይረስ ከአሳማ ወደሰው ወይም የአሳማ ስጋ በመብላትም አይተላለፍም።

የጤና የህዝብ አገልግሎት እንደሚለው ካልታመሙ ወይም የህመም ምልክቶች እስካልተለዩ ድረስ ሁሉ በሚፈጠሩት ህመሞች ብቻ እርዳታ ማግኘት እንደማይቻል ያስገነዝባል። በጣም ትኩረት ካለዎት ካሳለዎት ጎርጎር ህመም ካለዎት ሰውነት የሚያሳክክዎ ከሆነና በጣም ካመጣዎት የጤና ባለሙያዎችን በመጥራት ስለምልክቶቹ ወይም የተሻለ ጥንቃቄ የሚደረግበትን ሁኔታ መፍጠር ይቻላል።

ማንኛውም ሰው ጤናኛ መሆንና ኢንፍሉዩንሽን በሽታ መከላከል ያስፈልጋል።

- ከታመሙ ስራ ወይም ትምህርት ቤት መሄድ አያስፈልግም። ሲያስነጥሱ ወይም ሲሰሉ አፍዎትንና አፍንጫዎን በቲሽ- ዶያዙ። ቲሽ-ውን ከተጠቀሙበት በኋላ ጋርቤጅ ውስጥ ይጣሉት።
- እጅዎትን በውሃና በሳሙና መታጠብ በተለይ ከሳሉና ከአስነጠሱ በኋላ። ውሃና ሳሙና ማግኘት ካልተቻለ አልኮሆልነት ያለውን መጥረጊያ ይጠቀሙ።
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- ከታመሙ ሰዎች ጋር ግንኙነት ማቋረጥ።

What is H1N1 virus (swine flu)?
Что такое вирус H1N1 (свиной грипп)?

Вирус H1N1, известный также как «свиной грипп» или «свиная инフルエンца А», может распространяться от заражённых вирусом людей через кашель или чихание. Когда люди кашляют или чихают, они распространяют микробы в воздух или на поверхности, которые могут трогать другие люди. Этот вирус не передаётся от свиней к людям или при употреблении в пищу продуктов из свинины.

Здравоохранительные организации рекомендуют не обращаться за медицинской помощью, если вы не больны или у вас небольшое недомогание, при котором бы обычно не обращаетесь к врачу. Если у вас более серьёзные симптомы или высокая температура, кашель, воспалённое горло, мышечные боли или вы чувствуете, что серьёзно больны, позвоните своему врачу, чтобы обсудить свои симптомы и определить необходимость обследования. Ваш врач решит, нужно ли обследование, основываясь на указаниях Управления по здравоохранению.

- Повседневное поведение для сохранения здоровья и предупреждения распространения гриппа:
- Если вы больны, оставайтесь дома, не ходите на работу или в школу.
 - Прикрывайте нос и рот салфеткой при кашле или чихании. Выбрасывайте салфетку в мусор после употребления.
 - Мойте почаще руки с водой и мылом, особенно после кашля или чихания. Если у вас нет доступа к воде и мылу, используйте спиртовое дезинфицирующее средство для рук.
 - Для предотвращения дальнейшего распространения микробов избегайте трогать свои глаза, нос и рот.
 - Избегайте контакта с больными людьми.

What is H1N1 virus (swine flu)?
የH1N1 ቫይረስ (ስዋይን ፍሉ) ምንድን ነው?

የ H1N1 ቫይረስ ስዋይን ፍሉ እና ስዋይን እንፍሉዩንሽ ተብሎ የሚጠራው ቫይረስ ሰው የሚሸጋገርና ሌሎችን በጉንፋንና በማንጠስ የሚተላለፍ ነው። ስዎች ሲሰሉ ወይም ሲያስነጥሱ በአየር ላይ ጀርግኖችን በማስተላለፍ ወይም እቃዎችን ሰው የሚነካቸው ላይ ያደርጋሉ። H1N1 ቫይረስ ከአሳማ ወደሰው ወይም የአሳማ ስጋ በመብላትም አይተላለፍም።

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- ማንኛውም ሰው ጤናኛ መሆንና ኢንፍሉዩንሽን በሽታ መከላከል ያስፈልጋል።
- ከታመሙ ስራ ወይም ትምህርት ቤት መሄድ አያስፈልግም። ሲያስነጥሱ ወይም ሲሰሉ አፍዎትንና አፍንጫዎን በቲሽ- ዶያዙ። ቲሽ-ውን ከተጠቀሙበት በኋላ ጋርቤጅ ውስጥ ይጣሉት።
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SIÊU VI KHUẨN H1N1 LÀ GÌ ? cúm heo)

Siêu vi khuẩn H1N1, còn được biết là “khuẩn cúm heo A” là siêu vi khuẩn có thể lây lan từ người nhiễm bệnh bằng con ho hay nhảy mũi. Khi người bệnh ho hay nhảy mũi, họ làm lan ra siêu vi khuẩn trong không khí hoặc các nơi khác mà những người khác có thể chạm vào. Siêu vi khuẩn H1N1 không có lây lan từ heo đến con người hoặc do ăn thịt hay các thực phẩm từ thịt heo.

Sở Y Tế Công Cộng khuyến cáo mọi người không cần đi khám bệnh nếu không mắc bệnh hay có triệu chứng nhẹ mà thường khi phải đi khám. Nếu quý vị có triệu chứng bệnh nặng kèm với sốt, ho, đau cổ, đau nhức cơ thể, hoặc cảm thấy đau trầm trọng, thì hãy gọi cho bác sĩ để nói về các triệu chứng cần được quan tâm. Bác sĩ của quý vị sẽ quyết định xem quý vị có cần làm cuộc thử nghiệm hay không, căn cứ vào những chỉ dẫn từ Sở Y Tế Công Cộng.

- Đây là những thái độ hằng ngày để giữ cho mình khỏe mạnh và tránh làm lây lan dịch cúm:
- Nếu quý vị bệnh, hãy ở nhà đừng đi làm, hay đi học
- Che mũi , che miệng với mảnh giấy chùi, lúc ho hay lúc nhảy mũi. Hãy bỏ giấy chùi vào thùng rác ngay sau khi dùng.
- Hãy rửa tay thường luôn với xà bông và nước, đặc biệt là sau lúc ho hay nhảy mũi. Nếu không có nước và xà bông để rửa tay, thì dùng nước tẩy rửa tay có chứa chất cồn.
- Để tránh thêm bị lây lan, tránh đụng đến mắt, mũi, miệng
- Tránh đừng đến gầy hay va chạm đến người đang bị bệnh.

Shorter translation section this month

Due to a family emergency, our Tigrigna translator was unable to complete his translation work for the month of June. We sincerely apologize for the inconvenience and hope to provide a complete translation section next month.

Maxay tahay H1N1 jeermiska (duray doofaar)
Cudurkan H1N1 oo loo yaqaan “swine flu ama swine influenza A” waa jeermis uu qofka qabaa ku daaran karo dadka kale markuu ku ag qufoco ama hindhiso. Marka qof qufoco ama hindiso waxaa jeermiskii qaada hawada ama meeshii ay ku qufecen ayaa laga yaabaa in dad kale taabtaan sidaasna cudurkii ku faafa. Cudurkani kama imaan doofaar ama cuni-taanka hilibka doofaarka.

