



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



The Voice

January
2010
Articles translated
into six languages

The newspaper of Neighborhood House

First novel for Fremont Place resident was many years in the making

By TYLER ROUSH
The Voice editor

For her first novel, Anne Fitzgerald took a do-it-yourself approach.

The Fremont Place resident had tried contacting prospective editors and publishers to pitch a trilogy of novels, but with no luck.

Her age became an obstacle — publishers want to discover the next young literary star, Fitzgerald said.

“My advice to anyone who is retired is, do not tell them you’re a senior,” she said.

So Fitzgerald took matters into her own hands. She contacted a print-on-demand company and paid to self-publish her work.

Her first novel, many years in the making, is now a reality.

“Kishin is Coming”

Fitzgerald has been writing all of her life — “Since I was a kid,” she said. But for so many years, her day job got in the way.

“It’s really hard (to write) when you’re working full-time,” she said.

Still, she spent many evenings, weekends, even her vacation time, on writing. But she had to wait until she was retired to put all of that energy together and craft a novel.

Where to find it

“Kishin is Coming,” the first novel by Fremont Place resident Anne Fitzgerald, is available for purchase online at www.amazon.com and www.barnesandnoble.com.

The book is “Kishin is Coming,” the first installment in a trilogy about an isolated island society and its inevitable collision with a corrupted outside world.

“I want to provide hope by showing a future after civilization, if we have to start over,” she said.

In the novel, Fitzgerald describes a gentle egalitarian society that is sustainable and has no money and no weapons. “And they’re happy,” she adds.

Isolated from the rest of the world for more than 200 years, this intentional community is drawn out of seclusion when it is compelled to make contact with the rest of the world. The protagonist is a young woman reluctantly dispatched as a sort of ambassador to the outside world, where she finds a society consumed by decadence and depravity.

She carried the idea for the story with her for years. The title first came to her in



PHOTO BY TYLER ROUSH

Fremont Place resident Anne Fitzgerald is the author of “Kishin is Coming.”

Please see “Novel” on Page 4

Low-income families may apply for energy bill assistance through CAMP

By VOICE STAFF

Energy assistance for low-income residents and families is available through the Central Area Motivation Program (CAMP). Seattle residents are eligible for the programs if they meet income eligibility requirements outlined below. If you receive a utility allowance through the Seattle Housing Authority, you may not be eligible for these programs.

The Low Income Home Energy Assistance Program (LIHEAP), CAMP’s largest service, is federally funded and designed to help income-eligible households. This program provides up to \$1,000 annually for heating bill assistance; support for window

repair, chimney cleaning and furnace repair or replacement up to \$5,000; and energy conservation education. The LIHEAP Program typically runs from November through May, or as funds remain available.

Qualifications require that the household reside south of 145th St., north of 96th and Roxbury St. and make no more than the following net monthly income:

- One person: \$1,128
- Two people: \$1,518
- Three people: \$1,907
- Four people: \$2,297
- Five people: \$2,686
- Six people: \$3,076
- Seven people: \$3,466

Eight people: \$3,855

Nine people: \$4,245

Ten people: \$4,634

Puget Sound Energy’s HELP program provides assistance with the cost of natural gas consumption to qualified Puget Sound Energy (PSE) natural gas customers with an account in their name or in the name of a member of their household. The program provides up to \$750 annually for natural gas bill assistance. PSE HELP operates from October through September (year-round) or as funds remain available.

Qualifications require that the household

Please see “CAMP” on Page 3

H1N1 vaccine update

In December, eligibility to receive an H1N1 (swine) flu vaccine was widened to include everyone six months of age or older in King County.

Depending on early demand among this broader group, supplies may be limited for a time at some locations.

For the latest information about vaccine availability, please go to www.kingcounty.gov/health/h1n1 or call the flu hotline at 877-903-KING (5464).

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Quotable

“The City Council action will give people with disabilities, in all their diversity, the collective voice to improve City programs.”
— Charity Ranger, referring to an expected City Council resolution to create a Seattle Disability Commission. See the related story on Page 3.



Health Notes

A column devoted to your well-being

Food Worker Card training and testing schedule for 2010 released

Same locations as last year but classes held on different days

BY PUBLIC HEALTH - SEATTLE & KING COUNTY

Public Health - Seattle & King County has announced the 2010 schedule for classes for food handlers needing a Food Worker Card. The full schedule is available at www.kingcounty.gov/health/food-worker.

Classes consist of training and tests. Classes are held throughout the year Monday through Friday except on federal holidays. All sessions offer materials in English, Spanish, Korean, Mandarin, Cantonese, Russian and Vietnamese. The cost of a food worker card is \$10.

Locations and times for food worker training:

Mondays in downtown Seattle - Seattle Center

Classes at 8:30 a.m., 11 a.m. and 2:30 p.m.

Seattle Center, Northwest Rooms
305 Harrison Street, Seattle, WA 98109

No class Jan. 18, Feb. 15, May 31, July 5, or Sept. 6

Tuesdays in Renton - Imperial Bingo Connection

Classes at 9:30 a.m., 1 p.m., and 4 p.m.

3100 East Valley Highway
Renton, WA 98057

Wednesdays in northeast Seattle - Sand Point Magnuson Park

Classes at 9:30 a.m., 1 p.m., and 4 p.m.

7400 Sand Point Way NE, Seattle, WA 98115
Community Activity Center, Garden Room, Building #406

Fridays in Bellevue - Highland Community Center

Classes at 9:30 a.m. and 1 p.m.
14224 Bel Red Road NE
Bellevue, WA 98007

No classes Jan. 1, Sept. 10, Sept. 17, Nov. 26, Dec. 24 or Dec. 31

For more information about food worker training and testing at any of our sites, call 206-296-4791, or visit our website at www.kingcounty.gov/health/food-worker.

What is a Food Worker Card?

The Food Worker Card is a permit to work with food being served to the public. Everyone who works in the food industry by preparing, cooking and/or serving food to the public must have a Food Worker Card. Those successfully completing the training and passing the required test will receive a Food Worker Card.

The training class lasts approximately two hours. Participants are encouraged to arrive 30 minutes early to complete registration materials.

Training materials and tests are available in English, Spanish, Vietnamese, Korean, Mandarin, Cantonese and Russian.

To take the training and test for the Food Worker Card, applicants must:

- Be able to read the book and test, and to write out the registration form. If help is needed, the test-taker may bring a friend to assist.
- Photo ID is required.
- Bring \$10 cash to pay for the Food Worker Card.
- Arrive on time. Applicants will not be allowed in after the class has started.

Other important information:

- If renewing for a three or five year card, bring in the old card (or a copy) that expired less than 30 days ago, or will expire within the next 60 days.
- For a five-year card, bring in proof (certificate or card) showing completion of an approved food safety training class within the last two years.

For bus information, call METRO at 206-553-3000 or visit their website for online bus schedules at: <http://metro.kingcounty.gov>.

Providing effective and innovative health and disease prevention services for over 1.9 million residents and visitors of King County, Public Health - Seattle & King County works for safer and healthier communities for everyone, every day.



Reader's viewpoint

Readers of The Voice share their ideas

Another One Night Count, and a resolution for personal action

BY LISA WOOD
SHA Resident

As 2009 comes to a close and 2010 briskly comes upon me, thoughts turn to another One Night Count. Spearheaded by the Seattle King County Coalition for the Homeless (SKCCH for short) this will be their 30th year recruiting people from all cultures, spiritual paths and beliefs. They all come together for one night, and for one purpose — to count people during the wee hours of the morning who are sleeping outside in the dead of winter with only a blanket or two; sometimes not even that much.

According to the statistics there was a “two percent increase when comparing similar count areas from 2008. The total for 2009 of people living without housing or shelter throughout King County was 2, 685.”

This begs the question: will the statistics continue to rise?

It also forces me to look at my actions over the last 365 days. What in fact have I physically done to help change those statistics from last year? Or have I succumbed to the self-pitying voice that leads to apathy and leads me to continue to believe that “I am just one person, I can't really make a difference anyway!”

As I started this article I was thinking about all my unmet friends that have been sleeping in alleyways, doorways and all the other places this week and how the temperature has been in the 20's, and it propels me to go from thinking to acting in whatever way I can. The time has come for me today to stop thinking about change and to start becoming a conduit for change by actively helping.

Daytripper: A walk in the Ravenna woods

BY KRISTIN O'DONNELL
SHA Resident

There are lots of possibilities for winter walking beside a creek in the forest in Seattle — Upper Madrona Park in the Central District, Schmitz Park in West Seattle, Carkeek Park in the Northeast, and Deadhorse Canyon in the Southeast. The most easily accessible by transit (and least hilly and winter-muddy) is Ravenna Park, north of the University District.

Take the 71, 72 or 73 Metro from the downtown bus tunnel to 15th Avenue Northeast and Ravenna Avenue. Start your walk at Cowen Park, on the west side of 15th Avenue Northeast. Notice the beautyberry bush by the southeast entrance — bare branches with pea-sized berries that are an intense, metallic purple. There's a big new playground, life-sized statues of little animals, a huge sundial, picnic tables, an unofficial dog park, and a recently restored creek bed, new enough to see how it was done. There is also a **locked** restroom.

Follow the wide path to the left of the field house under 15th Avenue Northeast into Ravenna Park. The main trail, an old access road, goes down the center of the ravine, closest to the creek.

The road goes gently downhill, into a deep canyon.

Although the park is only a couple of blocks wide, the city seems a long way off. You hear the creek, which has small waterfalls in the winter, and birds. Big trees are covered on all sides with long moss. Fallen leaves and dead grass are still edged with frost in shady places. Big green sword ferns grow along the creek.

Trails on either side lead by steps and switchbacks to parallel trails (real, and somewhat muddy, trails, these, not like the road in the middle) on each side of the ravine. There are a few trailside benches for sitting, resting and listening.

Halfway down the road, a glacier dropped an enormous, and now moss-trimmed, boulder in the path of the creek — boardwalks cross the creek at this point. The trail is neither crowded nor lonely.

It's a good place for birds, and bird-watching or listening, whether you travel with a field guide and binoculars or not. I'm a novice bird watcher, and on Christmas day I saw a brown creeper, a flicker, a whole lot of robins, three mallard ducks, several not-mallard ducks, a bunch of little

Please see “Daytripper” on Page 5



Please recycle me



The Voice

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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.

Write a letter to the editor

The Voice welcomes your feedback. Send your letters by e-mail to tylerr@nhwa.org, or by regular mail to:

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Letters may be edited for length. For more information, contact Tyler Roush, Voice editor, at 206-461-8430, ext. 227.



Neighborhood
House

Council to vote on Seattle Disability Commission

By JIM BUSH
SHA Resident

The Seattle City Council will vote this month on legislation that would create a Seattle Disability Commission, ensuring a broader voice in city government for persons with disabilities.

Council Bill 116763, which is the "enabling legislation," was approved by the Civil Rights Committee of the Seattle City Council Dec. 15, and now moves on to the City Council for its consideration on Jan. 11. If passed, it would be signed by newly inaugurated Mayor Mike McGinn (who has already pledged his support) and would take effect thirty days later, on Feb. 11.

The Commission will be a forum to which people with disabilities can bring questions about city practices and procedures, along with other issues of importance and concerns raised by this constituency, which has been called the "largest minority population in Seattle."

It would also give a voice to people with many disabilities, including those with limited mobility, vision, speech, and hearing, as well as people with mental-health issues or those who are recovering from substance-abuse issues, as well as many other conditions.

On Nov. 12 the Seattle City Council's Budget Committee voted unanimously to support the creation of a City of Seattle Disability Commission under the auspices of the Seattle Office of Civil Rights (SOCR).

This was reaffirmed when the Council unanimously passed the entire budget ordinance on Nov. 23, reaffirming their commitment to provide the funding needed to establish the Commission and keep it going.

After the budget committee vote, Charity Ranger, who works for the Alliance of

People with disabilities, said that in creating a Disabilities Commission, "the City Council action will give people with disabilities, in all their diversity, the collective voice to improve City programs."

Rachel Sachs, a University of Washington student, adds that "It is in hard times that minorities need their civil rights protected the most."

John Denooyer, a volunteer who manages the coalition web site, said "At last we have a chance for our voices to be heard."

This proposal was advocated by the Committee to Establish a Seattle Disability Commission (CESDC) for more than a year, and has been endorsed by many community-based organizations, including the Resident Action Council, Center Park Residents Council, Alliance of People with disabilities, the Governor's Committee on Disability Issues and Employment, the Northwest Chapter of Paralyzed Veterans of America, the Lighthouse for the Blind and the Seattle Displacement Coalition. (The complete list of endorsing organizations is on the CESDC Web site at www.megadutch.com/cesdc.)

While the Council Budget Committee vote is seen as a positive step by the members of CESDC, there is still a lot of work to be done.

Recently, CESDC members met with members of the Seattle Human Rights and Lesbian/Bisexual/Transsexual/Gay (LBTG) Commissions to discuss how the Disability Commission would "interface" with other commissions, the roles each would play in the City of Seattle's infrastructure and other pertinent issues.

The language in the bill being considered will address these issues, along with determining how the Disability Commis-

Please see "Commission" on Page 5

Deadline approaches for Small Sparks grants through Department of Neighborhoods

By MICHELE KLAMER
Seattle Housing Authority

The next deadline for applying for money from the Seattle Department of Neighborhoods' "Small Sparks" program is coming up on Jan. 11. Several Seattle Housing Authority communities, including NewHolly, have been successful in applying for these grants in the past. The grants are ideal for small projects that need some seed money to get off the ground.

