



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



The Voice

May
2013
*Articles translated
into six languages*

The newspaper of Neighborhood House — visit our website at www.voicenewspaper.org



PHOTO BY TYLER ROUSH

Mahat Mohamed (left) has a new job at Sea-Tac Airport and a home for his family. He is seen here with his daughter Ikraan Ahmed and wife Fartun Haji Ciise (right). Neighborhood House employment specialist Fartun Mohamed is second from right.

A new home and a new job, with help from Neighborhood House

By TYLER ROUSH
The Voice editor

Today, Mahat Mohamed has a good job at Sea-Tac Airport. His family, including his wife, Fartun Haji Ciise, and 4-year-old daughter Ikraan Ahmed, live in a cozy apartment in SeaTac, not far from his job.

But it was only a few years ago that Mahat and Fartun were refugees from the Somali Civil War, among the millions living in refugee camps in East Africa.

Mahat was only 16 when he and his parents had to flee from their home in Somalia because of the war. They safely arrived at the Hagardheer refugee camp in Kenya. But conditions were hard. They survived on one meal a day, usually flour and oil, occasionally with the addition of butter, sugar or corn.

“You can’t imagine daily life,” Mahat said. “Sometimes you’ll eat your ‘breakfast’

at night. You’re fasting all day.”

The camp was not far from the border with Somalia, and personal safety was never a guarantee. Theft, especially of food, was commonplace.

It was in these circumstances that Mahat lived for 18 years, awaiting a request for sponsorship to be approved so he could resettle in a new country. But it was also where he met and married his wife, Fartun. The couple married in 2007 and welcomed a baby girl, Ikraan, in September of 2008. Shortly thereafter, his sponsorship request was approved. After 18 years of waiting, Mahat was finally allowed to come to the United States.

But he faced a difficult choice — because the request was filed before he was married, Fartun and Ikraan were not included. He would have to leave his family behind or

Please see “Mahat” on Page 3

Rallying support in Olympia for low-income housing

By MATTHEW ANDERSON
Special to The Voice

In February, I attended the 10th Annual Housing and Homelessness Advocacy Day hosted by the Washington Low Income Housing Alliance (WLIHA). It was cold, windy, and overcast. However, the weather did not stop the 600-plus advocates from 43 legislative districts from making their way to the capital. The day would bring meetings with legislators, short training seminars, and an opportunity to unite in the common cause of ending homelessness.

The day began with a continental breakfast in the basement of United Churches of Olympia located a few blocks from the Capital. This provided time for people to sign in and a quick meeting with the team leaders from their districts. This was a welcome surprise for me having signed up at the last minute; I travelled alone to Olympia and was unsure about the availability of parking, traffic, and where to get breakfast. Coffee, tea, fruit and bagels were just what I needed.

At 9 a.m. everyone met in the chapel for orientation and overview of the day’s events. The speakers emphasized the importance of The Housing Trust Fund, which funds most housing programs. Additionally, there was a brief overview of the following seminars: Advocacy 101, Homelessness Policy Panel Discussion, Fair Tenant Screening, and Social Media for Advocacy, and Advocacy 301. I chose to attend the workshop in Homelessness Policy and Advocacy 301.

The Homelessness Policy Panel Discussion consisted of speakers representing homeless youth, veterans, families and



FILE PHOTO

Housing and homelessness advocates rallied in Olympia earlier this year in support of safe, affordable housing and support services for low-income people.

other populations. The speakers tied together the overlapping and interconnectedness of services and policies that fall under the umbrella of funding and the problems of homelessness. Dan Wise from Catholic Community Services explained some of the benefits and the difficulties involving the Housing and Essential Needs (HEN) program. HEN provides medical services for people enduring a temporary or long term disability. In addition to the medical, people can receive hygiene products and bus tickets to get them to the doctor.

The Advocacy 301 workshop was directed toward activists al-

Please see “Olympia” on Page 4

Farmers market vouchers provide fresh fruits and vegetables for low-income seniors

Applications are now available for the popular Senior Farmers Market Nutrition Program, which provides low-income seniors with \$40 in voucher checks that can be exchanged for fresh produce at farmers markets, roadside stands, and community supported agriculture programs throughout King County.

Applicants must be King County residents age 60 or older (age 55 or older if American Indian/Alaska Native) and low-income—below 185 percent of Federal Poverty Level (FPL). In real terms, that means someone who meets the age requirement must have an annual income at or below \$21,257 (or \$1,771 monthly) if he or she lives alone or \$28,694 (\$2,391 monthly) if he or she lives with one other person. For larger households, the FPL formula adds \$620 per month per person.

“Seattle and suburban cities are fortunate to have a wealth of small farmers markets that provide fresh, nutritious,

Please see “Vouchers” on Page 2

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

Nonprofit org.
U.S. postage PAID
Seattle, WA
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Health Notes

A column devoted to your well-being

Low-cost dental services offered at PIMA Medical Institute

Are you in need of low-cost dental services? PIMA Medical Institute offers dental services for adults and children in its Northgate clinic. New patients can receive a comprehensive new patient exam for \$25. The first-time evaluation includes a dentist examination and treatment recommendations, as well as screenings for gum disease and any necessary x-rays.

Adult dental cleaning is \$40; child cleaning is \$30. The clinic accepts all den-

tal insurance plans, including Medicaid. The clinic is open for morning and afternoon sessions on Tuesdays and Thursdays. The morning session is from 8 – 11:30 a.m. The afternoon session is from 1 – 4 p.m. To schedule an appointment, call the clinic at 206-529-6677 during regular business hours, or leave a message.

The PIMA Medical Institute is located at 9709 Third Ave. NE, near the Northgate Transit Center.

The Transit Riders Union needs you

Did you know...

King County Metro bus service may be cut by 17 percent next year. Sixty-five bus routes would be totally eliminated, and another 86 would be reduced.