Hay'dda caafimaadku waxay idin kala talinaysaa in iidaan caafimaad raadsan haddii iidaan jiranayn ama calaamado yaryar oo aadan awalba dhakhtar ula tagteen hadey jiraan. Haddaysan ku hayn calaamado darran sida qandho, qufac, jir-xanuun darran ama aad si aada u jirran tahay, la xirir dhakhtarkaaga si aad ugu sharaxdo sida lagu hayo uuna xaaladda u darso. Isga

ayaa sheegi kara inaad baarintaan u baahan tahay iyo in kale si agoo eegaya tusmooyinka caafimaadka dadweynaha.

Maalin kast waxa lagaaga baahan yahay si aad u caafimaad qabtid, isgana ilaalisid fididda qandhadan socota.

- Haddaad jiran tahay jog gurigaaga. Hanna aadin dugsi iyo shaqo toonna
- Marakaad hindhisayso ama qufacayso tishuu ku dabool sanko iyo afkaba, kadibna qashinka ku rid tishuuga .
- Markasta gacmahaaga dhaq, weliba markaad hindhisto ama qufacdo. Lacalla haddii aad biyo weydo, isticmaal jeermis deli aalkolo leh.
- Si aad aad uga feejignaato jeermiskaan, waa inaad taaban afka, sanko, iyo indhahaba
- Ka fogow dadka xanuunsan



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.

A fine centennial
AARON GARDNER TURNS 100
See Page 3



SHA NEWS

June
2009

News and information about Seattle's neighborhoods

Resident Action Council announces upcoming elections

BY RAC NOMINATIONS COMMITTEE

The Resident Action Council (RAC) is pleased to announce we will be conducting our 2009 Officer Elections at 1 p.m. Wednesday, June 24 in the Center Park Community Building, located at 2121 26th Ave. S.

The candidates running for office this year are:

President:
Doug Morrison, Ballard House

Vice President:
Robert Jones, Olympic West
Lydia Shepherd, Stewart Manor

Secretary:
J M (Jim) Bush, Center Park

Treasurer:
Michael Hearte, Olympic West

Ombudsperson:
Lois Gruber, Lake City House
Lydia Shepherd, Stewart Manor

We should note that anyone who has attended at least two of our meetings in the past six months (dating back to January) will be able to vote in this election; anyone can attend and join the community celebration (which will include refreshments) that will be held that day.

If you have any questions or need a disability accommodation (we can assist people needing it with transportation, subject to eligibility requirements), please call J M (Jim) Bush, Nominations Committee Chair, at 206-860-7275, send an email to jbwa2@yahoo.com or call the office at 206-322-1297.

Resident commissioner Yusuf Cabdi will serve as Board Chair

BY SHA STAFF

Seattle Housing Authority's Board of Commissioners has elected resident Yusuf Cabdi as Board Chair, in elections held during its annual meeting on Monday, April 20. John Littel was elected Vice Chair.

At the completion of the election, Cabdi thanked fellow commissioners and Seattle Housing Authority staff for their support.

Speaking about his new role, Cabdi said, "As Chair, I would like to encourage a culture of understanding and mutual respect among the Board members and the management of Seattle Housing Authority. We may not agree on every issue that comes up for discussion, but we should all feel free to express our viewpoints on any issue that comes before us."

Executive Director Tom Tierney noted that it was uncommon for a housing authority to elect a resident commissioner as chair.

"I am really looking forward to working with Yusuf Cabdi and believe that he will bring an important point of view to leadership of the Seattle Housing Authority," said

Tierney.

Commissioner Cabdi is originally from Somalia. He has worked with Somali and Muslim family and housing issues since settling in Seattle in 2003. A resident of SHA's public housing, he was elected to be an at-large representative to a resident council in 2006.

He has also served as the Somali community representative in the East African Association and as a community support specialist with the Somali community. He is interested in developing programs that will foster the safe and productive lives of youth in low-income public housing.

John Littel noted that he is committed to being of service to all those who are served by the Housing Authority. Commissioner Littel serves as the political director for a Northwest trade union.

He was previously assistant to the executive secretary of the Seattle Building Trades Council where he was responsible for negotiations and labor relations at the Seattle and King County Housing Authorities, among other local employers.

After the election other commissioners



PHOTO COURTESY SHA

Yusuf Cabdi, SHA resident and since 2006 a member of SHA's board, will serve as board chair.

expressed their support for the two new officers as they assumed their roles. The two newly-elected officers assume their new roles immediately.

Our Voice: Lidiya Volovich is a gardener, journalist, SHA resident and longtime translator for The Voice



PHOTO BY TYLER ROUSH

Lidiya Volovich crushes herbs in her palm that she grows in the garden at her home in The Ravenna School.

BY TYLER ROUSH
The Voice editor

Lidiya Volovich says that her position with *The Voice* fell into her hands.

She picked up a copy of *The Voice* and turned to the translation section. To her dis-

may, she found the Russian translation to be riddled with errors.

A journalist herself in the former Soviet Union in her home country of Moldova, Lidiya abhors lousy news copy.

Please see "Lidiya" on Page 5

Increased federal funding expected for SHA's 2010 budget

BY JEFF ARNIM
Seattle Housing Authority

A struggling economy has made life more difficult for many low-income people in recent months. Layoffs have increased and finding work has become a greater challenge. Affordable housing is harder to find and critical human services have been cut at both the state and local levels.

But amid the economic hardship is some good news. As the federal government takes on a larger role in the effort to create jobs, ease credit markets, and address the nation's mortgage crisis, more funding is being made available for housing authorities. The Obama administration is also placing greater focus on low-income housing in the President's budget.

As a result, instead of cutting back on expenses — as it has been forced to do for the better part of a decade — Seattle Housing Authority expects to have a similar amount of money available for 2010 as it does for this year.

Please see "Budget" on Page 7

In this section

SHA News	Page 2
VASH PROGRAM A WIN-WIN	
Point of View	Page 3
DIGITAL TV DEADLINE IS HERE	
High Point Herald	Page 4
TOUR THE HIGH POINT CENTER	
Rainier Vista News	Page 5
A NEIGHBORHOOD SING-ALONG	
NewHolly Notes	Page 6
NEIGHBORS HOLD FAMILY COOKING NIGHT	
Yesler Happenings	Page 7
LUNCH IS SERVED FOR SENIORS	
Translations	Page 8

A four-way win for homeless veteran, concerned landlord, SHA and the VA

By SCOTT FREUTEL
Seattle Housing Authority

This is a success story several times over: A homeless vet who lives and deals with medical and other issues has a great place to live. A concerned landlord who wanted to do his part to help veterans in distress was able to do so, and in good time. Seattle Housing Authority furthered its mission — “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” — in part by coordinating carefully with the Department of Veterans Affairs, which chalked up a success of its own: housing a veteran who had been homeless.

Chuck Govan, 62, is a veteran, an ex-Marine who until recently struggled to stay in stable housing. Now he has a bright sunny apartment in Greenwood close to bus lines, a branch of the Seattle Public Library, and good coffee shops. His new place is just steps away from one supermarket and a short walk to another.

Tom Hermann, a landlord who has worked with Seattle Housing Authority's Housing Choice program for several years, wanted to do something for veterans--something to acknowledge and if possible thank them for their service, their bravery, their commitment to the country. He called Mike Jung, SHA's landlord liaison for the Housing Choice Voucher program, to ask if he knew of any special programs to help house veterans.

Jung referred Hermann to the Veterans Affairs department for information about the Veterans Affairs Supportive Housing program—VASH for short—and to Toni Manjarrez, an occupancy supervisor in the Housing Choice Voucher program.



PHOTO BY SCOTT FREUTEL

Chuck Govan, veteran, newly at home in Greenwood.