"Small Sparks" is part of Seattle's Neighborhood Matching Fund (NMF). The fund provides neighborhood groups with city resources for community-driven projects that enhance and strengthen neighborhoods across the city.

All projects are initiated, planned and implemented by community members in partnership with the city. Every award is matched by neighborhoods' or communities' resources of volunteer labor, donated materials, donated professional services or cash.

Since 1988, the fund has awarded more than \$45 million to more than 3,800 projects throughout Seattle, generated an additional \$68 million of community match, and engaged more than 80,000 volunteers who have donated more than

560,000 hours.

The Neighborhood Matching Fund Team has made several recent changes to its structure, process, and forms. Their goal is to make it easier and simpler for you to navigate and execute.

The NMF guidelines are now clearer and easier to navigate with all four NMF funding programs covered under the same guidelines document. The value of volunteer time has increased to \$20 per hour, keeping up with Independent Sector research on average volunteer time value.

To keep up with rising costs, fund request limits have increased for the Small Sparks Fund up to \$1,000 and the Small and Simple Fund up to \$20,000 per project.

Application Forms have been redesigned to be easier to use, along with simplified questions, fill-in electronic formatting, and simpler work plan and budget forms.

To increase outreach and assistance to projects, the Neighborhood Matching Fund staff will hold one to two technical assistance workshops every month at various locations around the city. To learn more about workshops, check the Web site at www.seattle.gov/neighborhood/nmf, or call 206-615-1600.



One to grow on

Garden tips for community gardeners

Starting your onion and shallot plantings this month can yield a bumper crop in August

By ANZA MUENCHOW
Special to The Voice

As you look over your site this winter, consider all aspects of the micro-climates you have in your garden. How much direct sunlight will strike the soil and warm it in March? (Hint: the direct sunlight is the same as it receives in late September.)

This amount of solar heat in spring may be enough for your lettuce to germinate a couple weeks earlier than if it is in shade. If your garden is on a slope, the cold air will travel down to the lower areas, delaying the growth of your early plantings.

Could a retaining wall collect the cool air and perhaps direct away from your tender plants? Even a trellis or an artistic sculpture can give protection to a tender perennial, when placed in the right spot.

Besides tracking sunlight and cold air, think about the winter rains. How well does your soil drain? Is it too soggy and wet in the spring? Is water pooling anywhere? Can you direct that surface water into a rain garden?

If cold, wet soil is a problem for your early gardening efforts, build up some raised beds. This would allow the soil to warm sooner and be dryer for earlier spring planting.

Some people build up their beds by constructing wooden or brick frames. Others just mound the soil by shoveling the soil from the path areas into the planting areas to create your beds.

If the garden area is new, the added "top soil" from the paths will allow for a deeper root zone. Make your beds flat on top and narrow enough (maybe three feet across) to easily plant, harvest and weed them without stepping into them. This allows the soil to stay loose because your feet won't compact the soil.

In a raised bed, plants can be spaced more compactly than the row cropping you see in a field. Soil amendments and manures can be added to just the raised bed area, rather than covering the whole garden.

You will be surprised at how much sooner the soil temperatures increase in raised beds. In addition, these beds can be covered by low tunnels of plastic or other types of cloches to really extend the growing season. There are many cloche designs using wire or plastic hoops that support a simple clear plastic, acting then like a "mini greenhouse."

I've used recycled glass windows formed into an A frame and tied to supporting stakes. Lots of useful items can be collected for free and used to enhance the heat in a small garden.

While studying seed catalogues this month, pick out your Allium seeds first. Onions and shallots are easy to grow in our climate, if you start the seeds indoors in January or early February. We usually select sweet onions (like Walla Walla), storage onions (like Copra), Shallots (like Ambition), red onions (like Mars) and then some sort of cipollini or Italian type.

Seed thickly in clean four-inch plastic pots, using a sterile seed mix. I may sow as many as 40 seeds in each pot. They germinate pretty quickly at 60 degrees on a heat mat. Give plenty of light and keep moist. At about six to eight weeks as the little green shoots are starting to tip over and tangle (three to four inches tall), harden off the pots in a cloche or unheated greenhouse.

Prepare your onion beds with lots of manure and additional bone meal if you have it. The soil should be light and as well-drained as possible. Then when warmer weather is predicted (40 degrees at least), carefully plant out the little green thread like onion starts. Tip out the pots and begin to separate the onions, using care not to tear off all the roots. I have been impressed at how few roots they can have and still begin to grow in March.

The basal disc where the roots grow from is the important part to plant. I plant them just a few inches apart and then in April, begin thinning out the green onions to serve in salads and cook as spring onions.

I use my hori hori knife to carefully remove the young onions as they begin to crowd each other. By June, the onions should be at least five inches apart as they grow to full size for August harvesting.

If the leaves have a slight yellowish tinge in the spring, give them an application of a liquid fish emulsion fertilizer diluted with water.

If they aren't dark green by mid May, give them another application. We plan our harvest to have enough onions and shallots to store and last the whole winter, storing them in a cool, dry, dark shed or closet.

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.

CAMP

Continued from front page

be within Seattle City limits and make no more than the following net monthly income:

- One person: \$1,354
- Two people: \$1,822
- Three people: \$2,289
- Four people: \$2,757
- Five people: \$3,224
- Six people: \$3,692
- Seven people: \$4,159
- Eight people: \$4,627
- Nine people: \$4,917
- Ten people: \$5,200

All applicants for either of these programs must call the Energy Assistance

Line at 800-348-7144, TTY 800-246-1646 to make an appointment. For more information about CAMP, go to www.campseattle.org or www.hope-link.org/gethelp/energy.

Documents you will need for your appointment:

- Social Security Cards for all adults 18+ years
- Picture identification for the applicant
- Proof of children living in the household: Medical Coupon, Social Security Card, Birth Certificate
- Income documentation for three months prior to the application for each member of the household 18+ years
- A current energy bill
- Lease or rental agreement, mortgage or property tax statement



PHOTO BY COLIN SEXTON

Pictured at a recent celebration lunch are (left to right) Ngoc Nguyen, Qadro Mohamud, Andy Tang (2008 DB Scholar attending Seattle University), Ayan Hassan (2008 DB Scholar attending the UW), Faiza Moalim and Fosia Warsame.

SHA youth have big dreams

Four students announced as Dream Big scholars

BY NEIGHBORHOOD HOUSE

The Higher Education Project is celebrating a successful first quarter of college classes for this year's four Dream Big Scholarship winners.

Each of these students received a \$1,000 scholarship to help with their financial aid package.

- Faiza Moalim is from the Jackson Park community. She is attending the University of Washington in Bothell.

- Qadro Mohamud is from the New Holly community. She is attending Cascadia Community College.

- Ngoc Nguyen is from the Rainier Vista community. She is attending the University of Washington.

- Fosia Warsame is from the Jackson Park community and is attending Cascadia Community College.

Fosia is studying to become a nurse. The other three Dream Big scholars have begun their core academic classes while they decide what specific work they are interested in. They have mentioned computer science, communications, bioengineering and industrial engineering as possible careers.

The common thread between this year's

scholarship winners is a determination to use their education to provide for their family and community.

They have all been very active in student leadership and volunteering outside of class. Their families have played an important role in encouraging them to go to college.

All four of this year's Dream Big Scholars graduated from Ingraham High School. Each of them also attended or volunteered with Catholic Community Services' Youth Tutoring Programs where they lived.

The Dream Big Scholarship was established in 2004 by the Higher Education Project, a committee of service providers and community members dedicated to increasing access to college for youth from Seattle Housing Authority communities.

The scholarship continues each year though an endowment fund established by SHA, and receives contributions from foundations and individuals, including SHA employees who choose to contribute through regular payroll deductions.

Many opportunities are available for SHA youth for training and education after high school. Scholarships are just one piece of the financial aid available to help pay for college.

2010 Scholarship Information

In addition to Dream Big, there are two other scholarships that are dedicated to residents of public housing communities. For more information, application and deadlines visit the SHA Education Programs page for residents: <http://www.seattlehousing.org/residents/education/scholarships/>

Dream Big Scholarship: \$1,000

Pacific Northwest Regional Council Scholarships: \$1,000 to \$10,000

Housing Authority Insurance Group Scholarships: \$2,500

Novel

Continued from front page

a dream in her 20s. The rest of the story evolved around it.

When she finally sat down to write it, the story flowed freely.

"It had been blocked up for so many years, it just poured out of me," she said.

Originally, the hero had been a young boy or man. When she first conceived of the idea, she said, "We still didn't have a good idea of what a strong woman would look like, but by the time I retired, I knew."

Fitzgerald's writing schedule for the novels had her up by 4 a.m. She said she would wake up with a scene already forming in her head.

"4 a.m. is a wonderful time to write," she said. "There's a positive energy I think you find (at that time)."

Starting that early, she would often finish around noon, she said.

The second and third books in the series are already written, and Fitzgerald said she intends to publish them in the future. Ideally, she'd like momentum from the first novel to help her spark interest from a literary agent.

The book is listed on Amazon.com and barnesandnoble.com. Seattle's East West Book Shop also agreed to display copies.

But going on a full-fledged book tour — complete with the traveling and speaking events — is something she'd like to avoid.

"That's not what I wanted to do with my retirement," she said.

She also offered a word of caution to aspiring writers who might look into self-publishing: Know what you're getting into.

"Do a comparison of all of the print-on-demand outfits," Fitzgerald said. "And do read the fine print."

For the ultimate escape that she found in writing the story, she has no regrets.

"I got to meet fascinating people and have great adventures," she said of the experience. "For a while, I lived in a parallel universe."



FILE PHOTO

Get out there and advocate!

Lobby for change in Olympia

Listed below are dates and contact information for a few of the many lobby days scheduled in Olympia in January and February.

Most ask for some money (sometimes a lot, since the lobby day may also raise

money for the organizations involved) to pay for transportation, workshops and lunch — most will probably offer a reduced rate to a low-income participant if asked.

The Low Income Housing Institute — www.wliha.org, 206-442-9455 — has a longer list of lobby days for just about every issue you might imagine (and maybe some you might not).

For more information, call the legislative hotline at 800-562-6000.

LIST COMPILED BY KRISTIN O'DONNELL

Date	Rally	Sponsors	Issues	Web site / e-mail	Phone	Bus/ Carpool
Jan. 18	Poverty Action Day	Poverty Action network, others	Welfare, medical, taxes, predatory lending	kate@povertyaction.org	866-789-7726	Yes
Jan. 25	Service Employees Intl Union	SEIU	Home health care and nursing home wages	heather.villanueva@seiu775.org	253-815-3700	Ask
Feb. 5	Asian Pacific Islander advocacy day	ACRS and others	Immigration, health, Economic	www.acrs.org	206-695-7600	Ask
Feb. 10	Refugee and Immigrant Legislative Day	ReWa and others	Immigration, health, Economic	www.rewa.org	206-721-8442	Yes
Feb. 12	Housing and Homelessness Advocacy Day	Low Income Housing Alliance and others	Housing!	www.wliha.org	206-442-9455	Maybe
Feb. 12	WashingtonCAN Lobby Day	WashingtonCAN	Healthcare, social justice	www.washingtoncan.org	206-389-0050	Ask
Feb. 16	Interfaith Advocacy Day	Council of Churches	Poverty, healthcare, environment			
Feb. 16	African American Legislative Day	Many	Jobs, health, kids		206-770-7697	
Feb. 17	Senior Citizen's Lobby Day	Many	Health, housing	seniorlobby@qwestoffice.net	360-754-0207	Maybe
Feb. 19	Environmental Lobby Day	Many	Clean water, clean air	people@pugetsound.org	206-382-7007	Yes — \$15 bus
Feb. 24	Transportation Advocacy Day	Many	Bikes, Transit, walking	www.transportationchoices.org	206-329-2336	Yes
Feb. 27	Have a Heart for Kids Day	Children's Alliance	Health, schools, DSHS, day care	www.childrensalliance.org	800-854-KIDS	Yes

Obama Administration awards \$36 million in homeless grant throughout Washington state

Funds will support 200 existing housing and service programs

By HUD

The Obama Administration today announced that the U.S. Department of Housing and Urban Development (HUD) is renewing grant funding needed to keep 200 local homeless assistance programs throughout Washington State operating. The funding is part of nearly \$1.4 billion that will help an unprecedented 6,400 existing programs nationwide to continue offering critically needed housing and services to homeless persons and families.

The grants announced today are being awarded through HUD's Continuum of Care programs.

For the first time ever, HUD is quickly providing renewal grants to local programs to prevent any interruption in federal assistance and will announce funding to new projects in early 2010.

"As we move into the coldest time of the year, it's critical that no program risk running out of money to keep their doors open," said HUD Secretary Shaun Donovan. "These grants will make certain that those programs on the front lines of helping the homeless have the resources they need to house and serve persons who might otherwise be forced to turn to the streets."

HUD's Continuum of Care grants provide permanent and transitional housing to homeless persons. In addition, Continuum grants fund important services including job training, health care, mental health counseling, substance abuse treatment and child care.

Continuum of Care grants are awarded competitively to local programs to meet the needs of their homeless clients. These grants fund a wide variety of programs from street outreach and assessment programs to transitional and permanent housing for homeless persons and families.