Bus fares are set to go up yet again in 2014. We already pay 80 percent more per ride than we did in 2008. We can't afford more fare hikes!

The Transit Riders Union is fighting to save our bus service and to win a low-income reduced fare. We need you to join us! We are a democratic all-volun-

teer union of working and poor people, fighting for better public transit. To get involved, contact us or come to our next Membership Meeting. We meet on the first Monday of every month.

Monday, May 6, 6:30 – 8:30 p.m.

Labor Temple, Hall #6

2800 First Avenue

Seattle, WA 98121

contact@transitriders.org

206-651-4282

www.transitriders.org

Vouchers

Continued from Page 1

unprepared, locally grown fruits, vegetables, herbs, and honey," said Jesse Eller, director of Aging and Disability Services, the agency that oversees the program in King County. "It's a great investment in senior nutrition as well as our agricultural economy." Aging and Disability Services is also a division of the Seattle Human Services Department.

Applications are available online (<http://goo.gl/vNaHc>) or by calling any of these organizations:

- African American Elders Program: 206-328-6840
- Asian Counseling & Referral Service: 206-695-7510
- Chinese Information & Service Center: 206-624-5633 ext 4178
- Latino Information & Assistance:

206-764-4700

- Neighborhood House: 206-461-4522

- Russian Information & Assistance (Irina at JFS): 425-643-2221 (M/W/F) or 206-461-3240 (T/Th)

- Seattle Mayor's Office for Senior Citizens: 206-684-0500

- Senior Information & Assistance (206-448-3110 or 1-888-4ELDERS)

Because funds are limited, a random selection process is used to select recipients. Applicants who did not receive a Senior Farmers Market voucher in 2012 may be prioritized during selection. Completed applications must be submitted by mail and postmarked by May 31. All applicants will receive a letter by early July informing them of their status. A searchable list of local markets can be found on the Washington State Farmers Market Association website (www.wafarmersmarkets.com/washingtonfarmersmarketdirectory.php).

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PHOTO COURTESY OF MICHAEL MAGGS / WIKIMEDIA COMMONS

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.

Forum helps parents better support children's education



PHOTO COURTESY OF THE ROAD MAP PROJECT

About 750 parents and hundreds of children attended the Road Map Region Parent Forum Saturday, April 20 at Tukwila's Foster High School.

The first Road Map Region Parent Forum drew 750 parents and hundreds of children to Foster High School in Tukwila for a day of workshops, inspirational speakers and an interactive Resource Fair. The purpose of this first-of-its-kind, regional event was to give parents the information they need to help their children do well in school – from cradle to college and career.

The Parent Forum was hosted by the Road Map Project, a community-wide effort to dramatically improve student achievement from cradle to college and career in South King County and South Seattle. Road Map Project partners, including nonprofit organizations, public health and housing agencies, school districts and parents, collaborated and co-designed the forum to address needs identified by parents.

"Parents are a child's first teacher. Parents are key to student success. Parents want to be involved with the schools as a valued partner. We need to talk less and listen more to the people closest to the children," said featured speaker Norman B. Rice, President and CEO of the Seattle Foundation, during the forum's opening assembly. Other speakers included Highline Public Schools parent Patricia Gonzalez, Tukwila Mayor Jim Haggerton and Tukwila School Board President Mark Wahlstrom.

Every effort was made to remove barriers that would prevent parents from attending the forum – attendees had access to simultaneous translation, child care, transportation and food from different cultures.

The event's workshops were well-attended and spanned many topics, including the exploration of STEM (science, technology, engineering and math) with Radio Disney, understanding the school system, understanding the importance of early learning, preparing for college and advocating for children with special needs. Parents were also given the opportunity to connect with school district leadership in discussion sessions.

Throughout the day, parents and children explored the Resource Fair, which gave parents access to practical resources, including dental screenings and job training, in addition to the opportunity to talk with



PHOTO COURTESY OF THE ROAD MAP PROJECT

Interpretation was provided for attendees of the Road Map Region Parent Forum.

About the Road Map Project

The Road Map Project is a community-wide effort aimed at dramatically improving student achievement from cradle to college and career in South King County and South Seattle. The project builds off the belief that collective action is necessary to make large-scale change and has created a common goal and shared vision in order to facilitate coordinated action, both inside and outside schools. The Road Map Project is supported by the Community Center for Education Results. For more information, please visit www.roadmapproject.org.

incredible experts in many fields, such as brain development and robotics.

Parents also had a chance to win great prizes, such as a Microsoft Surface, Target gift cards, passes to family attractions, as well as iPad Minis from Radio Disney.

The Parent Forum would not have been possible without planning and volunteer support from hundreds of people across the region.

To learn more about the Road Map Project, please visit www.roadmapproject.org.



Please recycle me



Be safe

What to expect when you call 9-1-1

By KELLY MCKINNEY
Seattle Neighborhood Group

Calling 9-1-1 can be a very aggravating experience. People do not usually call 9-1-1 during the best of times. Sometimes, the 9-1-1 operators seem to be irritating on purpose. However, there are reasons why the 9-1-1 operators respond as they do. Here are some key things to remember when you call 9-1-1.

9-1-1 operators ask a lot of questions. The questions are designed to determine what happened, what kind of assistance is required and where that assistance is needed. In order to provide the needed services in the most efficient way possible, they ask their questions in a specific order. It is a good idea to let the 9-1-1 operator guide the caller through this process.

All calls to 9-1-1 are initially answered by the police department and then forwarded to the Fire Department and medics, if necessary. Therefore the 9-1-1 operator needs to determine who to send out to assist with the problem. Short answers work best. If the caller needs the fire department or a medic, the call will be forwarded onto the fire department, otherwise the caller will stay on the same line.