Manjarrez worked with Kim Brown, a social worker with the VA's Puget Sound Health Care System, to identify a good prospective tenant, and put Govan and landlord Hermann together in virtually no time at all. Brown, who knows Govan well, interviewed Hermann and checked out the apartment, and

Please see “VASH” on Page 4

Seattle Goodwill/ Dearborn project abandoned

A 10-acre retail and housing project proposed for the site of the Seattle Goodwill complex on South Dearborn Street near Rainier Avenue South has fallen through. The developer withdrew its proposal “due to the recession” in late April.

In planning for four years, the controversial project attracted both backers and opponents. Goodwill and the developer, Dearborn Street Developers LLC, had made numerous changes and negotiated a Community Benefits Agreement with a majority of the original opponents. The agreement touched on labor issues, assistance to small businesses, and affordable housing, among other things.

The City Council had approved the necessary zoning and was about to consider the street vacations when the proposal was withdrawn.

According to AL Levine, Seattle Housing Authority's deputy executive director for development, “termination of the project resulted in the loss of \$40 million in New Market Tax Credits (which Seattle Housing Authority would likely have received) as well as 200 affordable housing units.

“In retrospect,” he added, “the project was a victim of the new economic realities.”

What will happen next isn't known, although Seattle Goodwill has reiterated its desire to improve the Dearborn facility.

Why just talk when STAR Center offers free video calls via Skype?

By STAR CENTER STAFF

We all know there is a huge difference between just hearing our friends' or relatives' voices and seeing the person we are speaking with as we talk.

You can hear happiness in a person's voice, but seeing their smile is better.

The STAR Center announces a new service, Skype. Skype is an Internet-based free phone service with video. Skype allows people using a computer, webcam and broadband connection to place video calls to other Skype users anywhere in the United States and Canada.

This is a huge benefit to sign language users who can communicate directly with other sign language users. Callers who use Skype can both see and hear their friends and loved ones who live far away.

People can keep in touch and see special events without having to travel long distances. For example, a grandmother who is unable to travel to visit her out-of-town grandchildren. Thanks to frequent Skype video connections, she is able to watch her grandchildren grow and mature.

How do you get started? Call 206-325-4284 or e-mail the STAR Center (starofseattle@cablespeed.com) to make an appointment.

Note, to call another Skype user, you need to know the Skype ID of the person you wish to make a video call to. The Skype ID is similar to a phone number or e-mail address needed to reach someone by phone or e-mail.

What does the person you want to talk with need? A computer with the Skype software downloaded to it, a broadband connection, a webcam (optional), a microphone and a Skype ID.

Can you call an ordinary (land line or cell) phone or Skype users in other countries besides the US and Canada? Yes, but there would be a charge.

The STAR Center is located in the Community Building at Center Park, 2121 26th Avenue South in Seattle. Hint: to get a map from Google maps or mapquest.com type in the following address: 2101 Martin Luther King Jr Way S Metro Routes 4 and 8 stop immediately adjacent to Center Park; routes 7,9,42, and 48 all stop within 3 blocks.

Study of energy use by low-income residents demonstrates benefits of green building

By SHA STAFF

A recent study by an independent research firm shows that the resource-conserving features incorporated into the new High Point community have paid off in lower utility bills for residents and in significant energy savings overall.

The study was based on actual utility bills from 2007 for 1,525 housing units. This data was then supplemented by telephone surveys of 234 residents across the three sites. Prepared by the Cedar River Group, the study compared energy and water use and costs at Yesler Terrace, NewHolly and High Point.

Yesler Terrace was chosen as a “base case” with construction and energy use

patterns similar to much of America's existing public housing. NewHolly was studied because it is Seattle Housing Authority's first redevelopment project and it reflects the state of standard building codes in Seattle in the 1990s. High Point represents the “state of the art” for green building at the beginning of the new century.

According to High Point redevelopment manager Tom Phillips, “This study was especially significant because it compares utility consumption between similar populations at the same point in time, under the same weather conditions. The only significant difference between the study sites is the housing itself.”

Please see “Energy” on Page 4

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 tyler@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.

Got something to say?

Write for The Voice! For more details, contact editor Tyler Roush at tyler@nhwa.org or 206-461-8430, ext. 227.



Neighborhood House
Strong Families. Strong Communities. Since 1906.

POINT OF VIEW

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



PHOTOS BY TYLER ROUSH

Aaron Gardner, a Denny Terrace resident, gestures (above, left) during remarks made by the Rev. Dr. Samuel McKinney on the occasion of Gardner's 100th birthday. SHA Executive Director Tom Tierney (right) offered his regards to Gardner, who was later given a present in the form of "Marilyn Monroe" leaping from a cake (far right).

Happy birthday, Mr. Gardner

Longtime Denny Terrace resident celebrates his centennial in style

By TYLER ROUSH
The Voice editor

One might expect to see the flowers, the sumptuous buffet, and the countless friends and family members gathered to celebrate the guest of honor at a 100th birthday party.

The surprise visit and lip-synched serenade by a Cher look-alike was a tad unexpected.

Aaron Gardner's 100th birthday celebration offered all of this and more. Dozens

gathered May 22 to honor the man that many affectionately addressed as "Mr. Gardner" at a birthday party for the longtime Denny Terrace resident.

Gardner's nephew, James, said he first met Mr. Gardner 40 years ago, when his uncle was 60 and he was a young man of 18.

"I appreciate him, and my kids appreciate him, and my whole family appreciates him," James said. "He's been a good guy."

The father of four children and grandfather to countless others, Gardner is a World War II veteran and a 50-year member of the Laborers' International Union of North America.

Please see "Gardner" on Page 4



A new start for homeWorks at Bell Tower

By SVEN KOEHLER
Seattle Housing Authority

Over the past four years, this newspaper has been reporting on the three phases of the homeWorks project, where 22 of SHA's high-rises have been renovated. Work has wrapped up in all but the last building in Phase 3, West Town View. But now, SHA is pleased to announce a new addition to the homeWorks "family": Bell Tower.

Improvements for Bell Tower were in the planning process for the original homeWorks package, but funding for Phase 3 did not stretch to cover the work. With the recent funding infusion from the federal government's economic stimulus package (properly called the American Recovery and Reinvestment Act, or ARRA) SHA has been able to move forward with long awaited renovations at Bell Tower.

When the availability of funds from the ARRA was announced this spring, the homeWorks team sprang into action. Working with DKA, the homeWorks architects, they picked up where the planning left off in 2007. In a very short time, they produced all the design drawings and a bid package so that contractors could bid on the work at the end of May 2009.

Work is slated to start as soon as early July, since part of the requirement of the funding is that the money is spent quickly

to provide jobs and economic activity to counter the effects of the recession. Bell Tower was lucky to be "shovel-ready" so SHA could take advantage of the funding source.

The construction at Bell Tower is not being funded by Tax Credit financing, as were the previous phases. But the types of improvements at Bell Tower are similar to the work in previous homeWorks buildings, so the team looks forward to repeating the success of the earlier phases.

The scope of work at Bell Tower is a cross between the work that was recently concluded at the neighboring Ross Manor, and the more extensive work completed at Capitol Park in 2007. Changes to Bell Tower will include new windows, new weatherproof paint, an upgraded community room, an improved ventilation system and a new door entry system.

Just as at Ross Manor, there will be several days of work both inside and outside each apartment to replace the windows. This includes not only putting in the actual window, but of course patching up



PHOTO COURTESY SHA

Balloons added a festive touch to the pre-construction meeting at Bell Tower on May 20th. Resident Shumin Zhou asked a question about the information handout at the meeting, and along with her answer, she received a balloon from SHA Communications Liaison Sven Koehler. Work at the high-rise is expected to start in July.

and painting the walls and installing new trim. Also, a dozen units at Bell Tower will be completely reconfigured to make them more wheelchair accessible, like at Ross Manor and several other homeWorks buildings.