HUD's homelessness grants are reducing long-term or chronic homelessness in America. Based on the Department's latest homeless assessment, chronic homelessness has declined since 2005.

This decline is directly attributed to HUD's homeless grants helping to create significantly more permanent housing for those who might otherwise be living on the streets. However, data also indicates that family homelessness may be on the rise, particularly in suburban and rural areas.

Earlier this year, HUD allocated an additional \$1.5 billion through its new Homeless Prevention and Rapid Re-housing (HPRP) Program. Made possible through the American Recovery and Reinvestment Act of 2009, HPRP is intended to prevent persons from falling into homelessness or to rapidly re-house them if they do.

President authorizes \$46.1 billion HUD funding package

By CENTER ON BUDGET AND POLICY PRIORITIES

On Dec. 16, the President signed into law an omnibus funding bill for fiscal year 2010 that includes funding for affordable housing and community development programs administered by the Department of Housing and Urban Development (HUD).

This law provides a total of \$46.1 billion for HUD for fiscal year 2010, an increase of \$4.5 billion (10.9 percent) above the 2009 level and \$578 million (1.3 percent) above the President's request.

The following are the highlights of the 2010 funding law for the three major federal rental assistance programs:

- Housing Choice Vouchers: the funding law provides \$18.18 billion for housing vouchers, including up to \$16.34 billion for voucher renewals, both considerable increases over 2009 funding levels. When combined with available funds carried over from the current year, this amount is probably sufficient to renew all vouchers used by families in 2009, according to the Center's analysis of program cost data. (See the link below for more details.)
- Public Housing: \$4.78 billion is included for the Operating Fund, an increase of seven percent above the 2009

level. This amount likely will fund agencies at or close to 100 percent of their eligibility under HUD's operating formula, according to the Center's current estimates. Agencies have not received full operating funding since 2002. The bill also provides \$2.5 billion for the Capital Fund, \$50 million above the 2009 funding level. HOPE VI is funded at \$200 million, although \$65 million of this amount is set aside for the Administration's Choice Neighborhoods Initiative.

• Section 8 Project-Based Rental Assistance: \$8.55 billion is provided for 2010, including an advance appropriation of \$394 million for fiscal year 2011. The total includes \$8.33 billion for contract renewals, an increase of \$1.1 billion, or nearly 15 percent.

A more detailed review of the HUD funding law for 2010 is available for download at www.cbpp.org/files/2010-housing-funding.pdf.

The Center on Budget and Policy Priorities is one of the nation's premier policy organizations working at the federal and state levels on fiscal policy and public programs that affect low- and moderate-income families and individuals. For more information go to www.cbpp.org.



Commission

Continued from front page

sion's members will be selected.

Commission first proposed in 2008

The creation of a commission was initially proposed in October 2008 after a City of Seattle Neighborhood Summit at City Hall, where a number of people with disabilities who live and work throughout Seattle raised a number of issues, including:

- Sidewalks that are in disrepair (severely cracked) or are completely missing in many parts of Seattle, especially around construction zones.
- Sidewalks that are frequently blocked by street furniture, making them unusable for many people, especially those with mobility or vision impairments.
- Lack of consistent or properly-built curb ramps (or curb cuts); many ramps are either too narrow, too steep or too far from crosswalks to be of any use
- Lack of awareness of disability needs on the part of many City officials; this was made clear during the consideration of the "sidewalk café" ordinance and when officials at the Seattle Center proposed removing some parking spaces reserved for people with disabilities near a major venue to make way for another project.
- The fact the City's government-access channel (the Seattle Channel) was not broadcasting its programming with closed-captioning.
- How city purchasing practices can promote accessibility standards in all purchasing and contracting decisions.

CESDC is an ad-hoc group of individuals from throughout Seattle who have been actively involved in disability issues for many years. Most of its members either have disabilities themselves or are related to someone with a disability, so they are extremely passionate in voicing issues and concerns raised by this particular community.

Although some thoughts have already been expressed on how the commission should function, more input is being sought on this subject.

Comments may be submitted online as noted below. The following ideas have already been submitted and are under active consideration at this time:

- Providing a wide range of interpretation and translation;
- Having full and timely information on a Web site that is fully accessible;
- Making sure that the public has a way to reach every member of the commission, at least by e-mail;
- Having a total membership of the Commission that is large enough to include a wide range of people with disabilities;
- Helping all people with disabilities in Seattle, not just those who reside here;
- Ensuring that those appointed agree beforehand not just to attend its meetings, but also serve on active committees and undertake other assignments;
- Being proactive in making recommendations to agencies and elected officials, not just waiting for them to come to the Commission;
- Reaching out to improve agencies' and officials' understanding and experience with the concerns of people with disabilities;
- Holding large, public citywide workshops and conferences at convenient times (e.g. weekends)
- Having the Disabilities Commission put together a "white paper" on the conditions and issues facing people who are disabled in Seattle; and
- Getting the input of people with disabilities about how to minimize the impacts of pending budget cuts in all levels of government.

For more information on the CESDC, the issues being addressed and how to become involved, please visit our Web site at www.megadutch.com/cesdc or e-mail julianwheeler@hotmail.com.

Bank of America selects NH as a "Neighborhood Builder"



PHOTO BY SAMM THOMPSON

Michael J. Dotson, SVP, Community Impact Manager for Bank of America; NH Board President Kären White; Christi Gordon, SVP, Market Manager — WA & ID for Bank of America; NH Director of Strategic Initiatives Ray Li

The Bank of America Charitable Foundation has designated Neighborhood House as a "Puget Sound Neighborhood Builder" and is supporting its work with a \$200,000 grant.

In addition to the funding — which can be used for any program or administrative expense — some of Neighborhood

House's senior leaders will participate with nonprofit leaders from 45 other communities in the bank's Neighborhood Excellence Leadership Program.

The series of workshops cover topics such as strategic thinking, leadership development and management skills.

Daytripper

Continued from Page 2

brown and gray birds, and a hawk (or maybe a falcon?) being harassed by a flock of crows.

The trail comes out at the west end into the Ravenna Park ball field, where the creek has also been recently brought up from an underground pipe. Up the hill to the right is another big new playground with life-sized statues of little animals, an unofficial dog park, picnic tables and another **locked** restroom.

There is a bus shelter on the south side

of the park where you can catch a 74 bus back to the University District. There is also a cluster of restaurants near 25th and Ravenna — Kidd Valley, Subway, a Thai restaurant, a pizza place and a McDonald's — if you need lunch, coffee, or yes, a restroom.

Easy for wheelchairs, bikes, strollers on access road trail — gently downhill from the east end of the park on a hard surface. Bike riders are mostly good trail sharers. Lots of dogs, and many are off leash. A good outing for kids — playgrounds are a plus. Locked restrooms are a definite minus.

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Dirt Devil Easy Deluxe Steamer carpet shampooer. 12 amps. Used once. Very easy to use. \$100/OBO 206-789-8033

Once again we're asking for your help with baby items. We're in need of everything. Here is a list of the items we need: Car Seats, 3 different sizes, changing tables, walkers, strollers with umbrellas, play pens, cribs, high chairs, clothes for girls and boys, shoes, blankets, receiving and regular, bottles, lotions, oil, clippers, baby shampoo, comb, temperature testing, baby formula, vaporizers, Vicks Rub, toys to 1 year, bath tub, diapers various sizes, newborn to pull-ups, Desitin ointment, bibs, pacifiers, coats, wetones, baby food, Dreft Laundry Soap, Woolite.

I'm sure you know the rest of the things need. if you can help please call Judy and Tina with your donation. We are having lots of babies right now. 206-767-4175

Alliance of People with disabilities has monthly Peer Groups Peer Groups are a place to talk about common experiences, problems, and solutions. We are a goal-oriented group!

WHEN: 3rd Tuesday of each month, 2:30pm—4:00pm.

WHERE: Wallingford (Good Shepherd Center) 4649 Sunnyside Ave N, Room 221, Seattle, WA 98103

For more info or to request accommodation, please call 206-545-7055

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TRANSLATIONS

TRANSLATED ARTICLES FROM THE VOICE

መኪና ከሚበረታቱ ሌቦች ተጠንቀቁ መኪና የሚዘርፉና የሚሰርቁ ቁጥሩ በዚህ አካባቢ ማድረግ ለመኪና ጥገና ጥንቃቄ ይጨምርላችኋል።

1. በተቻለ መጠን በሚኪናችሁ ውስጥ ጠቃሚ ነገሮችን አታስቀምጡ። እንዲያውም የሚጠቅም ነገር ከተዋችሁ በሚታይ አካባቢ አታስቀምጡ። በመኪናው የኋላ እቃ ማስቀመጫ ውስጥ ያስቀምጡ። የሚጠቅም እቃ ሲያስቀምጡ ሌላ ሰው እንዳያይደው ይጠንቀቁ። ከሚኪናው ውጭ ከሆኑና የሚጠቅም እቃ ማስቀመጥ ከፈለጉ መኪናዎችን ወደ አዲስ አካባቢ በመውሰድ ቦታውን ይቀይሩ።
2. የመኪናውን በርና መስኮት ይቆልፉ።
3. በማታ ጊዜ ብርሃን ያለበት ቦታ ያቁሙ። የመኪና ማቆሚያ ቦታ ካለ የማቆሚያው መብራት ምንጊዜም እንዲበራ ያድርጉ። ጋራዥ ውስጥ

የሚያቆሙ ከሆነ ጋራዥን ይቆልፉ።

4. የመኪናዎችን ቁልፍ መኪናዎች ውስጥ አያስቀምጡ።
5. መኪናዎን ሰው ሳይኖረው ሞተሩን ከፍተው ጥለው አይሂዱ።
6. ፖስታና በጣም የግል ጠቃሚ ወረቀቶችን መኪና ውስጥ አትተው። መኪና የሚሰርቀው ሰው የራስዎን መታወቂያ ሊጠቀምበት ይችላል።
7. ወደ መኪና ሲቃረቡ አካባቢዎን ተኩረት ይስጡ። ቁልፍዎን እጅዎ ውስጥ መኖሩን ወደመኪና ሲገቡ ውስጡ ሰላም መሆኑን ያረጋግጡ።
8. እንዲያውም መኪናዎ አካባቢ ሌላ ሰው ችግር እየፈጠረ ከሆነ መንገድዎን ይቀጥሉ። ወደመኪናዎ ከመሄድዎ በፊት ሰዎቹ መሄዳቸውን ያረጋግጡ።
9. ከፓርኪንግ አካባቢ ሰዎች የሚቀርብዎ ካሉ ጥንቃቄ ያድርጉ። ቁርጠኛ መሆንዎን ይመኑ።

ካብ ናይ ወሽጢ መኪና ዝሰርቅ ሰረቅቲ ተጠንቀቂ።

- ኣብ ከባቢና ኣብዚ እዋን ካብ ብ ወሽጢ መኪና ምስራቕ ብብዝሒ ይርከብ ኣሎ። ንምክልኻልን ድሕነት መክና ስርቂ ዝሕግዙ 9 ምክርታት ነቕርቡልኩም።
1. ብዝተኻእለ ክቡር ኣቕሑ ኣብ መኪና ኣይትሕደጉ። ምስትሓድጉ ብደገ ክርከብ የብሉን። ኣብ ትራንክ ናይታ መኪና ተቐምጥዎ ክተቐምጡ እንክለኹም ሰብ ከይርከቡም ጥንቃቄ ትገብሩ ድሕሪኡ ቦታ ናይታ መኪና ትቕይሩ።
 2. ናይ መኪና ምዕጾን መሳኹትን ዕጾዎ
 3. ኣብ ግዜ ጸልማት ኣብ ብርሃን ዘለዎ ቦታ ፓርክ ግበሩ ኣብ ጸሓል ካርፖርት ምስትዕብኩ መኪናኩም መብራህቲ ወልዕዎ ኣብ ገራዥ ምስትዕብኩ መኪናኹም ማዕጾ ገራዥ ዕጾዎ።
 4. ናይ መኪናኹም መፍትሕ ኣብ

ወሽጢ መኪና ኣይትሕደጉም

5. ሞቶረ ኣተን ሲ እኩም ኣይትኸዱ።
6. ደብዳቤታትን ካልኣት ወረቓቕትን ኣብ መኪና ኣይትሕደጉ ሰረቅቲ ነቲ ኣብራታኹምን መንነትኩምን ሰሪቆም ክጥቀምሉ ስለዝክእሉ።
7. ኣብ መኪናኩም ገጽኩም ኣብ እትገቡ ግዜ ከባቢኹም ተዓዘቡ መፍትሕኩም ኣብ ኢድኩም ብምሓዝ ቕድሚ ምክፍትኩም ወሽጢ መኪናኹም ተዓዘቡ ንድሕነትኩም።
8. ኣብ ጥቃ መኪናኹም ዝንቀሳቀሱ ሰብ ምስዘገገሙኩም ትክ ኣልኩም መኪናኹም ኣለፍኩም ተጓዥ ክሳብ ዝርከቁ።
9. ኣብ ፓርኪንግ ሎት ዝቀርብኹም ሰባት ብጥንቃቄ ተዓዘብዎም ነብስኹም እመኑ።