Now that the operator has determined who to send the caller to, the next question will be about the location. Where did the incident occur, where are you making the call from, and if the problem is moving around, where is the problem headed. The operator needs to know where to send the officers. If you listen carefully, you may notice the sound of typing in the background. As you tell the 9-1-1 operator where to send the police, the operator is often typing it into a computer. The information is then sent to a dispatcher, who prioritizes the call and dispatches officers out to the scene.

All calls into 9-1-1 are prioritized. Calls for violent situations or situations that are happening at the time the call is made are prioritized over calls that are not violent or

have already happened. If the crime is in progress it is possible the officers will be dispatched to the scene while you are still on the phone.

After the 9-1-1 operator has asked about what happened and where it happened, they will begin asking questions about how it happened and who committed the crime. This information provides additional details about the incident, which will help officers, deal with the situation as quickly, fairly and safely as possible. The operator will want to know if the suspect is armed, what the suspect looks like, how the suspect is dressed, if there was a vehicle involved in the incident and what the vehicle looked like.

It is important that the caller answers each question as well and as briefly as he/she can. If the caller doesn't know the answer to a question, he/she should just say so and move onto the next question. It is still important to allow the 9-1-1 operators to guide the call.

Many people get frustrated when they call 9-1-1. They do not understand why the operator is asking so many questions. They can lessen their frustration by remembering that 9-1-1 operators ask specific questions so officers know what the incident is, where it is happening and the details of how the situation happened so they can deal effectively, fairly and safely for all concerned. It is best to let the 9-1-1 operator to guide the process of reporting a crime or suspicious activity.

In future articles, this column will address how to give a good description to a 9-1-1 operator and a police officer, how 9-1-1 calls are prioritized and what to do after you called 9-1-1. We will also be covering other resources that can be used to address crime in your neighborhood.

Kelly McKinney (206-323-7084) and Alan Davis (206-323-7094) are Community Education Coordinators for Seattle Neighborhood Group.

— he didn't have a place to live or a job to support them.

He had settled on working at the airport. It offered a permanent job and opportunities for advancement, and he knew it was a place where other members of the Somali community had already found work. But the application process is extensive.

While Fartun helped Mahat navigate the application process, Neighborhood House Career Developer Naima Abshir provided him with more intensive job training. He began participating in job seeker club meetings at Rainier Vista, where he accessed training and networking opportunities in a collaborative environment with other job seekers.

But he still needed a place to live. Neighborhood House Employment & Housing Coordinator David Moser stepped in to help Mahat find a home. David helped Mahat locate housing, research neighborhoods and schedule appointments with landlords. The efforts are part of Neighborhood House's new Working for Housing Stability, and in this case they paid off with a new apartment for Mahat in the heart of SeaTac.

Just six days after moving in, he learned that the airport had hired them. And a few days after that, he received even happier news — Fartun and Ikraan were on their way to the United States. Today the family is together once more.

"I'm so happy with all of us together," Fartun Haji Ciise said.

KCHA, partners celebrate Burndale Homes Community Center grand opening



PHOTO BY TYLER ROUSH

Nyalok Yat, an Auburn High School 10th grader and Neighborhood House tutoring student, spoke about how attending tutoring has made a difference in her success in school.

With many dignitaries on hand, including Congressman Dave Reichert, local officials and community partners, the King County Housing Authority marked the grand opening of the Burndale Homes Community Center with a community celebration April 4.

The 3,563-square-foot, \$1.09 million facility is home to a classroom, computer lab, a multipurpose room with meeting and activity space, a kitchen and private counseling areas. It was built through a HUD Capital Fund Communities Facilities Program grant.

Seattle Parks invites public comment on first draft of Parks Legacy Plan

Plan to consider public input, cost and survey data, trend information

By SEATTLE PARKS AND RECREATION

Seattle Parks and Recreation invites the public to help plan the future of Seattle's parks, community centers and other facilities. Parks is starting an important public conversation to ensure we have a great park system for generations to come. The goal is to offer access and opportunity to all, in a sustainable way.

"After an expansion of our system made possible by several consecutive voter-approved property tax levies, we are at a crossroads," said Acting Superintendent Christopher Williams. "Now it's time to ask the hard questions: Are we spending resources as effectively as possible? What does the public think of our park system? What are the basic services we provide?"

To honor Parks' 130-year legacy and to plan for our future, Parks needs to hear from Seattle residents, park neighbors and park users. Parks has scheduled a series of public meetings in May and encourages everyone who uses parks, community centers, swimming pools or other facilities to come and say what you think.

While some of the meetings focus on certain Parks functions, comments on any Parks activity or function are welcome at all of the meetings.

People who cannot make it to a meeting and who want to comment on the draft plan can send an email to parkslegacy@seattle.gov.

The draft plan is available online at www.seattle.gov/parks/legacy.

General Meetings

Tuesday, May 7 from 7 to 8:30 p.m.
Seattle Parks and Recreation Administration Building
100 Dexter Ave. N

Tuesday, May 21 from 7 to 8:30 p.m.
Dakota Place Park Building
4304 SW Dakota St.

Sports, Recreation and Aquatics

Wednesday, May 8 from 7 to 8:30 p.m.
Green Lake Community Center
7201 E Green Lake Dr. N

Seniors and Teens, including LGBT, Community Centers and Associated Recreation Council (ARC)

Monday, May 13 from 5:30 to 7 p.m.
Northgate Community Center
10510 5th Ave. NE

Environmental Programs, Open Space and Maintenance

Thursday, May 16 from 7 to 8:30 p.m.
Jefferson Community Center
3801 Beacon Ave. S

Immigrant and Refugee Communities

Wednesday, May 22 from 7 to 8:30 p.m.
South Shore K-8 School
4800 S Henderson St.

For interpretation services or special accommodations at the meetings, please email parkslegacy@seattle.gov or call Susanne Rockwell at 206-733-9702.

Mahat

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start the sponsorship process all over again. After being told he could find a sponsor for his wife when he arrived to the U.S., Mahat reluctantly left his wife to start a new life for them in Seattle.