Please see "homeWorks" on Page 5

Hello digital television, goodbye analog TV

By SVEN KOEHLER
Seattle Housing Authority

Tick-tock, tick-tock! That's the sound of the digital transition countdown timer winding down. When the clock strikes midnight on June 12, you won't be able to watch television using analog signals like you did before ... unless you've taken action to be prepared for the end of analog TV broadcasting. Are you ready to receive the new standard digital (DTV) signals?

Most cable and satellite TV customers won't notice any change after the switch to DTV because they don't rely on antennas to receive TV broadcasts. But don't get confused: some cable providers are switching to a new type of digital cable converter box around the same time as the over-the-air broadcast digital transition. These are two different kinds of transition, and being ready for digital cable is not the same thing as getting ready for digital broadcast TV.

Using an antenna with an analog-to-digital converter box is the least expensive way to get ready because it allows any television to get the digital signals.

DTV converter boxes have different features and different prices, but almost all of them qualify for a \$40 coupon from the

Please see "Digital TV" on Page 7

HIGH POINT HERALD

NEWS ABOUT THE HIGH POINT COMMUNITY

Neighborhood Center tours now available



PHOTO BY TONY KUO

The High Point Neighborhood Center is truly beginning to take its shape, with exterior walls in place and many windows already up. Neighborhood House is happy to offer regular tours of the building while it is under construction. To arrange a tour, contact Development Associate Alex Wang at 206-461-8430, Ext. 257 or e-mail alexw@nhwa.org. More information about the High Point Neighborhood Center, which is scheduled for completion in the fall of 2009, is available online at www.nhwa.org. Follow the link to the Capital Campaign page.

Gardner

Continued from Page 3

Judging from the turnout at his party and the kind remarks by so many in attendance, he has touched the lives of many in his 100 years.

He's also a man with a good sense of humor, as evidenced by the surprise performance by Cher — or perhaps it was an impersonator — adorned in a decidedly PG-13 outfit, who lip-synced her way through two of the pop diva's hit songs.

It wasn't the only guest appearance of the afternoon. Later, a Marilyn Monroe look-alike popped out of a cardboard cake to sing a sultry rendition of "Happy Birthday, Mr. Gardner."

SHA Executive Director Tom Tierney made another, less flamboyant, appearance at the party, extending to Mr. Gardner "admiration, affection, appreciation and best wishes" on behalf of SHA's staff.

Rev. Dr. Samuel McKinney, pastor at Mt. Zion Baptist Church, said of Mr. Gardner that "there are many of us who make it to 100 and don't know it. He knows it."

He added, "He's a very fine person — he's given himself to helping very many people."

But the most anticipated remarks of the evening came from Mr. Gardner himself, who paused to reflect on his 100 years of life.

"You never know what the Master's got for you," he said. "What you do do, try to do it right."

"The Good Lord give me something, I don't know what," he added.

Mr. Gardner received a number of other proclamations and letters of recognition, from Seattle Mayor Greg Nickels, U.S. Senator Patty Murray, Governor Christine Gregoire, and from the Veterans of Foreign Wars and from Union Pacific Railroad, where Mr. Gardner worked for many years.

VASH

Continued from Page 2

said that in her opinion Govan would be a good fit for Hermann's building.

A condition of participating in the VASH program is that vets continue to avail themselves of the VA's medical and caseworker services. Vets referred to SHA and to potential landlords are carefully screened, and their suitability as tenants for a given building or community is affirmed. Only then is a voucher issued to the veteran. Caseworkers visit vets in their new apartments and see for themselves how things are going.

Govan read about VASH in a column by Robert L. Jamieson Jr. in the Seattle P-I last November. He called the VA to ask whether he was eligible, and was told initially that he was not, since at the time he was living in a substandard home but was not actually homeless. By mid-December, though, he was indeed homeless, and staying at the William Booth Center. He was accepted into the program.

For his part, Hermann discussed a few concerns with VA caseworkers. Would a

VASH tenant fit in with the other tenants in his 12-unit building? Would the VA continue to provide needed services and assistance to the tenant?

His concerns were lessened when he met Govan in person. He was drawn to Govan's openness and willingness to share the circumstances of his illness, he said recently, and was reassured when Govan's caseworker pronounced him a good fit.

Govan, who was born in California and spent many years in the film industry there and elsewhere. He said recently that "Tom is the best landlord I've ever had."

Hermann is no less pleased, both with his new tenant and with the program. He described Toni Manjarrez as a "firecracker" who got things done in a hurry. He wrote her to thank her and to praise other SHA and VA staffers who'd made the process smooth and efficient.

Seattle Housing Authority was awarded 52 VASH vouchers. A few of them are still available to connect the veteran in need of housing with the right landlord.

Energy

Continued from Page 2

One of the most significant findings of the study was that, "High Point residents are saving substantial amounts of water, electricity and natural gas beyond the levels of conservation being achieved at NewHolly and Yesler Terrace."

Comparisons of resource use between the three communities show significant differences:

NewHolly residents use about six percent more water than High Point residents and 15 percent more electricity in all-electric houses or apartments.

Yesler Terrace residents use 54 percent more water than those at High Point, and 40 percent more electricity in all-electric units.

The study also showed that people living in public housing — like most Seattle residents — are motivated to conserve energy for two big reasons: it saves money and it's the right thing to do. In fact, of the 234 households surveyed, a large majority reported that they were already taking steps to conserve energy.

It also became clear through the survey that financial incentives to conserve can make a significant difference. At NewHolly and High Point, where housing units are individually metered for water use, about 70 percent of the residents reported taking extra

steps to save on water.

In contrast, at Yesler Terrace, where units are not individually metered, only 16 percent reported taking extra steps to conserve. In fact, actual costs per person for water were \$89.40 per year more at Yesler Terrace than at High Point.

The study also evaluated whether the extra costs of including green features in construction was a good investment, and concluded that it was. The most expensive "green" feature installed at High Point was the hydronic heating system in each unit. The study showed that this feature saved enough in energy cost to more than pay for itself over time.

Tom Byers, a partner with the Cedar River Group, was in charge of the study, which was sponsored by Enterprise. He pointed out that HUD policies around utility allowances were not very effective in the long run in encouraging energy conservation. A full discussion of this issue is included in the report.

In summarizing the study, Byers said, "The thing that struck me most was the realization that three elements will be needed to achieve the nation's goals for conservation and greenhouse gas reduction: 1) capital investment by property owners and developers; 2) day to day actions on the part of those who live and work in the buildings; and 3) wise public policies that bring these forces into alignment."



Neighborhood House

Strong Families. Strong Communities. Since 1906.

RAINIER VISTA NEWS

NEWS ABOUT THE RAINIER VISTA COMMUNITY

The power of neighbors singing together



PHOTO BY TYLER ROUSH

From left, Maggie Ellis of Providence ElderPlace, Samuel Kassa of Rainier Vista Head Start and Neighborhood House Head Start Teacher Linda Chugani sing a song during a recent visit by Chugani's Rainier Vista Head Start classroom to nearby Providence ElderPlace. The class made several trips to Providence ElderPlace this year.

Lidiya

Continued from front page

"When I see mistakes in the newspaper, it starts my blood up," she said.

So Lidiya, who has a master's degree in Russian language and literature, dialed up then-editor Elliott Bronstein and volunteered for the job.