ការការពារទប់ទល់នឹងឧក្រិដ្ឋករដែលប្រកួតប្រជែង

ឧក្រិដ្ឋករ

អ្នកក្រសួងសុខាភិបាល និងចោរលួចឆាបឆងបានកើនឡើងនៅក្នុងតំបន់។ មានមធ្យោបាយសម្រាប់ដើម្បីផ្ដើមការប្រុងប្រយ័ត្ន និងការពារឱ្យបានរួមគ្នា។

- ១- បើអាចធ្វើបាន កុំទុករបស់មានតម្លៃនៅក្នុងឡានរបស់អ្នក។ បើមានមូលហេតុចាំបាច់ដែលត្រូវទុករបស់មានតម្លៃនៅក្នុងឡាន សូមកុំទុកកន្លែងដែលអាចមើលឃើញបាន គឺ ត្រូវទុកនៅក្នុងតួឯកឡាន។ ពេលដែលទុកឥវ៉ាន់ក្នុងឡាន សូមប្រយ័ត្នគេមើលឃើញ។ បើអ្នកទៅកន្លែងណាមួយឆ្ងាយពីឡាន ហើយត្រូវការទុករបស់មានតម្លៃនៅក្នុងឡាន សូមបើកឡានចេញពីកន្លែងដែលកំពុងចតនោះ យកទៅចតនៅកន្លែងផ្សេងទៀត។
- ២- ត្រូវចាក់សោរទ្វារនិងបិទបង្អួចឡាន។
- ៣- នៅពេលយប់ សូមចតនៅកន្លែងដែលមានភ្លើងអាចមើលឃើញបាន។ បើអ្នកមានខ្លាច (កន្លែងចតឡានដែលមានជំបូលប្រក់តែគ្មានសោរចាក់) ត្រូវបើកភ្លើងនៅកន្លែងនោះ។ បើអ្នកចតនៅក្នុងការាស់ សូមចាក់សោរការាស់នោះ។
- ៤- កុំទុកសោរនៅក្នុងឡាន។
- ៥- កុំបញ្ជូនឡានចោល ហើយចាកចេញដោយគ្មានមនុស្សនៅចាំឡាន។
- ៦- កុំទុកសំបុត្រប្រកាសផ្សេងៗ ដែលមានព័ត៌មានផ្ទាល់ខ្លួននៅក្នុងឡាន ព្រោះអ្នកដែលលួច នឹងយកឯកសារទាំងនោះមកបញ្ជាក់សមាសភាពរបស់គេ។
- ៧- នៅពេលដែលទៅជិះឡាន ត្រូវចាប់អារម្មណ៍នឹងអ្នកដែលនៅជុំវិញខ្លួន។ ត្រូវកាន់សោរនៅនឹងដៃ ហើយមើលក្នុងឡានឲ្យដឹងជាក់ថាមិនមានបញ្ហាសិនសឹមចូលទៅ។
- ៨- បើឃើញមានមនុស្សនៅបរាហ៍ក្បែរឡាន អ្នកត្រូវដើរចេញទៅហើយកុំចូលទៅជិះរថយន្តរបស់អ្នក រហូតដល់ពួកគេចាកចេញសឹមចូលទៅ។
- ៩- ត្រូវប្រុងប្រយ័ត្នចំពោះអ្នកដែលមកជិះឡាននៅពេលដែលអ្នកកំពុងតែចត។ ត្រូវជឿលើសេចក្ដីព្រាហ្មានរបស់ខ្លួនជានិច្ច។

Guard against car prowls, theft

Избегайте автомобильного мародёрства и краж

В районе увеличилось количество случаев автомобильного мародёрства и краж. Ниже приводятся девять советов как уберечь свою машину.

1. По мере возможности не держите ничего ценного в машине. Если по каким-то причинам у вас есть что-то ценное, не демонстрируйте это. Положите ценности в багажник. Старайтесь делать это так, чтобы никто не видел. Если во время поездок вам надо положить что-то

ценное в машину, перегоните машину после этого на новое место.

2. Закрывайте на ключ двери и окна машины.
3. На ночь паркуйте машину в освещённом месте. Если ваша машина запаркована на открытой стоянке возле дома, оставляйте там свет включённым. Если вы паркуетесь в гараже, запирайте двери гаража.
4. Не оставляйте ключи в машине.
5. Не оставляйте машину с работающим мотором без присмотра.
6. Не оставляйте в машине почту и другие бумаги с персональной информацией. Автомобильный

мародёр может использовать это для кражи личной информации.

7. Когда подходите к своей машине, смотрите внимательно по сторонам. Держите ключ в руке и прежде, чем садиться в машину, загляните внутрь, чтобы убедиться, что всё в порядке.
8. Если кто-то околачивается возле вашей машины, проходите мимо. Не подходите к своей машине, пока подозрительный человек не уйдёт.
9. Остерегайтесь людей, которые подходят к вам на парковке. Доверяйте своей интуиции.

ĐÈ PHÒNG XE BỊ TRỘM CẤP

Các vụ đánh cắp đồ trong xe, và trộm xe có gia tăng trong vùng. Sau đây là 9 cách làm gia tăng an toàn và an ninh cho xe của quý vị.

1. Nếu có thể được, đừng để đồ có giá trị trong xe. Nếu cần phải để đồ giá trị trong xe, đừng phô bày ra cho người ta thấy. hãy để đồ trong cốp xe. Đừng để cho ai thấy lúc mình để vật giá trị vào xe. Nếu quý vị cần đi đâu đó và cần bỏ đồ giá trị vào xe, thì hãy dời xe đi nơi khác ngay sau đó

2. Hãy khóa cửa xe và đóng các cửa sổ
3. Ban đêm, hãy đậu xe nơi có đèn sáng. Nếu đậu xe ở nơi có mái che, thì hãy bật đèn lên, nếu đậu xe ở trong garage, hãy đóng cửa garage lại.
4. Đừng để chìa khóa xe nơi ỏ khóa
5. Đừng để xe nổ máy mà không trông chừng
6. Đừng để thư từ mang thông tin cá nhân trong xe. Kê trộm sẽ ăn cắp thông tin của bạn qua các thư từ đó.

7. Khi ra đến gần xe, hãy để ý chỗ xung quanh và cầm chìa khóa xe trong tay, hãy nhìn vào trong xe trước khi ngò vào để biết là có an toàn.

8. Nếu thấy có ai đó đang rình rập gần nơi xe của quý vị, hãy tiếp tục bước đi. Đừng đến gần xe cho đến khi họ đi nơi khác.
9. Hãy cảnh giác khi có người đến gần quý vị nơi bãi đậu xe. Hãy tin vào trực giác của quý vị.

Illaalinta Xatooyada gawaarida

Gobolkaan aan degannahay, xatooyada gawaaridu way korortay. Halkaan waxaa idinku soo gudbinaynaa sagaal qodob oo aad gaarigaaga ku uga ilaalin karto xatooyada.

- 1- Hadday suurta gal kuu tahay ha uga dhextegin gaarigaaga alaabo qiimo yeelan leh. Haddii aad hay-sato alaabo laga arki karo waxaad gelisaa taraanka. Yaanse lagu arkin marka aad alaabtaas gelinayso gaarigaaga. Haddii aad meel ku maqan tahay rabtidna inad alaabo geliso gaarigaaga, waa inaad meel

kale gaysaa gaariga markaad alaabta geliso.

- 2- Xir-xir gaarigaaga alaaba-diisa muraayadihiisaba..
- 3- Habeenkii, dhig gaarigaaga meel nal leh oo sifiican loo arko. Haddii aad garaash geliso, hubi inaad daarto nalka waana inaad xirtaa garaashka.
- 4- Ha uga tegin furahaaga gaariga.
- 5- Ha ka tegin gaarigaaga oo kacsan oo aan lala joogin.
- 6- Ha uga tegin wax waraayo ay ku qoran yihiin macluumaadkaaga.

Waxaa laga yaabaa inuu tuugu isticmaalo macluumaadkaaga.

- 7- Markaad gaarigaaga u soo socoto, fiir-fiiri hareerahaaga. Gacanta ku qabso furahaaga fiir-fiiri gaarigaaga gudihisa intaadan gelin, si aad u habsato amaankaaga.
- 8- Haddii gaarigaaga agtiisa dad joogo, horey u dhaaf hana gelin illaa ay ka tagaan.
- 9- ka feejignow dadka kuu soo dhawaanaya markaad gaarigaaga agjoogto. Talo saaro dareenkaaga.

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.

Protect and serve
HIGH POINT OFFICER HONORED
See Page 4



SHA NEWS

January
2010

News and information about Seattle's neighborhoods

Sending support from the homefront

Schwabacher residents sending care packages to soldiers overseas through Adopt A U.S. Soldier program

BY JANET MCINTOSH
SHA Resident

The residents of Schwabacher House have added a new member to their family.

Residents of the SSHP building have joined a program that connects military personnel with civilians in the states who would like to show their recognition and support.

The Adopt A US Soldier organization has been in existence since 2005 and has over 325,000 supporters world wide. "Our" soldier, Rene, is 27 years old and has been in the Army for six years, and intends to make a career of the military.

This is his second deployment; for security reasons, his location cannot be disclosed here. He will return to the states in March 2010. Rene, originally from Australia, was deployed from Fort Bliss in El Paso. He continually expresses his gratitude at acquiring many new grandpas and grandmas!

We are showing our support for Rene and the other soldiers in his squadron by sending letters, cards, personal hygiene items, games to share, pre-packaged food, CDs, playing cards, X-Box games, and any other unwrapped items that will help make their deployment a little easier.

We are aware of the extreme weather conditions and try to choose items and foods that will be of good use in the desert (trying to find sun screen in Seattle in December is difficult).

Foods high in sodium, such as potato chips and salted peanuts, are always a good choice. The soldiers report that there is nothing that lifts their morale more than returning to base and finding a package waiting!

We realize Rene's first duty is to the war effort and that he is not a pen pal, but we



PHOTOS BY TYLER ROUSH

Schwabacher House residents (above, from left) Shirley Ross, Mary Pinson, Maureen Connery, Betty Edwards and Janet McIntosh have been sending care packages to a U.S. soldier stationed overseas, through the Adopt a U.S. Soldier program. They also set up bulletin board (below) to update neighbors on the effort.

Adopt A U.S. Soldier

For more information on the Adopt A U.S. Soldier program, go to www.adoptaussoldier.org.

do look forward to hearing from him when time allows.

Support for this project is visible throughout Schwabacher House. The kickoff meeting was well attended. Brainstorming produced dozen of suggestions for what to send.

Residents wrote personal messages on Seattle postcards, which were distributed throughout the building.

A postmistress was selected to be in charge of packaging and mailing. She placed one box in her apartment, and by the end of

Please see "Soldier" on Page 3



What goes into your tenant file?

BY TYLER ROUSH
The Voice editor

A tenant file — everyone in Seattle Housing Authority's Low Income Public Housing system has one.

Any type of rental housing arrangement creates paperwork, and that paperwork has to be stored somewhere.

But what exactly goes into a tenant file? How long does it stay there? And do tenants have the right to access their file?

Bruce Garberding, SHA senior property manager, and SHA property manager Frankie Johnson met with The Voice to discuss these questions and more.

Both noted that the following describes the tenant file system for LIPH and Scattered Sites residents, but may not apply to residents of SSHP or SHA's HOPE VI communities.

The evolution of the tenant file

Of course, the way a tenant file is collected, organized and stored has changed quite dramatically in the past 20 years.

At one time, each tenant file in the Low Income Public Housing portfolio consisted of a single legal-size manila folder. With just one folder containing all of a resident's pertinent documentation — including housing application, lease agreement, income documentation, annual rent reviews, emergency contact lists, proof of identity, etc. — folders had a tendency to stretch beyond their bounds, Garberding said.

That made managing each file even more challenging.

"As the file started to fill up, you'd find people stuffing files into the middle," he said.

In the early 1990s, the housing authority initiated a file purge. Older files were removed and placed in the archives. Those archives are kept in locked cabinets in an

Please see "File" on Page 6

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Resident satisfaction survey scores high marks for SHA

Independent survey documents perceptions across resident groups

BY SHA STAFF

A recent satisfaction survey conducted by Hebert Research, Inc. for the Seattle Housing Authority showed a high level of satisfaction with the service and housing quality provided by the Housing Authority. Overall, 74 percent of residents and participants were highly satisfied with the service provided. An additional 22 percent

were moderately satisfied. Four percent of those surveyed reported not being satisfied.

Hebert, a well-known independent research firm based in Bellevue, WA, contacted 325 residents and participants by telephone. The research firm was successful at reaching a representative sample of both residents and voucher holders. A quarter of the interviews were conducted in languages other than English, and 39 percent of households surveyed included at least one person

Please see "Survey" on Page 6

RAC meets Jan. 13

The Resident Action Council will next meet at 1:30 p.m. Wednesday, Jan. 13 at Center Park, 2121 26th Ave. S.

Topics for discussion on the agenda include changes to RAC's transportation support program, recruiting for RAC's standing committees and a nonprofit training for duly-elected resident councils that wish to make use of their nonprofit status.

Attend a free, professional conflict resolution training

Resident leaders encouraged to attend one of two upcoming multi-day sessions

BY SHA RESIDENT LEADERSHIP DEVELOPMENT TEAM

Are you an SHA resident or resident leader? Do you want to learn skills for living more peacefully with your neighbors? Do you want to learn conflict resolution skills to be a more effective leader?