But Mahat quickly found out that his job skills didn't transfer over well to the American workforce. For the next few years, Mahat was lucky to find a series of temporary jobs and would scrape some money together whenever he could to go back and visit his wife.

Mahat continued to work in temporary positions, but was eventually laid off as the economic recession deepened. Despite his best efforts, he could not find a job and was surviving on less than \$300 per month from unemployment insurance. Most of this money he sent to Fartun and Ikraan; the rest he gave to his friends in exchange for letting him stay with them temporarily. Mahat was homeless, trying to support a family on the other side of the world.

It was around this time that Mahat came to Neighborhood House, looking for employment help. He began working with employment specialist Fartun Mohamed, who aided in his job search. Just a few weeks later, he received happy news: His sponsorship application had been approved, and Fartun and Ikraan would be coming to the United States to live with him.

But Mahat also felt some trepidation

A pathway to the American Dream: Neighborhood House hosts Citizenship Day at Birch Creek Center

By Voice staff

On a brisk morning in early April, the lines began forming shortly after the doors opened. They came in by the dozens to the Birch Creek Center in Kent, each with his or her own story, but all with a similar goal in mind — to become a U.S. citizen.

Neighborhood House hosted a Citizenship Day Saturday, April 6 at the Birch Creek Center, inviting community members looking for help with the naturalization process to meet with an immigration attorney or to talk with a caseworker.

The Citizenship Day is an outreach event for Neighborhood House's citizenship programs. In 2012, Neighborhood House instructors and case workers helped 326 people make progress toward earning their U.S. citizenship; 95 became naturalized.

Are you looking to become a U.S. citizen? Neighborhood House hosts free citizenship classes for beginning and advanced students at three locations in Seattle and King County.

Free Citizenship Classes

- Birch Creek Center in Kent
3111 SE 274th St., Kent, WA 98030
Monday and Wednesday
1 – 4 p.m. (beginning)
4:30 – 6:30 p.m. (advanced)
Languages spoken on site: Spanish, French, Somali, Vietnamese, Burmese, Russian, Ukrainian
- Wiley Center at Greenbridge
9800 Eighth Ave. SW, Seattle, WA 98106
Tuesday and Thursday
Noon – 2 p.m. (advanced)
2 – 5 p.m. (beginning)
Languages spoken on site: Spanish, French, Somali, Vietnamese, Burmese, Russian, Ukrainian, Khmer
- High Point Center in West Seattle
6400 Sylvan Way SW, Seattle, WA 98126
Monday and Thursday
12:30 – 2:30 p.m. (beginning)
2:45 p.m. – 5:45 p.m. (advanced)
Languages spoken on site: Spanish, French, Somali, Vietnamese, Burmese, Russian, Ukrainian

For more information about citizenship classes at Birch Creek Center and Wiley Center, contact Rechelle Schimke at 206-446-1097 or rechelles@nhwa.org. For the classes at High Point Center, contact Julia Kevon at 206-588-4900, Ext. 615.



PHOTOS BY TYLER ROUSH

Volunteers, such as Peter Bittner (top, right) helped guests complete enrollment paperwork prior to meeting with a citizenship specialist or immigration attorney. Neighborhood House Family Support Worker Phung Nguyen (above left) helps two women with enrollment. A child-care center (above right) was provided for families. At left, the Neighborhood House Citizenship Team poses for a photo prior to the start of Citizenship Day at the Birch Creek Center on Saturday, April 6.

Olympia

Continued from Page 1

ready familiar with policy. This workshop explained where the bills concerning housing were at, and how the legislative process works in the beginning of the session.

After lunch I walked across the street to join with the large group of people on the capitol steps. As I looked at the crowd, I felt like I was part of something bigger than myself.

A few speakers told their stories about their struggles when they were homeless and how housing programs had changed their lives. After the speakers were finished, a call came through the loudspeaker, "What do we want?" followed by the response, "Housing for all." Another call followed, "When do we want it?" followed

by the crowd, "Now!"

After the rally, I joined the team leads from the 43rd District, where I live. They asked if anyone had anything they wished to speak about or a story to tell. They were looking for stories from people currently homeless or that had been able to get back on their feet because of programs funded by the Housing Trust Fund. We were then prepped for a dual meeting with our district Representatives, Frank Chopp and Jamie Pederson, and a meeting later in the day with Senator Ed Murray.

During the meeting with Representatives Chopp and Pederson, a number of our group testified to the dire need to keep the state's investment in the Housing Trust fund. A homeless youth explained how the youth shelter was the only refuge short of living on the street. A single mother of two

explained the desperation of being homeless with children.

We met with Senator Ed Murray in a conference room. Our group asked Senator Murray to please support the Housing Trust Fund. Two personal testimonies were given from men currently working for housing agencies. One told the story of recovering from addiction and mental health issues and explained that without transitional housing, he would have never been able to put his life back together. The second gentleman detailed the devastation of losing his house and finding himself in a position he never dreamed of: homeless.

Since advocacy day, the House and Senate have been working on the state's budget. According to WLIHA, as it stands now, the house proposes to retain \$51.5 million for the Housing Trust Fund. The House also re-

tains current funding for HEN, TANF and Homeless Grants. However in the Senate's budget, there will be deep cuts to many of these essential programs. WLIHA reports that the Senate's budget could cause 20,000 more Washingtonians to become homeless!

Please call the offices of your local legislators and let them know that you support housing.

Let our government officials know how desperate the need is for all of the essential needs programs. Let them know that housing should be a right and that everyone deserves to have a clean, safe place to live.

For more information on what you can do to support housing and for more detailed information please visit the Washington Low Income Housing Alliance website at: <http://wliha.org>.

Paying tribute to the graduates of High Point

Community celebrates High Point youth at graduation night

By VOICE STAFF

HP The High Point community turned out to honor the neighborhood's upcoming generation of graduates at the High Point PROMISE graduation event Friday, March 29.