During the first few months she did the work for no pay, but was soon hired on as a paid translator. That was 11 years ago.

When she started translating for The Voice, she turned in her work to Bronstein on floppy disk.

E-mail has streamlined that process.

Lidiya is the Russian translator, which occasionally gets her mistaken as Russian. But she's quick to correct — she's Moldavian.

In fact, she worked for 25 years as a journalist in Moldova, while her home country was under Communist rule.

She detests the Soviet era — both sides of her family suffered under communism.

"They worked from generation to generation," she said. "The Soviets came and took everything."

Her maternal grandfather was a renowned marble sculptor who lost his business with

the rise of communism.

Her paternal grandparents were wealthy farmers. In 1949, Bolsheviks raided their home in the dead of night and banished them to Siberia.

According to family legend, as the family was escorted out, her grandmother grabbed handfuls of seeds hanging in the entrance of the home.

She used the seeds to start a new farm in Siberia, growing the plants indoors during the winter and planting them during the brief Siberian summer. Against all odds, the farm prospered.

"(The Bolsheviks) sent them to Siberia to punish them, and they became rich again," Lidiya said.

She took her own stand against communism as one of the few journalists in Moldova who wasn't a member of the Communist Party.

But she faced job discrimination for a different reason — her husband was Jewish. The family applied for refugee status along with son Igor, and immigrated to the United States 18 years ago, first settling in New York.

Looking back on her year and a half in New York, her assessment is uncharacteristically grim.

Get involved at Rainier Vista!

Community Clean-Up

Saturday, June 13
10 a.m. – noon
Rainier Vista Park
29th Avenue and South Genesee

Family Support Committee Meeting

Wednesday, July 1
6 p.m. – 7:30 p.m.
Paul Allen Room, Neighborhood
House Rainier Vista Center
4410 29th Avenue S.

Multicultural Diversity Committee Meeting

Wednesday, June 17
6 – 7:30 p.m.
Paul Allen Room, Neighborhood
House Rainier Vista Center
4410 29th Avenue S.

All community members are welcome!

homeWorks

Continued from front page

Capitol Park got new windows plus a new paint job, but unlike the weeks and weeks of work in each apartment that was needed to replace all the water supply pipes there, the plumbing work at Bell Tower is more limited. The water heaters will be upgraded, and a new system for delivering hot water to the upper floors will be installed.

Bell Tower will be painted with a special paint that helps seal cracks and contributes to the weatherproofing. Of course, a paint job is also a chance to change the look of the building, and a new color scheme is in the works.

The west side of the building has the good fortune to overlook Elliott Bay. So, it receives the extreme weathering of the marine winds. Unfortunately, this means the west façade will have to be blasted to prepare the surface for the paint to stick. This will not only be loud, but it will make it necessary to erect scaffolding and wrap that side of the building.

Bell Tower residents learned about these impacts of construction at a meeting with the homeWorks team on May 20. Patsy Taylor was relieved to get her questions answered about what work is involved with the new ventilation system.

"I am happy that they'll be fixing the vent in the bathroom, because now it is all

stopped up," she said.

Ed Lewis also asked several questions and was pleased to learn more about what to expect when work gets started.

Residents asked many other questions about the work at Bell Tower, including about the construction schedule. While some information was available at the May meeting, SHA's Project Manager Frank Burns explained that there are many unknown factors when doing remodeling work.

"We are giving our best estimate at this time, but until construction starts, you never really know what surprises might come your way. When we have a contractor on board in about a month, we will have a much better idea of the schedule that we can share with residents."

There will be another meeting right before the start of construction with more details about the contractor and the schedule. In addition, residents will receive personal visits to explain the timing and extent of the work in their apartments before things get underway.

Meanwhile, in the remaining buildings of the original homeWorks project, things are winding down. Except for West Town View, where the ventilation work is just beginning, basically all that is left to do is to have good-bye parties. But with the action at Bell Tower just beginning, there is barely a pause in the work load for the homeWorks team.

"From everything, it's this emission of death," she said.

She moved to Seattle in 1993 and has lived in the Ravenna School apartments for about 10 years.

She has developed a reputation around the building as the resident plant doctor. She cares for many of the plants in the building's common areas and occasionally nurses her neighbors' sick plants back to health.

"I am an emergency service," she said. "And I have a reward for this — they give me empty pots."

If a friend falls ill, she's quick to mix up an herbal tea to soothe and comfort.

In the former USSR, where one often faced a waiting period for surgery or medical treatment, Lidiya learned to apply natural medicines. She treated her son with herbal remedies, and raves about the healing qualities of burdock leaves. (She keeps a stash growing at a hidden spot near her home, to use whenever a friend or neighbor has an ache or ailment that demands care.)

Her family has passed the techniques down through the years.

"It's generation to generation — my grandma did this, my mom," she said.

In Moldova, Lidiya would make a green

soup from sorrel leaves and a certain type of nettle. While on a hike one day shortly after arriving in Seattle, she found a bunch of the nettles growing in the woods.

Excited for a taste of home, she plucked some of the nettles and went to prepare a soup. She spent several hours preparing and condensing a broth, adding vegetables, stirring in brown rice.

The last step called for the nettles. She dropped them into the simmering broth and, to her surprise, the "green" soup turned blue.

She tossed out the entire batch, concerned that the nettles might be some poisonous variety of plant.

But they were something else altogether — the tiny shoots were the beginnings blackberry vines.

"We didn't have blackberries in my country, and these little shoots look just like nettles," she said with a laugh.

It was but a minor setback, though, and she remains as famous among friends for her made-to-order salads and soups as for her green thumb.

And she continues to use her discerning eye as a journalist in her work for The Voice newspaper.

NEWHOLLY NOTES

NEWS ABOUT THE NEWHOLLY COMMUNITY

Family Cooking Night highlights the delightful cuisine of NewHolly

BY GINA M. KIM
Voice Intern

A buzz of different dialects and languages mixed with the aroma of diverse entrées and desserts filled the halls of NewHolly Community Center's Family Building on a beautiful Friday evening.

The second annual cooking night organized by the Vietnamese Friendship Association was held on May 8.

Tables of food were set up buffet-style, as the cooks of the community served their neighbors the dishes they prepared.

The evening started off with a fun game where everyone was encouraged to get to know one another, as last minute preparations of setting up were taking place.

When the excitement and settling in quieted down, the food and cooks were introduced. "This is like Iron Chef: NewHolly!" shouted Joy Bryngelson, over the voices of curious and hungry adults.

People made their way toward the front of the line for utensils and drinks, which was reminiscent of children wanting to be at the start of a lunch line.

The actual children of the community

were placed in a separate room next door to their parents, where they were occupied with arts and crafts activities, a movie, and an assortment of good food as well (minus the soda).

Student volunteers like Selam were occupied with overseeing the children.

Selam usually volunteers by doing office work, so watching a handful of kids was a change.

"They are sweet little kids, so it's fun," said Selam as she took a break from serving food to the children.

Although this was VFA's second annual cooking night, the evening was directed towards gathering more adults together than last year.

In the previous year, the event drew the youth of the community to gather, but this time, the VFA wanted to encourage the adults to come out and enjoy each other's company.

Although David, a volunteer, was not present at last year's cooking night, he has been consistent with helping out the NewHolly community and is drawn to their events.

"I like the people and atmosphere; it's

full of energy," said David, which always brings him back to attend events and help out.

David, along with other adult attendees of the event, was introduced to new recipes and different dishes including Cambodian, Vietnamese, Somalian and Ethiopian cooking.

A popular dish seemed to be the Vietnamese fried rice.