If so, sign up for a free conflict resolution training sponsored by the SHA Resident Leadership Development Team and taught by experienced trainers from the King County Dispute Resolution Center. Conflict resolution is a proven and effective way of dealing with conflict and statistics show that people often feel more satisfied with the outcome of mediation than other ways of solving problem.

The King County Dispute Resolution Center (KCDRC) was founded as a non-profit in 1986. The KCDRC provides free or low-cost mediation and conflict resolution services, as well as a variety of

Learn about dispute resolution

Two trainings to choose from:
 • Noon – 5 p.m. Feb. 8, 15 and 22
 • 5 – 9 p.m. March 8, 15, 22 and 29
 To register, contact your Community Builder or e-mail cindalu@ymail.com or bowyer67@yahoo.com.

community and customized trainings. The KCDRC helps people resolve conflicts in respectful, effective and mutually agreeable ways by providing mediation for a variety of conflicts, among them neighbor-neighbor, landlord-tenant, merchant-consumer and interpersonal disputes.

The objective of the conflict resolution process is to identify and address the underlying causes of conflict — not to assign blame or determine right or wrong. Me-

Please see "Training" on Page 4

Former Douglas Apartments re-opens as South Shore Court



PHOTO COURTESY SEATTLE HOUSING AUTHORITY

Finishing touches are being attended to in preparation for the opening in January.

Open house scheduled for Jan. 14

BY SHA STAFF

Seattle Housing Authority will celebrate the completion of South Shore Court by hosting an open house on Jan. 14. Formerly known as the Douglas Apartments, the complex is located in the Rainier Beach neighborhood of South Seattle, at 4811 South Henderson St.

The rehabilitation was made possible through partnerships with the City of Seattle, Washington State Housing Finance Commission, Washington State Housing Trust Fund and Enterprise Community Investments. South Shore Court has been completely rehabilitated. The entire project cost including acquisition is approximately \$11.1 million.

The Douglas Apartments was once a complex of four badly run-down buildings that had become a blight in the neighborhood. It has now come back to life as a showpiece for the benefits of redevelopment. The apartments have been transformed from a dilapidated, crime-ridden liability to a neighborhood asset that makes safe, sanitary, secure housing available to low-income and homeless individuals and families.

The complex was purchased by Seattle Housing Authority in February 2007. Relocation of the tenants living in the complex

at the time of purchase was undertaken in spring 2007 and completed over the next year. Residents received relocation assistance, often with the opportunity to return when the renovation was complete. Construction began about a year ago.

Before purchasing the property in February 2007, there were more than 60 code violations reported to the city. Between January 2005 and March 2006, Seattle police were called to the property a total of 312 times for disturbances ranging from assaults and domestic violence to drug possession and auto theft.

South Shore Court has been rehabilitated top to bottom, both cosmetically and structurally. Every one of its 44 apartments — 39 one-bedroom units, four two-bedroom units, and one three bedroom unit — was gutted and rebuilt. Two of the one-bedroom and one of the two-bedroom units are completely accessible.

The buildings have new roofs, new siding, new windows, and a new heating system. In an effort to enhance energy efficiency, a shared laundry room and two housing units make use of water preheated by a solar water heater. The re-hab also included new landscaping, a repaved parking lot and children's play area. All cabinets and appliances are new, and every unit has a dishwasher.

The open house event is planned for 2–4 p.m. Jan. 14 at 4811 S. Henderson St., Seattle. Light refreshments will be served. Please contact Judy Fani at 206-615-3557 for further information.

Center West elects new officers, adopts by-laws



PHOTO BY ELLEN ZIONTZ

Pictured above are Center West Resident Council Board members (clockwise from bottom left): Jack Griffith, at-large representative; Connie Hutson, treasurer; Genelee Harris, president; Greg Garza, vice president; Carolyn Carmichael, secretary; Jennifer Goulding, entertainment committee chair; and Amy Pope, at-large representative (with Buttercup).

Residents of Center West, a low-income high-rise in the Queen Anne Neighborhood, adopted by-laws and elected Board officers for a new resident council in December.

The community of 90 residents has been active for some time, holding regular coffee hour, movie nights and community celebrations. Their ability to work together cooperatively was key to the success of creating a new council,

according to Ellen Ziontz, SHA Community Builder.

"The residents have been so enthusiastic they already raised over \$300 for the Resident Council at a yard sale in September; there's just a really positive spirit in the building," she said.

The council joins 20 other resident councils already recognized by Seattle Housing Authority.

About The Voice

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

The Voice is developed and edited by Neighborhood House with help from SHA residents and staff. It strives to provide a forum for objective news and information of interest to low-income people and those living in SHA communities.

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

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

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

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

POINT OF VIEW

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

Bedbugs a challenging pest

Seattle Housing Authority expands efforts to control bedbugs in Low-Income Public Housing

BY SVEN KOEHLER
Seattle Housing Authority

Many people think of bedbugs only as the stuff of grandma's bedtime rhymes. Unfortunately, these pests are rearing their ugly little heads again around the country, including here in Seattle.

The population of bedbugs has increased dramatically in the past three years, and the Seattle Housing Authority has found itself on the forefront of the fight to get them out of people's beds and back into folklore. To this end, the Housing Authority recently outlined an increased effort to stem the spread of the pests in its housing units.

There are three major initiatives to Seattle Housing Authority's campaign. First, there has been an increase in pest control resources.

"We have reinforced our efforts by committing several hundred thousand additional dollars to new pest control staff to handle the uptick in treatment requests and other measures," said Bill Petersen, Pest Control Supervisor. This commitment also includes tools such as heat treatment equipment and continued use of the Housing Authority's recently-acquired trained detection dog.

Residents are being asked to refrain from using over-the-counter remedies, which are not generally effective and can often just scatter the pests instead of

eliminating them.

Second, residents are being supplied with tools to deal with bedbug problems in their homes and to prevent problems from happening in the first place.

These tools include things that can make life easier if bedbugs appear, such as bite-proof mattress covers, new bed frames and traps. The idea is make sure the place where people sleep is a "safe haven" to keep the bugs at bay.

Finally, the Housing Authority is expanding educational resources and other assistance to residents to help prevent and deal with bedbugs in the long term.

A common way bedbugs spread is by hiding on used mattresses or other furniture, so residents need to learn to evaluate what they allow into their homes.

Also, while clean housekeeping alone cannot protect against bedbugs, it is important to reduce the number of places bugs can hide.

Avoiding cramped conditions due to attempting to store too much stuff in a small apartment is important. Clearing out excessive possessions or clutter reduces bedbug hiding places and makes treatments more effective.

Prompt reporting is also critical so that pest control can be most effective.

"We understand that successfully controlling bedbugs requires a long-term com-

Please see "Bedbugs" on Page 5

A holiday tradition at Jefferson Terrace

Apple Awards honor community leaders

BY PAM WILCOX
SHA Resident

Jefferson Terrace residents and staff held their Ninth Annual holiday party and Apple Awards ceremony Dec. 17.

Apple Awards are certificates given to community members at Jefferson Terrace, all of whom have made our lives better in some way. We encourage residents to nominate neighbors, friends and staff that they feel are deserving of an Apple Award.

The ceremony started with a big thank you from SHA Community Builder Marcia Johnson to Cory Russell, a Jefferson Terrace resident who has helped with the Apple Awards event in each of the past nine years.

Next came entertainment by Wander and Jean, of the "Tap Duo." They are senior citizen tap dancers who dress up in very lively costumes and dance their hearts out for you.

They started by dancing to the song "Side by Side," dressed in big red suspenders, plaid shirts, capri pants and brightly colored striped socks, baseball caps tipped to the side. They looked like they were straight out of the 1930s, and were very fun to watch!

Wander and Jean started tap dancing after age 70, performing for groups ages 50 and over. For more information or to reserve a performance, call 206-935-6738.

Apple Awards

After Wander and Jean performed, we began distributing Apple Awards. East Precinct Police Officer John Skommessa received an honorable mention award, along with a pumpkin pie, his favorite.

Captain Jim Dermody received a special award, on behalf of all East Precinct officers, for their dedicated work at Jefferson Terrace.

Awards were then distributed to Jefferson Terrace staff. Receiving awards were Assistant Property Manager Steven Liang, Resident Manager Stephen Holiwell, Assistant Resident Manager Tefra Woldegiorgis and Property Manager Laura Van Houten.

We then gave out another special award, to Lieutenant John Fisk of the Seattle Fire Department's Medic One Ballation 3, for all of the firefighters who assist Jefferson Terrace residents.

Next came more pies for special people. Winnie Tsai, our social worker, received an apple pie, and the aforementioned Russell, longtime contributor to the Apple Awards, received a sweet potato pie.

Jefferson Terrace computer lab volunteers Hayat Adem, Irma Anderson, Tom Anderson, Dana Baldwin, Dennis Bejin and Michael King, to Community Builder Johnson, and to City of Seattle employee Delia Burke.

Burke assisted residents in receiving a grant for computer classes offered in the lab last spring and summer.

"I am pleased they did a wonderful job with the project," Burke said.

More entertainment for Wander and Jean followed, who changed into Christmas costumes to perform "Me and My Shadow."

Apple Awards for the residents of Jefferson Terrace were then awarded — too many to list here. Altogether, 64 extremely deserving residents, employees and special honorees received Apple Awards this year. It was a fun and humbling experience to receive an Apple Award.

The Tap Duo performed one last time. Dressed in outfits from the Roaring '20s, they danced to the "24th Street Rag."

Our last entertainers were the Elder-Health Annual Carolers. They sang three festive Christmas songs to us, including "Rudolph the Red-Nosed Reindeer." They were accompanied on guitar by Sean Walsh. They too were very fun and entertaining.

After the awards were distributed and entertainment over, we enjoyed a wonderful holiday meal of ham, three types of chicken, baked beans, macaroni and potato salads, vegetarian lasagna, green salad with croutons, carrots, broccoli and cauliflower, chips, rolls and butter.

To drink we had a variety of pop and bottled water. For dessert we had pumpkin, sweet potato, apple and marionberry pies.

After the cleaning was done we were all tired, but felt the dinner and ceremony were a huge success. We all look forward to it next year.

Work begins at Reunion House



IMAGE COURTESY GGLO

Reunion House is the next Senior Housing Program building to undergo an exterior renewal project, starting in January 2010. Like Schwabacher House, where construction started last summer, this low-rise apartment building will get new windows and a new exterior siding type using a "rain screen" system. Residents met the contractor, Charter Construction, at a meeting Dec. 21, and learned that construction will last about eight months. This contractor has previous experience in the private sector doing similar work in occupied apartments, and no one is being asked to move out of their apartments during construction.

Soldier

Continued from front page

the meeting, it was full!

She has since turned her spare bedroom into the mail room, as boxes are quickly piling up.

Some packages were ready to be mailed by Dec. 9. They were sent to a P.O. box in the United States and then forwarded on to Rene's unit overseas.

Although they probably didn't arrive by Christmas, hopefully Rene and his platoon enjoyed a nice belated holiday!

Cash donations are being made by the residents for postage and to purchase any other bulk food items we think the soldiers would enjoy. Costco and Sam's Club are

seeing a lot of us lately!

Two bulletin boards are also being put to good use. On one, decorated in red, white and blue, there are blown up e-mails from Rene, giving us personal information about him and general comments about his life in the military. He said that he particularly misses the changing of the seasons and the holidays.

By now, we feel know him quite well. We are waiting for a personal photo. The other board contains information and details about the Adopt A US Solider Program.

We all agree that this project is not a political statement, but, as one resident puts it, "It is just a way of getting outside of ourselves."

HIGH POINT HERALD

NEWS ABOUT THE HIGH POINT COMMUNITY

A friendly and familiar face, a sharp eye: Policing to learn the neighborhood and gain the public's trust

High Point CPT Officer receives police foundation honor

By SCOTT FREUTEL
Seattle Housing Authority

The last weekend of October, the Seattle Police Foundation hosted its annual awards banquet downtown, an event that honors Seattle Police Department personnel from around the city who've made a big difference in their communities over the past year.

One of this year's recipients was Community Police Team Officer Kevin McDaniel, whose beat — he prefers the word "district" — includes the High Point community. McDaniel was awarded the Community Ambassador Award, given to "(a) person or team whose actions cultivated a productive working relationship between community members and SPD by, among other things, facilitating communication and solving problems.

The awards program described McDaniel's work in the High Point area this way: "(McDaniel) is assigned to High Point as a full time liaison to ensure that emerging problems are quickly identified and dealt with."

According to the award citation, McDaniel began by going door-to-door to introduce himself and provide his personal contact information.

"It was not unusual for him to receive phone calls asking for his assistance or advice," the citation said. "He continually encourages residents to involve themselves in the community and take ownership in making their neighborhoods safe.

"Perhaps his most important role has been working with those young residents who are involved in at-risk activities. He freely gives of his time, responding to issues that many would not see as 'police' problems, but with his unique abilities he often manages to resolve them before they do become criminal in nature. He truly embodies the charac-

teristics that this award was designed to recognize."

McDaniel, 42, describes himself as a family man. He hails from New Jersey but has lived in Seattle since 1992, when he was discharged from the Army. He served in Operation Desert Storm as an artilleryman. He's been with the Seattle Police Department for about 14 years, most of that time as a patrolman, and with the Southwest Community Police Team for nearly two.

McDaniel is matter-of-fact about his work in community policing.