The event, organized by Neighborhood House as part of the agency's ongoing High Point PROMISE efforts, celebrated students who are transitioning schools — from elementary school to middle school, middle school to high school and high school to college.

Along with a dinner and celebration, the event included a college and career resource fair, where students and their families could learn about scholarship and employment opportunities and other resources for further education. Seattle Housing Authority Executive Director Andrew Lofton delivered the keynote address.

The High Point PROMISE Initiative is Neighborhood House's effort to see that every child living in the High Point neighborhood graduates from high school and advances to college. For more information about PROMISE, contact High Point PROMISE Manager Katie Taylor at 206-588-4900, Ext. 604.



Entertainment at the High Point PROMISE Graduation included a dance performance (above) by community youth. Younger guests (left) enjoyed face-painting and other activities. Neighborhood House staff Mehret Tekle and Dena Nelson hold one of the certificates that were presented to High Point graduates.

PHOTOS BY CLARE KIM

Free wireless internet access coming to Rainier Vista, High Point, NewHolly and Yesler

By SEATTLE HOUSING AUTHORITY

HP RV NH YT Through a partnership with One Economy Corp. and funding from the Federal Stimulus Broadband Technology Opportunities

Program, residents of Rainier Vista, High Point, NewHolly and Yesler Terrace will soon have free wireless internet access (wi-fi) in their homes for the next two years.

By late this spring or early summer, residents of those communities will be able to enjoy a shared wireless network that will provide download speeds of around 1 Mbps.

The network speed is limited to keep operating costs low, so heavy usage activities such as music streaming or downloading very large files are best reserved for faster networks.

In 2010, global nonprofit One Economy received a \$28.5 million federal grant along with another \$23 million in matching partnership funds to work in 23 communities nationwide providing free internet access and training. One of

Please see "Wireless" on Page 3

Paid summer internships available to youth in Yesler Terrace



PHOTO COURTESY OF YESLER SUMMER YOUTH ENGAGEMENT PROGRAM

The Yesler Summer Youth Engagement Program gives Yesler youth an opportunity to learn about and participate in the redevelopment process while working in a paid summer internship.

YT The Yesler Summer Youth Engagement Program is back for another summer! Through a partnership between Seattle Housing Authority and GroundUP Organics, the Yesler Terrace Summer Youth Engagement Program will offer six youth ages 16-19 an opportunity to gain real world work experience with companies that work on the Yesler Terrace Redevelopment. Youth will be placed with a company to work as an intern, performing duties assigned by their on-site supervisor.

This is a great opportunity to work in a professional environment, learning about

the different aspects of urban redevelopment with companies that provide services such as design, architecture, community services and more. Students work weekdays at their placement sites and return to Yesler Terrace on Fridays for professional development training, including resume writing, working in a professional environment along with field trips to various locations. Students will be provided with Orca cards to offset the cost of transportation to and from the worksites.

Please see "Internship" on Page 3

NewHolly Community Kitchen receives \$22K grant

Dept. of Neighborhoods grant to fund development of monthly cooking program

By VOICE STAFF

NH It's a win for food-lovers in the NewHolly community. The Community Kitchens: NewHolly project has received a \$22,075 grant from Seattle's Department of Neighborhoods. The cooking group meets monthly to share recipes among community members, prepare food and come together for a meal with friends and family.

NewHolly's community kitchen grew out of a desire to build community over the common bond of preparing and sharing a meal. The group explores a variety of ethnic dishes, with traditional recipes drawn

from the diverse group of people who call NewHolly home.

"Not only do we get to learn the fare of other cultures, but food just has a way of uniting people and creating a quick and beautiful bridge over the language gap. I've bonded over slicing apples for apple crisp, doctoring spaghetti sauce for veggie pizzas and pouring coconut milk in Cambodian curry," wrote Lima Cheng of the Community Kitchens: NewHolly program.

The Community Kitchens: NewHolly group meets monthly, and all NewHolly residents are invited to cook and share the meal. You're welcome to come for the cooking, the eating, or both!

For more information, please contact Rebecca Lane at 206-852-0218 or newhollycooks@gmail.com or Community Builder Joy Bryngelson at 206-723-1725.

Neighborhood House Job Seeker Clubs

Get employment assistance and network with fellow job seekers at two groups in the Seattle area.

The Rainier Vista Job Seeker Club meets from 10 a.m. – 1 p.m. Mondays at the Rainier Vista Center, 4410 29th Ave. S. Call 206-461-4568, Ext. 202 for more information.

The High Point Job Seeker Club meets from 1 – 4 p.m. Wednesdays at the High Point Center, 6400 Sylvan Way SW. Call 206-588-4900 for more information.

Content guide

Don't see your neighborhood section? Consult the guide below to find the logos that correspond to your community.

- High Point Herald
- NewHolly Notes
- Rainier Vista News
- Yesler Happenings

Seeking the next generation of passionate resident leaders

Nominations now open for RAC elections

BY RESIDENT ACTION COUNCIL

That's right... we are now accepting nominations for all five officer positions (President, Vice President, Secretary, Treasurer and Ombudsperson) and up to ten at-large member positions on our Board of Directors (also called the Executive Committee). See below for information on how to nominate someone.

What does it take to be a great board or committee member of the Resident Action Council?

- You care about your Public Housing neighbors and neighborhood
- You want things to improve!
- You want to share your ideas
- You want to hear what other people are thinking
- You can compromise and negotiate to decide on shared goals
- You can work with others to reach those goals!

About the Resident Action Council Leadership

The active (voting) membership elects five officers and up to ten at large members to the board. The board meets regularly to

plan strategy and recommend policy for the Resident Action Council. It also handles issues that come up between meetings. Board meetings are open to all tenants, but only those who are elected to the Board by the membership can vote. All Board members must publicly support Resident Action Council decisions even if they disagree with particular decisions made by the Board or membership ("minority opinions" may be submitted, however).