"You have to try the fried rice!" exclaimed NewHolly neighbor Nim, as she scooped two large spoonfuls of rice onto a plate.

Phuc, a foster grandparent of NewHolly was seen with a smile on his face towards the end of the event, as people were clearing out of the Family Building.

"I like to taste little bits of food," he said.

The cooking event was perfect for Phuc and anyone else who wanted to explore bits of the world in bites, all on one plate.

When asked what his favorite dish was, Phuc could not narrow it down.

"A little bit of everything was my favorite," he said.

Earth Day clean up — NewHolly style

BY AMBER WADE
NewHolly Community

NewHolly was one neighborhood among many that chipped in to make South Seattle a nicer place to live. Some of the projects that different neighborhoods tackled were graffiti clean-up, junk removal (including old cars and furniture), and garbage clean-up.

New Holly amassed a team of eight dedicated volunteers who picked up garbage in John C. Little Park, the Chief Sealth Trail, and in various alleys and parks of Phase I for three hours on a Saturday.

The Bridge to Beach cleanup was a success! Community members hauled away 10 big yellow bags of garbage away from the neighborhood.

One dedicated volunteer, David Turow, had helped out the NewHolly Community Building Office the night before by setting up and tearing down for the Neighborhood Night Celebration.

After lifting heavy tables and chairs

Please see "NewHolly" on Page 7



PHOTO BY JOY BRYNGELSON

David Turow enjoyed a burrito as appreciation for his volunteerism for NewHolly.



Visit the NewHolly Community website at
<http://www.newholly.org/>

You'll find a Directory of Services, announcements of neighborhood events and community projects, a link to The Voice resident newspaper and much more.

Vietnamese Friendship Association hosting Summer Youth Program

CHƯƠNG TRÌNH VUI-TRẺ MÙA HÈ 2009

Dành Cho Học Sinh/Thiếu Nhi Việt Nam

Hội Thân Hữu Người Việt (VFA) đang ghi danh Học Sinh/Thanh Thiếu Nhi VN tham dự chương trình Vui-Trẻ mùa Hè năm 2009.

Nội-dung: Chương trình 6 tuần lễ vừa học vừa hoạt động, vui chơi giải trí gồm:

Mở mang kỹ năng học thuật và sự tự tin

Dẫn đạo chỉ huy và công tác cộng đồng

Tham quan cơ sở trường ốc cao đẳng

và chuyên nghiệp

Du ngoạn dã ngoại và hoạt động ngoài trời

Đối tượng ghi danh: Học viên/Thanh thiếu nhi VN, tuổi từ 6-18

Thời-gian: Từ ngày 7 tháng 7 đến 13 tháng 8

Ngày/giờ: Các ngày thứ ba, thứ tư, thứ năm hàng tuần từ 1 đến 5 giờ chiều

Địa điểm: Trung-tâm Học Vấn New Holly (New Holly Learning Center) (tầng thứ hai, trên thư viện)

7058 32nd Avenue S. Seattle, WA 98118

Học-phi: \$50 dành cho HS nguyên đã được miễn/giảm tiền ăn trưa

\$150 dành cho HS nguyên không được miễn/giảm

Di-chuyển: Việc đưa/đón con em/học sinh (đưa đến trường và chờ đón về nhà) đều do quý vị phụ huynh đảm nhận.

Muốn ghi danh cho con em mình vào chương trình trên, xin mời quý vị đến tại văn phòng THNV: 7101 MLK Jr. S., phòng số 212, Seattle, WA 98118 trước ngày 19.06.09. Khã năng nhận đơn rất hạn chế, vậy phải đóng học phí ngay nội trong 2 tuần lễ để bảo đảm việc nhận vào học. Nếu cần hỏi điều gì thêm, xin tiếp xúc với Cô Kaly Pham qua số điện thoại: 206-760-1573.

The Vietnamese Friendship Association is hosting a fun and educational 6-week Summer Youth Program for Vietnamese youth. Participants will engage in college visits, community service, field trips and fun outdoor activities! Transportation to and from the NewHolly Learning Center is not provided. Please enroll at the Vietnamese Friendship Association in person at 7101 MLK Jr. S., Suite 212 by June 19. Space is limited and payments must be made within 2 weeks to secure your enrollment. Please call Kaly Pham at (206) 760-1573 for more information.

Who: Vietnamese students ages 6-18

When: July 7 to August 13: Tuesdays, Wednesdays, and Thursdays from 1 p.m. to 5 p.m.

Where: NewHolly Learning Center 7058 32nd Ave. S.

Cost: \$50 for students on free/reduced lunch, \$150 for students not on free/reduced lunch. Assistance may be available, so please ask!

YESLER HAPPENINGS

NEWS ABOUT THE YESLER TERRACE COMMUNITY

Serving up lunch for Yesler's seniors



PHOTOS BY TYLER ROUSH

Neighborhood House's Annie Edwards (left) serves a salad to a guest at the Yesler Terrace Senior Luncheon May 21. About 20 people turned out for the event. Volunteer Doretha Ford (above, left) also served food at the luncheon.

Digital TV

Continued from Page 3

government. You can buy them at electronic stores for around \$60, but keep your eyes open for special promotions where you can trade in your coupon directly for a box with no extra costs.

The FCC has a help line to order coupons and also to assist consumers in using their boxes: 1-888-225-5322 (TTY: 1-888-835-5322) They expect to be deluged with calls around June 12, 2009, so get your converter box ready ahead of the deadline.

Your best bet may be to call the local DTV assistance center here in Seattle, which is staffed by knowledgeable volunteers. Keep their number handy: 206-508-1277 (English) or 206-988-3760 (Español).

Even better, there is in-person assistance at several locations around Seattle:

Local drop-in centers open Tuesdays and

Thursdays, 5pm-8pm:

- Rainier Community Center, 4600 38th Ave S
- Garfield Community Center, 2323 East Cherry St.
- Yesler Community Center, 917 E. Yesler Way
- Van Asselt Community Center, 2820 S. Myrtle St

Local drop-in centers open business hours Mon-Fri:

- Youngstown Cultural Arts Center, 4408 Delridge Way SW. Open 9 a.m.-9 p.m.
- Leadership Academy, 425 SW 144th St., Burien. Open noon-8pm (en Español)

Since procrastinators are to be expected, several organizations are working to provide last-minute assistance to deal with the transition to DTV (even free converter boxes) so keep your eyes peeled. Ready or not, here comes DTV!

NewHolly

Continued from Page 6

all night Friday, David got up in the morning and joined the NewHolly team to pick up garbage around the neighborhood. Not only that — he recruited three people before showing up to the clean-up by handing out fliers at the NewHolly Library. We appreciate David's smile and eagerness to help with a wide variety of projects. Thank you David!

Another amazing individual who helped out is Catherine Glavin, who showed up to the clean-up nine months pregnant and with her 3-year-old daughter, Celine, in tow. Catherine has chaired the Traffic, Parks, and Safety (TPS) Committee for several years now and will be taking a break when her son is born. Cecelia Linsley and Perry

Parsons will co-chair in her absence. Meetings for TPS are the third Tuesday from 6 to 8 p.m.

Thanks to the Rainier Chamber, Seattle Neighborhood Group, HomeSight, Othello Park Alliance, Healthy and Active Rainier Valley Coalition, Public Health - Seattle & King County, South-East Effective Development (SEED), Department of Neighborhoods and the Rainier Valley Post for sponsoring such a great event that brought together neighborhoods to accomplish so much in such a short time. The event was celebrated that night with a BBQ in Othello Park with live music from local musicians.