"It's pretty much like patrol duties," he said recently, "but you're not tied to your radio. The position gives you time to get to know the area's business owners, to know the people in the community. I did the same thing when I was working patrol, but now I have time to talk to people, to get to know them.

Community policing gives residents direct contact with a specific officer as opposed to having a different officer respond to every incident. People in McDaniel's district know they can reach him directly by phone or e-mail, and often see him in person.

One challenge McDaniel faces — and all police officers face — is in gaining the trust of juveniles. Some young people know McDaniel from seeing him on the beat; others have heard him or seen him at Chief Sealth or Cooper Elementary schools, and many have seen him in and around the neighborhood.

"I haven't really had any special training in working with juveniles — the only skills I have along those lines are the ones I've developed as a parent," he said.

"I've had kids call my office line with different problems, like bullying, or difficulties at home or with siblings. I don't get these calls all that often, because in this day and age most young people don't like to talk to the police. But they know they can call me in confidence."

McDaniel says he enjoys working the High Point neighborhood.

Although McDaniel acknowledges that "High Point has its problems," he said that things are improving, and that he likes working this particular neighborhood.

"In the beginning it was a challenge because the commu-



PHOTO COURTESY SEATTLE POLICE DEPARTMENT

A familiar face? Officer Kevin McDaniel of the Seattle Police Department's Southwest Community Police Team, recognized recently with a Community Ambassador Award.

nity was mixing different people, like high-income people and middle-income people and low-income, and from very different cultures.

"But over the last year or so everybody seems to have become open to learning about different cultures, and people of all kinds come to different community affairs everybody is invited to. I like it a lot."

Officer McDaniel's direct telephone number is 206-233-1549, and his e-mail address is Kevin.McDaniel@seattle.gov. These days he's working fairly late shifts.

Training Continued from Page 2

diators provide a safe and structured way to help people talk about their disputes. However, they do not make decisions or create a resolution for either party — rather, they aid those involved in the dispute to reach agreement on a solution.

Training Schedule

This training will be offered twice. The first series will take place during daytime hours in February. The second series will take place during evening hours in March. The training schedule is as follows:

Daytime Series

Three 4-hour sessions
Lunch: noon
Training Session: 1 – 5 p.m.
Day 1: Monday, Feb. 8
Day 2: Tuesday, Feb. 16
Day 3: Monday, Feb. 22

Evening Series

Four 3-hour session
Dinner: 5 p.m.
Training Session: 6 – 9 p.m.

Day 1: Monday, March 8
Day 2: Monday, March 15
Day 3: Monday, March 22
Day 4: Monday, March 29

This is a \$175 training you will get for free! In return the SHA Resident Leadership Development Team asks that you take these skills back to your community and use them! Enrollment is limited to 30 residents per training series, and if you sign up for the training we ask that you make a commitment to attending.

Each training series will include a free meal.

To maximize the positive impact of the training, priority will be given to communities sending teams of two or three individuals!

Please note, due to restrictions on HUD funding, priority will be given to residents from communities with duly elected residents councils. (If you are not sure if you are from one of these communities please contact your Community Builder).

To register, contact your Community Builder. You can also register by e-mail by contacting Cinda Lium at cindalu@ymail.com or Bob Jones at bowyer67@yahoo.com.

What's going on in *your* neighborhood?

Catch up on what's going on at the Neighborhood House High Point Center by visiting the center's Web site at www.nhwa.org/high-point.

The page includes news about the center, photos and videos, information about the building's green features, a list of community services offered at High Point, a place to arrange a tour of the new building and more info about Neighborhood House.

High Point parks draw praise for its play spaces

High Point has been included in a book about best practices that communities can use to improve opportunities for play.

The book, entitled "Play Matters" was published by Kaboom!, a national nonprofit organizations whose vision is that every child in America should have a great place to play within walking distance.

The book is "a study of best practices to inform local policy and process in support of children's play."

In a two page spread about High Point, the book notes that "within less than a square mile, the High Point development has 17 playgrounds and a community park. There are pocket parks on every other block that serve as front lawns and community play spaces."

The study also notes that, "The Seattle Housing Authority solicited design input through planning meetings with members of the community. Children informed playground designs."

The development also received praise because, "High Point provides highly accessible and safe play spaces for every child in the community, with a front-yard play space or pocket park within eyesight of each dwelling."

For more information on the case study, visit kaboom.org/bestpractices.

RAINIER VISTA NEWS

NEWS ABOUT THE RAINIER VISTA COMMUNITY

The Columbia branch of the Seattle Public Library: Join a book club, enjoy story time, get help with homework

Here are highlights of events at the Columbia branch in January and early February.

Book Group

Monthly; ask the library for February meeting time

Everyone is welcome at the Columbia branch Book Group. Each month, the book group at the Columbia branch of the Seattle Public Library meets to discuss their book of the month.

Last month's title was "Bless Me, Ultima" by Rudolpho Anaya. Ultima, a curandera — one who cures with herbs and magic — comes to six-year-old Antonio Marez's New Mexico family and helps him discover himself in the magical secrets of the pagan past. The group met Jan. 6 to discuss the book. Next month's book is "Sacred Hunger" by

Barry Unsworth. Pick up your copy of this month's book at the Columbia branch of the Seattle Public Library. For more information, call 206-386-1908.

Homework Help

Mondays through Wednesdays, except holidays, from 5 p.m. - 7:30 p.m.

Volunteers will be at this branch to assist students on a drop-in basis throughout the school year, with the exception of school holidays.

These volunteers provide support and encouragement to students and are especially good at helping new English speakers. Volunteers help with particular homework projects, but they also show how to get through homework assignments without undue stress, how to use the Internet as a research tool and how to budget and sched-

ule your time.

No appointment needed. Please note that, while Homework Help is available to students from kindergarten through 12th grade, volunteers are not responsible for children, who should not be left unsupervised.

Preschool Story Time

Fridays, Jan. 8, 15, 22 and 29 at 10:30 a.m. - 11 a.m.

It's story time at the Columbia branch! Bring your preschoolers and toddlers to enjoy stories, rhymes, songs and fun with our children's librarian.

Special Holiday Hours

Monday, Feb. 15: All locations of The Seattle Public Library will be closed on Feb. 15 in observance of Presidents Day.

**Columbia Branch
Seattle Public Library**
4721 Rainier Ave. S.
Seattle, WA 98118
206-386-1908

Hours: Monday, 1 p.m.-8 p.m.; Tuesday, 1 p.m.-8 p.m.; Wednesday, 10 a.m. - 8 p.m.; Thursday, 10 a.m.-8 p.m.; Friday, 10 a.m.-6 p.m.; Saturday, 10 a.m.-6 p.m.; Sunday, noon - 5 p.m.

Note: The Columbia branch has an updated collection capacity of 40,200 books and materials. It recently expanded its collection of books, videos and music in Vietnamese. Bilingual staff members are available to answer questions and help patrons.

Bedbugs

Continued from Page 3

mitment on the part of both the landlord and the resident," said Petersen.

Meetings and inspections, plus bedbug control policy in leases

Highlighting the commitment required to address bedbugs, the Seattle Housing Authority included an addendum dealing with pest control into its standard lease with residents in November 2009. The addendum has been posted in all properties, and is included with each lease renewal.

This policy outlines steps residents must take to make controlling pests possible in their apartments, such as ensuring there is good enough access to all areas of the unit for pest control staff to do their work. Also, the policy emphasizes the fact that bedbugs are more easily spread when they hitch a ride on items like discarded furniture or infested personal possessions, so preventative measures like using plastic bags are necessary.

Residents of Denny Terrace apartments learned more about the pest control policy at a meeting on Nov. 30 as part of a presentation about the stepped-up bedbug control measures. While ongoing bedbug treatments are occurring at properties throughout the

Housing Authority, Denny Terrace has been the focus of recent efforts. This is one of the largest apartment buildings, with 220 units, and was the site of the earliest known appearances of bedbugs. The control methods used at Denny Terrace will be refined and rolled out across the agency.

Bedbugs threatened to get the upper hand at Denny Terrace last year, when inspections by the specially trained detection dog revealed their presence in up to 50 units at one time.

After more than 100 pest control treatments, including follow-ups, the problem has been reduced. A re-inspection of every unit at Denny Terrace in late November as a part of the enhanced bedbug control measures turned up 10 units with bedbugs, so treatments will continue, including in the common areas of the building.

There is a team of pest control technicians on duty every day at Denny Terrace, and another sweep by the detection dog is also planned for early 2010.

To someone who has been bitten by bedbugs in their home, even one is too many. But even with an aggressive treatment program, it is impossible to eliminate every bedbug right away.

The Housing Authority is taking several measures to help stop bedbugs from reach-

Donation made to RV Boys and Girls Club in Mayor Nickels' name

The Annie E. Casey Foundation, through its Making Connections Initiative, donated \$25,000 to the Rainier Vista Boys and Girls Club in the name of Mayor Greg Nickels.

The foundation offered to make a donation to a nonprofit of the mayor's

choosing in recognition of his contribution to the community over the past eight years. Nickels chose Rainier Vista Boys and Girls Club because, since opening its doors last year, the club has been a strong partner with the city of Seattle and its Seattle Youth Violence Prevention Initiative.

A dedication was held in December.

ing people while they sleep, even if bedbugs are present. The idea is to make sure the bed becomes a safe haven from these pests, instead of a nesting place for bedbugs.

First, special covers can be installed over mattresses to trap any bedbugs that are living inside and prevent them from biting. The covers will not only kill those already present, but they are also designed to eliminate seams and crevices where bedbugs commonly nest. The Housing Authority is buying thousands of these high-quality covers and distributing them to residents free of charge. During the recent inspections at Denny Terrace, mattresses were measured to provide the right size for every resident's bed.

Another key is to make sure beds are raised off the ground, on a bed frame, for example. Then, a special trap can be installed under each bed frame leg to stop bedbugs from crawling up to feed and then back down to hide elsewhere in the apartment. The traps were installed on every bed possible at Denny Terrace, and free bed frames were made available to those without one.

Abdirahman Guleed was one of the first residents at Denny Terrace to install a new bed frame and dispose of his old infested mattress in December. He reported that it has made a big difference already.

"I haven't noticed any new bites, and will be checking the traps to report if any bedbugs get in there. This has been a big help so far!" he said.

Guleed's comments highlight other key elements in bed bug control: reporting bed bug activity and cooperating with Pest Control treatments. Learning how to recognize bedbug activity and promptly calling for treatment is important for residents so that

small numbers of bedbugs don't expand into a bigger problem that is much harder to treat and can affect neighbors and the rest of the building.

"Do it yourself" products or remedies are no replacement for the methods used by professional pest controllers, and can just make matters worse by scattering rather than eliminating bedbugs.

Preventing bedbugs from biting is one thing, but perhaps one of the most difficult aspects of bedbug control is eliminating their hiding places. Their favorite hiding and breeding places are in beds, but they also hide in many other tight, dark places — behind furniture, between couch cushions, under piles of clothing or even in the spaces between the corrugations of cardboard boxes.

The ways some people store their possessions and arrange their apartments can provide places for bedbugs to hide, especially in the compact spaces offered in most Housing Authority apartments. If items are piled high or there are areas that remain undisturbed for a long time, bedbugs can find the places they need to multiply, out of reach of pest control treatments. To help residents organize, rearrange or dispose of excess items, as well as install bed frames and mattress covers, the Seattle Housing Authority is working to provide helpers and other assistance to residents who need it.

Reducing the places where bedbugs can hide is perhaps the trickiest step, and the one that will require the most long term commitment from residents and Housing Authority staff. However, without it, even the most aggressive treatment plans can't be effective, explains Bill Peterson, head of Pest Control at Seattle Housing Authority.



PHOTO COURTESY SEATTLE HOUSING AUTHORITY

Sven Koehler (standing) holds a bedbug trap during a presentation at Denny Terrace. Seated from left are Mark Moore, Judith Frank, Gregory Bruce and Cameron Hart.

NEWHOLLY NOTES

NEWS ABOUT THE NEWHOLLY COMMUNITY

NewHolly home becomes movie shoot location for a day

BY LAURA GENTRY
Seattle Housing Authority

NewHolly will get a dose of Hollywood when the community serves as a movie shoot location on Tuesday, Jan. 12. The movie being filmed is *Late Autumn*, a drama/romance feature film being produced by Boram Entertainment, M&FC and North By Northwest Entertainment.

The crew chose NewHolly as one of their filming locations due to its proximity to the light rail station, which was needed for a few of the film's scenes.

The shoot will be in and around the property at 7605 Holly Park Dr. S. The production company has leased the Lee House where extras can wait inside from the cold. They have also leased a suite in the Othello Building where they will provide lunch for cast and crew.

The casting director is looking for several extras. Extras should be prepared to be available for at least 10 hours on the day

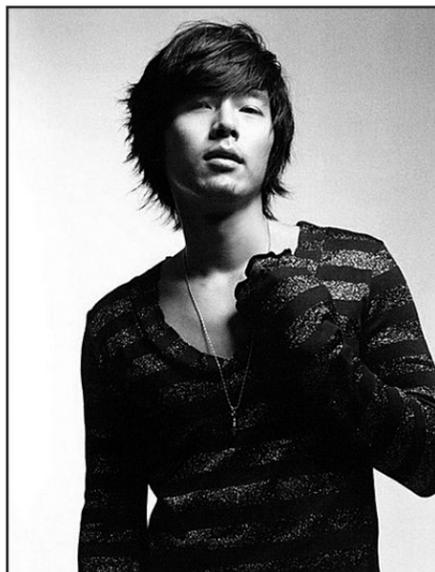
of filming and will be compensated \$94.05 for the day's work. Anyone interested in participating should contact Denise Gibbs of Foreground Background casting company at 425-246-2725 or gibbsdesign@comcast.net.