Do you need to use a computer to be part of the Board? No—but much of the Resident Action Council's between-meeting communication is done by e-mail, and members who don't use computers may miss out on some of the discussions and decisions. If you wish, RAC will help you start to use e-mail and locate free computer use near you. The Secretary and Treasurer's work would be extremely difficult without computer use.

Beyond the Board! Committees, work groups, task forces

Several work groups and committees have been formed to work on special projects—there will probably be more! These committees and work groups are open to anyone—you don't have to be an elected

board member or a voting member to join them, and it is a great way to get started!

How to nominate, how to run for office — the details

Active Resident Action Council members (anyone who's attended a RAC meeting in the past 12 months and is a Seattle Housing Low Income Public Housing resident) can nominate someone, run for office, and vote. If you're not sure who is qualified, send an email to us at the address below or call our office at 322-1297

Any active Resident Action Council member can nominate themselves or someone else. (It is not too late to become an active Resident Action Council member before the June Election! Come to the May meeting!)

Nominations were opened at the April 10 Resident Action Council meeting and will close at the May 8 meeting.

Nominations can be made at the April or May meetings or by phone (322-1297), via email (RACNominations@yahoo.com) or by mail to the following address:

RAC Nominations
2600 South Walker, #B-1
Seattle WA 98144

The Elections Committee will ask nominees if they are willing to run for the Board

and check their eligibility. Final nominations will be announced by May 17. Election will be held at the June 12 Resident Action Council meeting. Questions? Call 322-1297!

About active RAC membership

Active (voting) members must have attended at least one RAC meeting in the 12 months preceding a vote. As of April 2013, only Low Income Public Housing tenants are eligible to become active members. Scattered site tenants and LIPH residents in HOPE VI communities are eligible for active membership, but Section 8 tenants are not. The Resident Action Council welcomes residents of all these programs as associate members, and we encourage participation on our work groups and task forces.

We should note Seattle Housing is still working with the US Department of Housing and Urban Development on ways to include the Seattle Senior Housing Program (SSHP) communities in the Low Income Public Housing (LIPH) programs; however, they have encountered some issues in terms of doing so. Until these issues are resolved, SSHP residents cannot be voting members, nor can they be nominated as candidates for election this year. We are continuing to work on and monitor this issue and will keep people informed.

Neighborhood House High Point volunteer receives Governor's Volunteer Service Award

Mesganaw Sissay, a frequent volunteer with Neighborhood House since 2012, was selected as one of 44 recipients statewide for the 2013 Governor's Volunteer Service Award.

Sissay and other recipients were guests at a special ceremony in the Executive Mansion in Olympia on April 25, where they were recognized by Governor Jay Inslee. Following the reception in Olympia, the group of volunteers traveled to Seattle for a Seattle Mariners game at Safeco Field, where they were honored during a pregame ceremony.

Sissay, 20, who immigrated to the United States from Ethiopia in 2011, was honored for his commitment to volunteerism while maintaining a 3.5 GPA at Chief Sealth High School, where he is completing his senior year. He lives in the South Park neighborhood and volunteers regularly in the family center at the Neighborhood House High Point Center in West Seattle.



PHOTO COURTESY OF MILLION SHIFERAW

Mesganaw Sissay (right) is pictured with his brother-in-law and Neighborhood House staff member Million Shiferaw.

Live klezmer music!

The UW Klezmer Band will perform a live show at 6:30 p.m. May 28 at University House, 4700 12th Ave NE. Guests from outside of U-House are invited to attend.

A potluck dinner will be provided for U-House residents; outside guests are welcome to bring their own food. Contact Brenda Neth at 206-985-0034 for more info.



Powerful tools training for unpaid Cambodian caregivers

Where: Neighborhood House High Point Center
6400 Sylvan Way SW
Seattle, WA 98126

When: Saturdays, May 4, 11 and 18, 10 a.m. - 1:30 p.m.

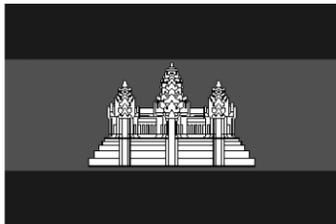
Training topics will include:

- Challenges of caregiving
- The transition process
- Managing self-care: Principles
- Making an action plan
- Using community resources
- Respite care
- Companionship
- Housekeeping and errands
- Transportation
- Support groups and workshops for caregivers
- And much more!

For more information, call Steven Van at 206-229-7350 or email stevenv@nhwa.org or Jenny Ap at 206-588-4900 ext. 605, 206-372-8511 or email jennya@nhwa.org.



Neighborhood House



Viewpoint: RAC urges transit users to take action to save METRO service

Bus routes face elimination, reductions when Metro Transit's temporary funding expires

BY RESIDENT ACTION COUNCIL

A large number of METRO bus routes are at risk of being canceled or having their service reduced if state lawmakers allow temporary two-year funding for the agency to expire without authorizing a permanent and sustainable source of revenue.

While METRO admits they should be adding service to meet growing demand, the sad reality is that without ongoing and sufficient funding, potentially one-third of routes in service now are on the chopping block, and another 40 percent of our routes face reductions and revisions, according to Kevin Desmond, METRO's General Manager, who went on to say the result would be even more crowded buses, riders left at the curb, or people climbing back into their cars, which would worsen the region's traffic congestion and hurt the economic engine of the state.

Metro's report details the performance of the transit system's 217 routes and shows at-risk routes—many of which are relied on by substantial numbers of passengers throughout King County, especially in Seattle. Without these routes, many people will lose their independence to travel and be forced to rely on other forms of transportation, including private automobiles, which would increase traffic

congestion. They may also be unable to get out of their own homes to get to medical appointments, run personal errands or visit family and friends.

As you may know, there are a lot of bus routes in Seattle that would be affected (the complete list is available from both METRO and our office). We know how many people rely on them for their daily travels, so we know how important it is to maintain them at their current levels, which is why it is so important to us.