Please come out next year for the Bridge to Beach cleanup and join your neighbors in making your community a nicer place to live.

Budget

Continued from front page

In a memo to Seattle Housing Authority's Board of Commissioners and management staff, Executive Director Tom Tierney outlined how changing federal funding priorities will positively affect the agency's 2010 budget.

"Early indications are that Housing Choice Voucher funding is likely to increase. The public housing operating subsidy is also likely to rise, after a decade of under-funding," he said. "This is sufficient to maintain most current program and service levels in 2010."

Consistent funding will allow the Housing Authority to continue the maintenance and ongoing development of safe, affordable housing for people with low incomes.

By the end of 2009, the Board of Commissioners will select a preferred site concept for the redevelopment of Yesler Terrace. With this decision in place, 2010 will see Seattle Housing Authority focus on

building community support for the neighborhood's redevelopment plan. The agency will work to secure approval of the Yesler Terrace Master Plan and the zoning changes associated with that plan. The creation of a comprehensive, long-term financing plan will take place in 2010 as well.

SHA will also work with the community to develop the low-income housing plan for Yesler Terrace. This includes the replacement of 561 low-income rental units for people earning 30 percent of area median income and below. It also covers the construction of more than 1,000 additional units for other low-income people.

The Housing Authority has promised current residents that if they are living on-site when redevelopment begins, they will have the right to live in the redeveloped community. The agency and its planning team hope to find a way to phase the project so that a minimum number of households have to leave the site during redevelopment. The plan for relocation is expected to be completed in 2010. A plan that outlines the economic opportunities available to residents once they return should be fin-

ished as well.

Seattle Housing Authority also looks to make substantial progress toward the completion of Rainier Vista in 2010. This includes finishing the construction of the 86-unit Tamarack Place building. Infrastructure for a large portion of the second phase of the community should also be completed. The agency will work to secure funding for the affordable rental housing it has promised to build on the site.

Improved safety and security at Seattle Housing Authority's family communities remains an agency priority in 2010.

"We will work in partnership with residents, homeowners, community organizations, schools, the police, and other City of Seattle agencies to ensure that we are better able to deal with security threats — particularly at NewHolly," explained Tierney.

SHA staff will also work to create a system that helps low-income people make the most of opportunities to work toward financial stability or self-sufficiency.

"Much work and grant program funding is directed toward helping residents and participants improve their financial

independence," said Tierney. "We are going to look anew at our internal systems, programs, and culture to ensure that we are working together to maximize opportunities and access for all of the people we serve."

In addition, Seattle Housing Authority will work to put itself on a more stable long-term financial footing. As part of this, the agency will reduce outstanding balances on its lines of credit. It will also develop transparent, balanced financial plans for the completion of its Rainier Vista and Lake City projects.

Budget priorities for 2010 were developed by Seattle Housing Authority's executive staff as recommendations to the Board of Commissioners. The recommendations were based on input from agency managers and projections of the agency's financial positions in 2010.

These priorities will form the basis for a draft 2010 budget, which is expected to be available for review in September. Public comments will be accepted before the Board of Commissioners approves a final budget — most likely in October.

TRANSLATIONS

TRANSLATED ARTICLES FROM THE VOICE

Seattle Office for Civil Rights launches web-based discrimination form
អាជ្ញាធរសិទ្ធិមនុស្ស និងមរណប្រដាប់ដំណាក់ដំណើរ
នៃគុណភាពសេដ្ឋកិច្ចសហគមន៍
 បើសិនជាមាននរណាម្នាក់និយាយសំឡេងឬប្រាមសម្លេងនៅកន្លែងស្នាក់នៅ,កន្លែងធ្វើការឬនៅទីកន្លែងសាធារណៈទូទៅ? ពុំទុក្ខនេះមានក្រសួងអាជ្ញាធរសិទ្ធិមនុស្សនិងការការពារនៅបញ្ហាទាំងនោះតាមអ៊ិនធឺណែត ។

សិទ្ធិមនុស្សក្នុងក្រុងស៊ីអាតូល Seattle Office Civil Rights(SOCR)បានបើកវិធីសាស្ត្រការការពារស្របច្បាប់ស្តីពីការរើសអើងលើកិច្ចការសិទ្ធិមនុស្សនិងការប្រកាន់ពូជសាសន៍ក្នុងសង្គមយើងនេះ ។

(យើងចង់ដឹងការពិពណ៌នាបច្ចេកទេសយើងដែលមានការរើសអើងនិងការពិពណ៌នាបច្ចេកទេសយើងដែលមិនសម្របទៅនឹងច្បាប់ចំពោះអ្នករាងកាយដែលបានទទួលរោគសញ្ញាពីការរើសអើងតាមសាធារណៈឬទៅទីកន្លែងស្នាក់នៅដែលអ្នកបានជួបប្រទះនោះ)។

លោកស្រី Julie Nelson មានប្រសាសន៍ថា : នៅតាមក្រសួងអង្គការសិទ្ធិមនុស្សចុងក្រោយនេះនឹងពិបាកបំផុតបំផុតដែលអ្នកនាំការពិពណ៌នាដែលកើតឡើងលើយកម្មសិទ្ធិមនុស្សនិងជួយទៅតាមហេតុការណ៍ដែលអាចនឹងជួយបានដល់លោកអ្នកភ្លាមៗ។

បើលោកអ្នកមិនអាចមកជួបនឹងក្រសួងបុគ្គលិកធ្វើការនៃសិទ្ធិមនុស្សក្នុងក្រុងស៊ីអាតូលបានទេ, លោកអ្នកអាចទាក់ទងតាមអ៊ីម៉ែលសាយ: <http://www.seattle.gov/civilrights/howtoocr.htm>. បុគ្គលិកធ្វើការនៅទីនេះនឹងជួយបំពេញសំណុំប្រៀងជូនលោកអ្នកភ្លាមនៅពេលដែលបានទទួលសំណុំប្រៀងអំពីលោកអ្នក ។ រួចបុគ្គលិកចំណុះសំណុំប្រៀងទាំងនោះជូនដល់ក្រុមអាជ្ញាធរសិទ្ធិមនុស្សតំបន់ដែលកើតឡើងចំពោះលោកអ្នក, បើសិនជាមានចម្ងល់អ្វីទៀតនឹងទូរស័ព្ទមកសួរលោកអ្នកផ្តល់ព័ត៌មាន។

បើលោកអ្នកអាចទូរស័ព្ទ(២០៦)៦៩៤-៤៥០០ បើលោកអ្នកចង់ជួបផ្តល់ទៅនឹងបុគ្គលិកធ្វើការនៅនៅអាគារ Central Building 810 3rd Ave #750 ក្រុងស៊ីអាតូល ។

Seattle Office for Civil Rights launches web-based discrimination form
Офис по гражданским правам Сиэтла внедряет форму о дискриминации на интернете
 Вы думаете, что к вам отнеслись несправедливо с жильём, на работе или в публичном месте? Теперь вы можете быстро получить помощь, заполнив заявление на интернете. Офис по гражданским правам (SOCR) создал новый онлайн заявление-вопросник для того, чтобы люди могли что-то предпринять, если они чувствуют, что стали жертвами незаконной дискриминации. «Мы хотим быть уверены, что у людей есть возможности, если они считают, что с ними обращаются несправедливо с жильём, на работе, в публичном месте или при заключении договора. - сказала Джули Нелсон, директор SOCR. - Чем быстрее мы узнаем о людских обстоятельствах, тем скорее мы сможем принять меры. Новый вебсайт обеспечивает дополнительную возможность для начала разбирательства.»