About the film

Popular Korean director Kim Tae-Yong is the writer-director of the film. Actor Hyun Bin and actress Tang Wei — who, among other films, has starred in Ang Lee's *Lust, Caution* — lead the cast. The production companies' target festival for the movie is the 2010 Cannes Film Festival.

The screenplay was originally adapted as a film called *Man Chu* by director Man Hui Lee in 1966.

The story is of Anna, played by Tang Wei, an immigrant from China who was sent to prison at the age of 23 after killing her abusive husband in self-defense. Seven years later, when her mother dies, she is granted a furlough from prison and embarks on a



PHOTOS COURTESY

Late Autumn, which will be filmed in part in NewHolly, stars Hyun Bin (left) and Tang Wei.

trip to Seattle for the funeral.

Hoon, played by Hyun Bin, is a Korean immigrant who makes his living as an escort for middle-aged Korean women. Hoon, on the run from an angry husband, boards the same bus as Anna and asks her to help pay for his ticket.

The film's description ends, "Despite

the escalating drama in Hoon's life and the sadness in Anna's situation, the two strangers begin to connect in a deeper and more meaningful way. Through this connection, they end up helping each other escape the threats of the present and the mistakes of the past and ultimately gain hope for their future."

Survey

Continued from front page

with a disability.

The goal of the survey was to test residents' and participants' satisfaction with their current housing, to determine their satisfaction around their interactions with maintenance and management staff and inspections, and to measure how safe and secure they feel in their housing. Survey participants were also asked about factors in choosing their housing location and their use of tobacco.

According to the survey findings, "This research revealed that SHA residents are extremely satisfied in all of the objectives measured above. These findings were truly remarkable; in most satisfaction surveys, results do not contain nearly the same degree of satisfaction as can be found among SHA residents."

"We are glad to know that we have achieved a high level of satisfaction among the residents we serve," notes Executive Director Tom Tierney. "Our organizational values stress that we pursue our mission in a spirit of service, teamwork and respect. It is gratifying to receive evidence that we are succeeding here."

Generally residents were asked to rate their satisfaction with each factor on a scale of 1 - 10, with 10 being the highest score. Satisfaction with the Housing Choice

Voucher Program received the highest rating at 8.88 out of a possible 10.

Residents were generally well satisfied with maintenance and repairs. Nearly 80 percent (79.2 percent) said they were highly satisfied with how well repairs were done. Residents reported being treated very well by the person performing the repairs, with 89 percent reporting that they were highly satisfied with this factor.

Safety and security were also rated high. When asked how safe they felt alone at night in their home, 79 percent said they felt extremely safe and 17 percent said they felt moderately safe. Asked how comfortable they felt allowing their school-age children to walk alone through the community during the day, 62 percent reported feeling extremely comfortable/safe.

Overall satisfaction with property management was also generally high, with the highest score returned for "responsiveness to your questions and concerns about your rent." Seventy six percent reporting that they felt highly satisfied. Most survey participants reported being very satisfied with the inspection process. The survey asked how satisfied they were with the notification process (85 percent said "highly satisfied") with how they were treated by inspectors (93 percent were highly satisfied), and with the follow through on completing necessary repairs (84 percent reported being highly satisfied).

Generally, the people who participated in the survey were satisfied with their housing. Most said they were satisfied with the value of their housing for the rent paid (94 percent), and most would recommend their property to a friend or relative (89 percent). Most people strongly agreed that their community was open and accepting toward people of diverse backgrounds (84 percent).

One interesting finding from the survey was that residents from Yesler Terrace "gave significantly lower satisfaction ratings than did residents of other housing portfolios in the areas reflecting the quality and condition of their home and neighborhood, as well as safety in their indoor common areas."

The location of housing was significantly more important to non-English speaking residents than to English speakers. Residents reported that the most important reason for choosing the location where they live as

the fact that there are stores and restaurants nearby that carry the kind of food they eat (54 percent) and that the location is near a bus line (50 percent).

Nearly 80 percent of survey participants reported that they do not smoke tobacco. About 64 percent believe that their building should be smoke-free.

On average, survey participants reported that they were on a waiting list for about a year and nine months before moving into their home. People who live in a single family home spent more time on the waiting list (more than two years) than others.

For nearly seventy percent, the community that they now live in was their first choice.

The results of the entire survey, including the survey itself, are available in the "News and Reports" section of SHA's Web site at www.seattlehousing.org.

File

Continued from front page

SHA operations office.

Later, the housing authority switched to a two-folder system. The blue folder contains all of the resident's pre-application and application materials, proof of identity, income documentation, annual reviews, lease and other SHA policy agreements and additional paperwork, Johnson said.

The second, green folder contains documentation of any 10-day notices, complaints, grievance hearings and evictions a resident has received, as well as rent and security deposits, lockouts, annual inspections and maintenance history.

But not everything is filed away in a tenant file these days — not on paper, anyway.

The housing operations department receives many of its files electronically, printing off only what is necessary to store as a hard copy, Garberding said.

That's in keeping with federal and state mandates to reduce paperwork, and helps

make SHA a greener organization.

The Housing Authority employs multiple security measures to ensure that electronic information isn't corrupted or stolen — they include firewall protection, system passwords that must be changed every three months (and which cannot be repeated) and computer screens that lock after only a few minutes of inactivity.

Tenant files are periodically purged of older information, with many documents three years or older culled from the file and sent to archive. The process continues for as long as a person is a Seattle Housing resident; Garberding noted that the average stay in LIPH is about seven years.

When a resident leaves SHA housing, his or her tenant file is closed and filed in a permanent storage archive.

Residents do have the right to review their tenant file, Johnson said. Those interested in doing so should make a request in writing to their property manager. To fill a request, housing operations sends the tenant's file to SHA's legal department, and the resident is permitted to review it.



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.

YESLER HAPPENINGS

NEWS ABOUT THE YESLER TERRACE COMMUNITY

Seattle U nursing clinic returns to Yesler Neighborhood House this month



PHOTO BY TYLER ROUSH

Hanna Lessard (left), a Seattle University nursing student, administers a blood-pressure screening to Jose Gonzalez at a holiday luncheon at the Yesler Community Center in November. The Seattle University nursing department will hold a complimentary nursing clinic at the Yesler Terrace Neighborhood House (825 Yesler Way) from 9 a.m. to 2 p.m. Thursdays. The program runs from Jan. 21 to March 4.

A celebration of culture



PHOTO BY TYLER ROUSH

Yesler Terrace resident Paul Johnson, wearing traditional American Indian attire, sings during the Yesler Terrace holiday luncheon in December. Johnson, originally from the village of Tlingit, Alaska, said he is a member of the Tlingit Tribe, and returns to Alaska every two years for a gathering to celebrate Tlingit culture.

Fitsum Abraha: New assistant property manager is no stranger to Yesler Terrace

BY SCOTT FREUTEL
Seattle Housing Authority

A new face presented itself in the management office of Yesler Terrace early last month—the face of Assistant Proper Manager Fitsum Abraha.

To long-time residents, there is something more than a little familiar about that face. As a child, this newest member of the management team was himself a resident of Yesler Terrace — a resident involved in many Yesler Terrace programs, among them sports and arts, lifeguard training and tutoring. Then too, this year and last Abraha was master of ceremonies at community Juneteenth celebrations.

Abraha and his family — father, mother, and a cousin close enough to be called brother — moved to this country from Sudan. They lived in Yesler Terrace from 1992 until 2005.

Fitsum was nine years old when his family arrived in the United States.

“I can still recall the 24-hour plane journey to Seattle, especially the 10-hour flight it took to cross the Atlantic Ocean,” Abraha said recently.

He’s now 27 and a business graduate of the University of Washington. As a work-study student he worked in the Yesler Terrace computer lab, troubleshooting and helping people learn software programs.

Before accepting his new position with SHA, Abraha worked as a tax coordinator for United Way and doing similar work for a private software company.

Asked what he’s most looking forward to about his new job, Abraha said, “I get to serve Yesler residents and to work alongside staff who at one point in my life served me and my family. I’m looking forward to reconnecting with individuals and families I’ve come to know over the years, and to

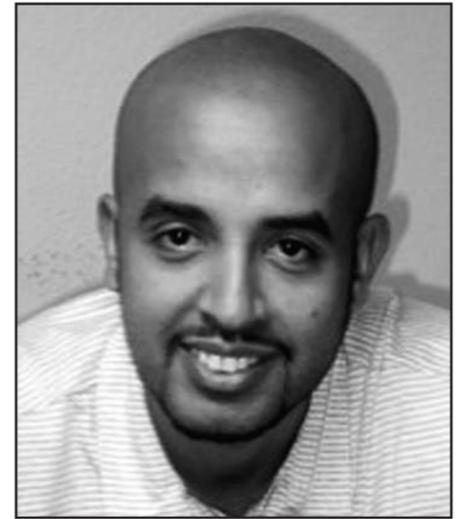


PHOTO BY SCOTT FREUTEL

Fitsum Abraha, Yesler Terrace’s newest assistant property manager, is already known to many residents.

working with the new faces in the community.”

As to the challenges he expects to come his way, Abraha is no less clear.

“With the state of the economy, people are facing a range of hardships in their lives — and our residents are no different. People here have different needs and personal goals, different things they may be working toward — from getting a job, or perhaps a better job, to going to school or purchasing a home.”

In working with residents in these tough times, Abraha said, “I plan to be excellent, understanding and respectful — and to be an example of creativity in helping to solve problems that arise with the individuals and families I’ll be serving.”

As he settles into his new position, Abraha can cast his eye a little further into the future. He’s got at least one clear goal: “I’d like to start a family,” he said last month.

Notes from the manager

BY JUDI CARTER
Senior Property Manager

Happy 2010! Often people start each new year with a resolution to do (or, in some cases, not do) something during the coming year. I am hoping that Yesler Terrace residents would be willing to adopt the following ideas as their own goals for the year 2010:

If you know that your rent will be unavoidably late, come by or phone the office to let us know what happened. If you lost your job, phone 206-344-5837 to make an appointment with The Job Connection.

If you see litter by your unit, rake it up

and put it in your garbage can.

If your faucet or toilet starts to leak, phone the Management office (206-223-3758) and request a work order to have it repaired.

Plan to do something nice with a friend or family member at least once a week.

Go to a Community Council Meeting.

Buy one item each month to put into your emergency preparedness kit.

If you are sick, take good care of yourself, and if you go to the doctor, follow the care plan the doctor recommended.

What ever you do, plan to have a peaceful and prosperous new year!



Neighborhood House
Strong Families. Strong Communities. Since 1906.

TRANSLATIONS

TRANSLATED ARTICLES FROM THE VOICE

More ways to save money on food
ምግብ ሲገዛ ገንዘብ ለማትረፍ ብዙ መንገዶች

በዚህ ኢኮኖሚው ከባድ በሆነበት ወቅት ሁላችንም የኪስ ገንዘብ ለማግኘት ከባድ ሆኗል። ከዚህ በታች ከምግብ ከወር ገቢያችን ላይ እንዴት አርገን ገንዘብ ማትረፍ እንደምንችል ይገኛል።

በወቅቱ የሚደርሱትን አትክልትና ፍራፍሬ መብላት። አንዳንድ አትክልት ወይም ፍራፍሬዎች በጣም በብዛት ይገኛሉ ዋጋቸውም በጣም ይቀንሳል።

አትክልቶቻችሁን ከመግዛታችሁ በፊት የቱ ሊቆይ እንደሚችል፣ የቱ ተሎ መብላት እንዳለበት ማወቅ አለብን። ለምሳሌ ሰላጣ ቶሎ ይበላሻል፣ ብርክል ግን ሊቆይ ይችላል። ስለዚህ ጠንካራ አትክልቶችን ሲረክቡ ገዝቶ ለሳምንት ማቆየት ይቻላል።

ስጋ ገዝተው ከግርስሪ እንደተመለሱ በቤተሰብ መጠን ይከፋፍሉት። ለምሳሌ የሁለት ሰው ብቻ ከሆነ የቤተሰብ ቁጥር እና ስድስት የዶሮ መላላጫ ቢገዙ ሦስትቦታ ከፍለው ሁለት ሁለቱን በዚፕ ላክ ፍሪዘር

መክተት ለመስራት ሲዘጋጁ ሁለቱን አውጠተው ማብሰል።

በሳምንት ሁለት ቀን ስጋ የሌለው ምግብ ይመገቡ። እንደ ቦሎቄ፣ ፓስታ፣ ሩዝ የመሳሰሉት ለስጋ እንደአማራጭና በዝቅተኛ ዋጋም የሚገኙ ናቸው።

በሰለው ታሽገው የሚሸጡ ምግቦችን አይመገቡ። ለምሳሌ አንድ የበሰለ ሩዝ ታሽጎ ለአንድ ሰው የሚቀርብ \$3 ዶላር ይሸጣል። ነገር ግን በተመሳሳይ ዋጋ 1 ኪሎግራም የሚሆን ከረጢት ሩዝ ለአስር ሰው ወይም ከዛም በላይ የሚበቃ መግዛት ይችላሉ።