The state Legislature is considering funding solutions for transportation needs statewide, including transit. King County has joined with the Sound Cities Association and the city of Seattle and others to ask the legislature for local transportation funding tools. If the state Legislature takes no action—or if it becomes a ballot proposal that is defeated by voters, the potential changes could be a reality starting next year.

We are urging everyone call or write their elected representatives in Olympia right now and tell them to support House Bill 1959. This is the bill that would give local governments, including King County, the authority to develop new funding sources for transit. With this authority, local jurisdictions could develop a proposition that could be adopted outright or put on the election ballot later this year. Without this authority, local governments would not be able to generate the needed revenues to keep transit service operating at its current levels.

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.

If you'd like to submit an article, or if you have a question about anything you've read in this publication, please contact Editor Tyler Roush at 206-461-8430, ext. 227 or by e-mail at tyler@nhwa.org.

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

NewHolly resident gets a new job, with support from Seattle Housing



PHOTO BY TYLER ROUSH

After starting as a temporary employee, Nura Sayed (left) now works full-time at the Harborview Hospital Parking Garage, where she's popular with co-workers and customers alike. Sayed is seen here with Seattle Housing staff Larry Hill, Wubnesh Habtemariam and Christina White.

NH Nura Sayed lives in NewHolly and has been working with Seattle Housing Job Placement Specialist Larry Hill since early in 2012.

Nura worked as a temporary employee at the Harborview Hospital Parking Garage and, on March 15, shared the great news that she is now a permanent employee. Nura has become very popular in her new role and is a favorite among

her co-workers and customers with her brilliant smile and fantastic customer service abilities.

Nura recently enrolled in the Family Self-Sufficiency Program with Christina White and is starting an escrow savings account, with the goal of home ownership! Way to go, Nura!

For more information about the Family Self-Sufficiency Program, contact Cheryl Sabin at 206-344-5837, Ext. 11.

Wireless

Continued from Page 1

the cities benefitting from this program is Seattle.

Since the grant was awarded, the nonprofit has been working with Seattle Housing to develop a plan for rolling out free wi-fi networks to these communities.

The first community to receive a free wi-fi network from One Economy was Denny Terrace which had it installed in September 2011.

After the first two years of free service at a community, residents of that community will be offered continued wi-fi access for a low fee of around \$10 per month. Denny Terrace, for example, will be moving to a paid model this September.

In most communities, installation of the hardware will take place in several shared areas throughout the communities.

At Yesler Terrace, Seattle Housing Authority staff will need to install hardware in approximately 198 rental units spread throughout the community in order to deliver wi-fi to everyone in the community. Installation is quick and easy and residents of those units have been sent a letter letting them know what to expect.

One Economy takes several measures to ensure the safety of their networks but encourages every user to protect their personal computers with anti-virus, spyware and safety software each of which can be downloaded for free. Technical assistance for network-related issues will be made available via a toll-free phone number.

For more information about One Economy, visit www.one-economy.com.

If you have any questions or concerns, please don't hesitate to contact your management office or community builder.

High Point hosting West Seattle Bee Festival May 19



PHOTO BY TYLER ROUSH

The frame of the under-construction beehive enclosure can be seen at the P-Patch in the High Point Commons Park.

BY HIGH POINT NEIGHBORHOOD ASSOCIATION

HP The High Point Neighborhood Association is hosting the West Seattle Bee Festival, and plans to make this an annual event.

The inaugural festival, scheduled for Sunday, May 19th, will celebrate the grand opening of the West Seattle Bee Garden. The bee garden will be located in the expanded Commons Park P-Patch, and will include a new pollination garden and educational beehive enclosure.

The event will include a celebratory picnic and parade. The Sound Wave marching band (for the Seattle Sounders) is leading the parade, which will involve delivering the beehives to their new special home.

All local schools have been invited to participate, and there is a significant level of interest. Additional entertainment and activities will include bees and flowers on stilts, face painting, arts and crafts, vendors (both merchant and educational), games, a butterfly

release in the pollination garden, and will feature music from the band Tallboys.

Ten different local classrooms have signed up to host caterpillars in their classrooms. Students will observe as the caterpillars become butterflies, then come release them together in the pollination garden during the picnic.

Local youth organizations, and even High Point's local high school soccer team, FC Juba, have signed up to participate in the Festival, and to get involved in the bee garden itself. We are especially excited about the opportunity to reach out to our younger neighbors.

We hope to create entertaining experiences, not only to show our neighbors a good time, but also to create special memories that will lead to lasting interest in community involvement, support for a great project, and awareness of an important cause.

We invite you to be a part of this great work, as we drive our mission forward: Out of many cultures, religions, and ethnicities, we are one community at High Point.

Internship

Continued from Page 1

The program begins on June 24 and ends August 23. Each youth participant will earn a stipend of \$900 for their participation in the program.

To be eligible, youth must be a resident of Yesler Terrace, age 16, 17, 18, or 19 at the start of the program. Youth must also submit a resume and participate in an interview.

To apply, please send a resume

to tizitaasefa@gmail.com or mail your resume with contact information to GroundUP Organics c/o Seattle Neighborhood Group, 1810 E. Yesler Way, Seattle WA 98122. Resumes must be received by Friday, May 24 to be scheduled for interviews.

For questions and more information, contact Tizita Assefa (tizitaasefa@gmail.com) or Brett Houghton, Community Builder 206-343-7484, BHoughton@seattlehousing.org



Please recycle me



Neighborhood House
Strong Families. Strong Communities. Since 1906.

Early Head Start & Head Start Can Support You!!!

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

We provide **AT NO CHARGE:**

- Weekly home visits for pregnant women and families with children 0-3 years of age.
- Classroom programming for children 3-5 years of age.
- Child Development, Health, Literacy & Social Services
- And More



Head Start 206-461-8430 ext 247 OR Early Head Start (206) 760-9330 ext 10

Neighborhood House
Strong Families. Strong Communities. Since 1906.