Заявление-вопросник доступен на вебсайте <http://www.seattle.gov/civilrights/howtoocr.htm>. Клиенты могут заполнить заявление онлайн и послать по электронной почте или отпечатать копию, заполнить её и отправить по почте. Как только SOCR получит заполненный вопросник, мы позвоним вам для назначения встречи и персональной беседы.

Люди могут также позвонить в SOCR по тел. 206-684-4500, чтобы поговорить со следователем, принимающим дела или персонально посетив наш офис в центре города по адресу: Central Building, 810 Third Avenue, Suite 750.

ВАН PHONG BAO VE QUYEN BINH ĐANG THUOC THANH PHO SEATTLE VUA ĐUA LEN TRANG MANG MAU ĐƠN VE VIỆC KỴ THỊ

Quý vị có nghĩ rằng quý vị có bị đối xử bất công trong vấn đề nhà ở, công việc làm hay ở một chỗ công cộng không? Giờ đây quý vị có thể nhận được sự giúp đỡ cách nhanh chóng bằng cách điền vào mẫu đơn trên mạng.

VĂN PHÒNG BẢO VỆ QUYỀN BÌNH ĐẲNG THUỘC THÀNH PHỐ SEATTLE tạo ra mẫu đơn trên trang mạng để giúp cho dân chúng có hành động ngay và cách dễ dàng khi mà họ cảm thấy họ là nạn nhân của việc kỳ thị cách bất hợp pháp.

Chúng tôi muốn làm chắc rằng người dân có các sự lựa chọn tùy tiện nếu họ tin rằng họ bị đối xử không công bằng trong vấn đề nhà ở, nơi chỗ làm, nơi công cộng, hoặc trong cuộc họp đồng” cô Julie Nelson , giám đốc cơ quan Về Quyền Bình Đẳng Thành Phố Seattle đã nói như thế. “Vừa khi chúng tôi biết về hoàn cảnh của người dân, thì vừa lúc chúng tôi bắt đầu giải quyết. Trang mạng mới cung cấp thêm phương cách nhằm tiến hành thủ tục.

Các Câu Hỏi Khởi Đầu có sẵn trên trang mạng <http://www.seattle.gov/civilrights/howtoocr.htm>. Những khách hàng có thể điền trả lời các câu hỏi trên mạng rồi gửi trả lại, hoặc có thể in ra rồi điền và gửi lại. Ngay khi nhận được đơn, văn phòng Về Quyền Bình Đẳng Thành Phố Seattle sẽ gọi và làm cuộc hẹn để phỏng vấn cá nhân.

Người dân cũng có thể nhận được sự giúp đỡ bằng cách gọi cho VĂN PHÒNG VỀ QUYỀN BÌNH ĐẲNG THUỘC THÀNH PHỐ SEATTLE ở số 206-684-4500 để nói chuyện với nhân viên điều tra, hoặc có thể đến tại văn phòng ở cao ốc Central Building, 810 đường số 3, phòng số 750 trong khu downtown Seattle.

Seattle Office for Civil Rights launches web-based discrimination form
የሲያትል የሰብአዊ መብት ጽ/ቤት በኢንተርኔት የፍትህ መብት ፎርም ጀመረ
ቤት ለማግኘት ትክክለኛ ባልሆነ መንገድ ወይም በህዝብ ቦታ በደል ደርሶብዎ ነበር? አሁን በተፋጠኑ ሁኔታ በኢንተርኔት ፎርም ሞልተው ከላኩ እርዳታ ያገኛሉ።
የሲያትል ሰብአዊ መብት ቢሮ (SOCR) ይህንን የኢንተርኔት የጥያቄና መልስ ያዘጋጀው በማንኛውም ጊዜ ችግሮች ሲፈጠሩና ሕገወጥ የሰብአዊ መብት ሲደረግ ወዲያው እርምጃ መውሰድ እንዲቻል ነው።
ጁሊ ኔልሰን እንደተናገረችው “ ሰዎች ምርጫ ኖሯቸው የሚደረግባቸውን አድላዊ ስራ በቤት፣ በስራ፣ በአደባባይና በኮንትራት ስራዎች ላይ ትክክለኛ ስራ እንዲሰራ ስለምንፈልግ ነው” ብላለች። ስለሰዎች ችግር ተለቶ ከሰማን ወዲያው ችግሩን መልስ እንዲኖረው መፍትሔ እንሰጣለን። “ይህም የኢንተርኔት ስራ ከዚህ ጋር የተገናኘ ነው።”
ይህ ጥያቄ በኢንተርኔት <http://www.seattle.gov/civilrights/howtoocr.htm> ይገኛል። ማንኛውም በኢንተርኔት ላይ የሚገኘውን በሞመላት በኤሌክትሮኒክ መላክ ወይም ኮፒ አድርጎና ፎርምን ሞልቶ መላክ ይችላሉ። ወዲያው የሲያትል የሰብአዊ መብት አስጠባቂ ስራተኛ (SOCR) በስልክ በመደወል ለተጨማሪ ኢንተርቪው ጊዜ በመመረጥ ያነጋግሩዎታል። እንዲሁም ማንኛውም ሰው የሰብአዊ መብት አስጠባቂ ስራተኛን በስልክ ቁጥር 206-684-5400 በመደወል አጣሪ ስራተኛ ጋር መነጋገር ይቻላል። ወይም ወደቢሮአችን ወደ ሲንተራል ቢዩልዲንግ 810 ሶስተኛው ጎዳና ዳውንታውን ሲያትል በመምጣት ማናገር ይችላሉ።

Shorter translation section this month

Due to a family emergency, our Tigrigna translator was unable to complete his translation work for the month of June. We sincerely apologize for the inconvenience and hope to provide a complete translation section next month.

Xafiiska xuquuqul aadanaha Seattle oo sameeyey foom internetka ku salaysan ee istakoorka (cun-suriyo).

Haddii aad isleedahay waa lagu duudsiyry ama lagu takooray sida xagga shaqooyinka, guryaha iyo waliba goobaha dadweynu u siman tahay, hadda waxaa jira foom aad internetka islamrkiiba ka buuxin karto.

Xafiisku wuxuu foomkaan u sameeyey si dadku Markey dareemaan arintaa xun ay dhaqso u buuxin karaan suaalahaas uguna sahlanaato in dadku tilaabo qaadaan.

Sida ay sheegtay Julie Nelson, “waxaan rabnaa inay dadku og yihiin inay leeyhiin fursado hadday rumaysan yihiin in la gacan bidixeeeyey ama la takooray caddaalad darrona lagula dhaqmay. Waxay ku dartey

haddan dhaqso helno warbixinta dhaqso ayaan arina wax uga qaban karnaa ama u gudo guli karnaa. Web-kunamacluumaad badan oo dheeri aho ku saabsan sidaad ku bilaabi lahayd ayaad ka heli kartaa”

Su’aalaha diiwaan gelinta waxaad ka heli kartaa <http://www.seattle.gov/civilrights/howtoocr.htm> dadku wey buuxin karaan su’aalaha isla markaasna internet ahaan u diri karaan. Ama daabacan karaan koobi, buuxin karaan mailkan ku diri karaan. Markay SOCR hesho foomkaaga ayey balan wareysi kuu dhigayaan si arinta wax lagaaga weydiiyo.

Dadku sidoo kale waxay wici karaan SOCR 206-684-4500 si ay ula hadlaan qof u xilsaaran dabagalka dunuubta noocaas ah. Sidoo kale waxaad booqan kartaa xafiiskooda oo ku yaal: 810 Third ave, Suite 750 Seattle.