ለቁርስ ቶስት የሚደረጉ ፔስቲርዎችን የቁርስ ባሮችን መግዛት ያቁሙ። በነዚህ ፋንታ አጃ (አትሚል) ፓንኬክ፣ ግራኖላ፣ እና ፍራፍሬ መብላት ይጀምሩ።

ከምግብ ጋር ውሀ ይጠጡ። ከአራት ቤተሰብ ከእያንዳንዱ 1 ብርጭቆ ጅውስ በቀን ቢቀንሱ ባሙት \$500 ዶላር ያተርፋሉ።

ከሳምንቱ አንዱን ዶጋ ከሰዓት ተራራው ፍራጅ ውስጥ ከተቀመጡ ነገሮች እንዱን ለራት መጠቀም።

አብ ዕዳጋ መግቢ ክትጥቀመሎም እትክእል ጠቐምቲ ምክርታት።

አብዚ ዘሎናዮ ናይ ኤኮኖሚ እዋናት ናይ ዋጋታት መግቢ ምክባር ንዕዘብ አኣሎና አዞም አኣብ ታሕቲ ዘለዉ ነጥብታት አብ ወርሓዊ ንመግቢ እነዉጽኦ ገንዘባዊ ቁጠባ ክሕግዙና ይክእሉ።

አሕምልትን ፍረታትን ተመገቡ እብ ወርሓቱ ዝፈርዩ። አብ ፍሉይ እዋን ወርሓቶም ዝፈርዩ አሕምልትን ፍረታትን ብጣዕሚ ሕሱራት እዮም።

አሕምልቲ አብ እትሸምትሉ ግዜ መደብ አዉጽኡ ሰላጣ ካብ ብርክል ንላዕሊ ቐልጢፉ ይበላሻ ናይ ሰላጣ ምድላዉ ድሕሪ ምሽግትኩም ትቐላጢፍኩም ተዉጽኡ እቲ ትሪር አሕምልቲ አብ መጨረሻ ስሙን ትምገብዎ።

ስጋ ምስ ዓቀን ስድራ ቤትኩም መቐፈኩም ተቀምጥም ድሕሪ ካብ ዕዳጋ ምሃሳስኩም ክልተ ዝአባላታ ስድራ ዘላትኩም ምስትኹኡ ሓደ ባኮ ሹዱሽተ ቺክን ብረስት ዘለዎ አብ

ሰልሰተ ትኸፍልዎ በብኸልተ ጌርኩም አብ ፍራጅ ተቐምጥዎ እቲ ዘድልይኩም ጥራይ ካብ ፍሪዘር ትውጽኦ አቐዲምኩም ቐድሚ ምክሻኻኩም።

ክልተ ስጋ ዘይተሓውሶ አብ ነብሲ ወከፍ ሰሙን ተዳልዉ ንምሳሌ ቢንሲ፣ፓስታ ሩዝ ሕሱር ኮይኑ መተክኣታ ስጋ ክኸዉን ስለዝክእል።

እብቲ ብቐሊሉ ዝዳሎን ክቡር መግብታትት አይተድህቡ ንምሳሌ ኢንሲታንት ራይስ ሩዝ ሓደ ባኮ \$3.00 እይ ሓድ ኪሎ ጥረ ሩዝ 10 ግዜ ክዳሎ ዝክእል ሓደ እዩ ዋግኡ።

እቶም ብቐሰተር ዝዳለዉ ፓስተ ናይ ቁርሲ ባርስን አብ ክንድኡም ኦትሚል ፓንክክ ግራኖላን ፍሩታን ተመገቡ።

አብ ግዜ መግቢ ማይ ስተዩ ክሳብ \$500 አብ ዓመት ክትቁጥቡ ትክእሉ አብ ክንዲ ጁስ ትሰትዩ ሓደ ብርጭቆ አኣብ መሃልቲ።

አብ ሰሙን ሓደ መሃልቲ ፍራጅኩም ተረፍ መግቢ ብምፍታሽ ብቲ አብ ዝረኽብኩምዎ ድራር ተዳልዉ።

នៅពេលដែលសេដ្ឋកិច្ចកំពុងធ្លាក់ចុះ យើងមាន មានការតឹងតែក្នុងការចំណាយលុយកាត់។ ខាង ក្រោមនេះគឺជាគម្រោងថវិការប្រចាំខែ ដើម្បីជួយ បន្ថយនូវការចំណាយសំរាប់ម្ហូបអាហារ។ ពិសាបន្ថែមនិងថ្លៃឈើនៅពេលដីសមត្រូវ។ នៅ ពេលដែលមានផលិតផលមានច្រើន គេលក់ក្នុង តម្លៃទាប។ ចូរធ្វើគម្រោងការណ៍បរិភោគបន្ថែម បស់លោកអ្នក។

សាឡាត់ជារបស់ជាប់ខូចជាងខាត់ណា ដូច្នេះ ត្រូវដាក់គម្រោងពិសាសាឡាត់មួយថ្ងៃបន្ទាប់ពីមកពី ផ្សារវិញ ហើយទុកបន្ថែមដែលរឹងសម្រាប់បរិភោគ នៅចុងសប្តាហ៍។ បែងចែកសាច់ជាចំណែកតាម ទំហំរបស់គ្រួសារភ្លាមៗបន្ទាប់ពីមកពីទិញម្ហូបវិញ។

បើគ្រួសាររបស់អ្នកមានគ្នាពីរនាក់ ហើយទិញ ដើមទ្រូងមាន១កញ្ចប់ដែលមានដើមទ្រូង៦នៅក្នុង នោះ ត្រូវលំលែកហើយខ្ទប់សាជាថ្មីជាបីកញ្ចប់ ក្នុងមួយកញ្ចប់ត្រូវមានដើមទ្រូងមានពីរ ហើយ បង្កកវាទុក។ អ្នកត្រូវទុកឱ្យឈាមទឹកកកត្រឹមតែ ចំនួនប៉ុណ្ណាដែលអ្នកត្រូវការធ្វើម្ហូបបានហើយ។

សូមពិសាអាហារដែលគ្មានសាច់ពីរដងក្នុងមួយ សប្តាហ៍។ ពិសាសណែកប៉ាស្តាផ្លាស់ប្តូរគ្នាជាមួយ នឹងការពិសាសាច់ គឺជួយបន្ថយក្នុងការចំណាយ។ កុំទិញម្ហូបដែលធ្វើហើយស្រាប់ ដូចជាកញ្ចប់បាយ មួយកញ្ចប់ថ្លៃ៣ដុល្លារសម្រាប់ពិសាម្តងក្នុងម្នាក់ ។

នៅពេលដែលអង្ករមួយកញ្ចប់ដែលមានទម្ងន់ ១ គីឡូក្រាមយកមកធ្វើបាន១០ដងលើសពីនេះហើយ ថ្លៃប៉ុនគ្នា។

ឈប់ទិញរបស់ពិសាដូចជាសាច់ខ្លូ និងទិញ អាហារពីកន្លែងលក់មកធ្វើជាអាហារពេលព្រឹក ។ សូមពិសាអ្នកមៀល ជានខេក ប្រ្លានីឡា ជំនួស វិញ។ ពិសាទឹកនៅពេលបាយ។ បើក្នុងគ្រួសារអ្នក មានគ្នា៤នាក់ អ្នកអាចកាត់បន្ថយការចំណាយ បាន៥០០ដុល្លាក្នុងមួយឆ្នាំ បើអ្នកកាត់បន្ថយការ ពិសាទឹកផ្លែឈើមួយកែវម្នាក់ក្នុងមួយថ្ងៃ។

ចំណាយពេលជីកកាយពេលយប់ម្តងក្នុង១អាទិត្យ ដើម្បីរកមើក្នុងកន្លែងទុកម្ហូប និងក្នុងទូទឹកកក។ បើមានម្ហូបឬសាច់ដែលនៅសល់ ត្រូវយកមកធ្វើ អាហារពេលល្ងាចម្តងក្នុងមួយអាទិត្យ ។

More ways to save money on food Новые способы экономного пи- тания

В это экономически трудное время все мы чувствуем ущерб для наших кошельков. Ниже приводятся советы как сэкономить деньги на существенной части вашего бюджета —еде.

Ешьте те овощи и фрукты, которые в сезоне. Когда каких-то продуктов много, их цены понижаются.

Планируйте использование овощей в зависимости от срока их хранения. Салат-латук портится гораздо быстрее, чем брокколи. Готовьте салаты в день покупки и в ближайшие дни, сберегайте стойкие к порче овощи на конец

CÓ THÊM NHIỀU CÁCH ĐỂ TIẾT KIỆM TIỀN MUA THỰC PHẨM

Trong thời gian kinh tế khó khăn này, tất cả chúng ta cảm thấy túi tiền eo hẹp. Dưới đây là những chỉ dẫn nhỏ cho quý vị cách để tiết kiệm tiền cho phần chi tiêu cần thiết trong tháng: thực phẩm.

Hãy mua ăn rau và trái cây có trong mùa. Lúc mà số rau quả có nhiều, thì giá rẻ hơn.

Tính toán cho việc mua rau quả. Cải xà lách thì mau hư hơn bông cải xanh. Hãy dùng rau xà lách ngay vào các ngày sau khi mua về, để dành các rau cải lâu hư cho các ngày cuối tuần.

Siyaabo badan oo loo dhaqaaleysto lacagta cuntada

Maadaama dhaqaala xumida dar-teed aan dhamaanteen dareemayno jeeb yari, waxaan halkaan hoose idinku soo gudbinaynaa siyaabo aad ku beekhaaminkartid qayb muhiim ah oo ka mid ah kharashka bile ah ee cuntada kaaga baxa.

Cun miraha iyo khudradda xili-gooda la joogo. Marka mira xiligooda la joogo aadna u badan yihiin aad ayey raqiis u yihiin.

Qorshee qaabka cunitaanka saladka. Midda jilicsan ee la yiraahdo lettuce-ka wey ka lhalaaabi og tahay midda broccoli-ga. Hor mari cunitaanka midda jilicsan gadaalna u dhig midda adag.

недели. Разделяйте мясо на одноразовые семейные порции сразу после возвращения домой из магазина. Если ваша семья состоит из двух человек и вы купили упаковку из шести куриных груденок, разделите их на три пакета по две грудинки и заморозьте. Когда вы будете готовить, то разморозите только нужную порцию.

Два раза в неделю обойдитесь без мяса. Фасоль, лапша и рис могут по калорийности заменить мясо и стоят дешевле.

Не увлекайтесь пищей, удобной в приготовлении. Например, пакет риса быстрого приготовления стоит 3 долла-

ра за порцию, тогда как килограммовый пакет риса содержит 10 или больше порций и стоит столько же.

Перестаньте покупать печенье для тостера и готовые кондитерские изделия на завтрак. Вместо этого ешьте овсянку, оладьи, гранолу и фрукты.

Пейте воду с едой. Вы можете сэкономить более 500 долларов в год, если каждый член вашей семьи из четырех человек будет пить ежедневно на один стакан сока меньше.

Запланируйте раз в неделю день досмотра. Посмотрите в кладовку и в холодильник и приготовьте обед из того, что найдёте из остатков или из запасов.

Chia thịt ra từng phần đủ dùng ngay sau khi từ chợ về. Nếu trong nhà có hai người, mà quý vị mua gói ức gà có 6 miếng, thì hãy chia ra 3 gói mỗi gói 2 miếng rồi bỏ vào tủ đông đá. Quý vị chỉ cần xả đá phần thịt nào quý vị sắp đem nấu..

Mỗi tuần, hãy ăn 2 bữa ăn không có thịt thả. Đậu, cơm, các loại bún cung ứng sự thay thế cho chất thịt.

Đừng mua thức ăn đã được nấu sẵn. Ví dụ như một gói cơm nấu sẵn một phần ăn có giá là \$3 đô trong khi một túi gạo 1 kí lô có thể dành cho 10 phần ăn thì có giá tương đương như vậy.

Hãy ngưng mua những đồ nướng ăn

sáng. Thay vào đó hãy ăn cháo lúa mạch, bánh bột nướng pancake, bánh cơm lúa mạch, và trái cây.

Hãy uống nước lạnh trong các bữa ăn. Quý vị có thể tiết kiệm trên \$500 đồng cho một năm khi cắt giảm 1 ly nước trái cây cho mỗi người trong 1 ngày và cho gia đình 4 người.

Mỗi tuần, dùng buổi tối soạn lại đồ ăn. Hãy tìm trong tủ đựng đồ ăn và tủ lạnh để đem ra nấu cho bữa ăn tối từ các thực phẩm còn dư lại, hay đã được để dành trước đây.

ay kuu goysaa 1kg oo bariiska caadiga ah oo toban jeer la karsan karo.

Iska daa soo gadashada waxyaabaha mac-macaanka iyo quraacda sida breakfast bars, balse isku day inaad cunto oatmeal, pancakes, granola iyo miro.

Biyo ku cab cuntada. Haddii aad qofkasta oo qoyska ka tirsan ka dhinto hal koob oo oranjii ah, waxaad keydinkartaa illaa \$500 sanadkii. Waa marka qoysku afar qof ka kooban yahay.

Qorshee habeen aad inta tallagadda furtid raadiso waxyaabo har-haray oo aad iska kariso, cashana uga diyaariso qoyskaaga.