Neighborhood House Early Head Start & Head Start
Wuu ku caawin karaa!!!

Kaalmeenta haweenka uurka leh & dadka daqliga soogalayo uu yaryahay oon dagan guryaha doowlada (SHA) oo haysto ciyaal daddooda tahay 3jir ilaa 5jir iyo caruurta ubaahan gargar qaas ahaaned sida kuwa curyaanka.

Waxbarsho aanan LACAG LAAN AH:

- Sitimaanki halmar oo lugu booqanayo dumarka uurka leh Iyo kuwa haysto caruurta u dhaxeso 0-3jir
- Iskool loogu talagalay caruurta u dhaxeso 3-5 sano.
- Barbaarin caruurta, caafimaadka, aqrin & qoris,
- cawinaadyo



Head Start 206-461-8430 ext 247 OR Early Head Start (206) 760-9330 ext 10

TRANSLATIONS

TRANSLATED ARTICLES FROM THE VOICE

Consejos de seguridad personal
No importa dónde alguien se encuentre, el paso más importante para estar a salvo es ser consciente y estar alerta.

Cuando estás dentro de un edificio o espacios cerrados, identifica las salidas y entradas. ¿La gente puede verte y escucharte? Si se produce algún problema y no hay una salida accesible, ¿hay un lugar para esconderse o apartarse de la situación?

En multitudes, presta atención a quien está cerca de ti. Si alguien cerca de ti te está haciendo sentir incómodo, aléjate de esa persona.

Al caminar por la calle, presta atención a lo que hay a tu alrededor. No te dejes distraer por estar hablando por el teléfono o por ir escuchando música.

Si crees que alguien te está siguiendo, entra a un negocio, cruza la calle o date la vuelta y camina en otra direc-

ción. Haz contacto con los ojos con las personas en tu colonia o saluda con la cabeza. Hacer un contacto visual breve le indica a la persona que va pasando que te das cuenta que está allí, sin parecer demasiado amable.

Permanece en áreas bien iluminadas y con mucho tráfico de personas caminando. No cargues mucho dinero en efectivo, tarjetas de crédito o información personal.

En el trabajo, avísale a la gente cuando vas y vienes. Si estás en una misión relacionada con el trabajo, avisa a tus compañeros a dónde vas y cuándo deben esperarte de vuelta.

Si otro empleado se comporta de manera amenazante, infórmale a tus supervisores inmediatamente. Si eres víctima de violencia doméstica, infórmales en tu lugar de empleo, para que puedan tomar las precauciones necesarias para mantenerse a salvo.

NHỮNG CHỈ DẪN CHO SỰ AN TOÀN CÁ NHÂN

Cho dù mình ở bất cứ nơi nào, điều quan trọng cho sự an toàn cá nhân chính là sự nhận thức.

Khi qui vị ở bên trong một tòa nhà hoặc nơi chỗ có tường bao quanh, hãy nhận ra cửa thoát và cửa vào. (Liên) người ta có thể thấy mình không? Nếu có điều trắc trở xảy ra mà mình không đến được lối thoát ra ngoài, thì có chỗ ẩn nấp không hoặc có chỗ dễ thoát đi không?

Lúc ở trong đám đông, hãy để ý đến người gần ta nhất, nếu người nào đó làm ta khó chịu, hãy tránh xa họ.

Khi đi bộ trên đường phố, hãy để ý chung quanh mình. Đừng để bị chia trí vì nói chuyện điện thoại, hay nghe nhạc.

Nếu quý vị biết mình bị theo dõi, hãy đi vào một cửa hàng, hoặc bước

qua đường hoặc quay lại đi hướng khác. Thừa nhận người đang ở quanh mình. Liếc nhìn vào mặt, hơi cúi đầu chào khi họ đi ngang qua, để họ biết mình thấy họ như người bàng quang.

Hãy đứng ở chỗ đầy đủ ánh sáng, có nhiều người đi bộ qua lại. Đừng mang theo nhiều tiền mặt, thẻ tín dụng và các thông tin cá nhân.

Nơi chỗ làm, hãy cho mọi người biết lúc mình đến và lúc mình ra về. Nếu có việc phải đi ra ngoài vì công việc, hãy cho mọi người biết mình đi đâu và lúc nào mình trở lại.

Nếu người làm chung chỗ làm mà có hành động đe dọa, hãy báo cho cấp trên biết. Nếu quý vị là nạn nhân của việc bạo hành, hãy thông báo cho chủ hãng biết để họ có hành động ngăn ngừa nhằm giúp cho quý vị an toàn hơn.

Personal safety tips
Đừng ngại nơi ai đang ở, bước quan trọng nhất để an toàn cá nhân chính là sự nhận thức.

Khi qui vị ở bên trong một tòa nhà hoặc nơi chỗ có tường bao quanh, hãy nhận ra cửa thoát và cửa vào. (Liên) người ta có thể thấy mình không? Nếu có điều trắc trở xảy ra mà mình không đến được lối thoát ra ngoài, thì có chỗ ẩn nấp không hoặc có chỗ dễ thoát đi không?

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Nếu người làm chung chỗ làm mà có hành động đe dọa, hãy báo cho cấp trên biết. Nếu quý vị là nạn nhân của việc bạo hành, hãy thông báo cho chủ hãng biết để họ có hành động ngăn ngừa nhằm giúp cho quý vị an toàn hơn.

ល្បិចសន្តិសុខផ្ទាល់ខ្លួន

ទោះបីជាមនុស្សនៅទីណាក៏ដោយ សំខាន់ជាងគេបំផុតអោយបានសុខនោះគឺត្រូវដឹងអ្វីនៅជុំវិញខ្លួនយើង។ នៅពេលដែលអ្នកនៅក្នុងអាគារឬទីកន្លែងចម្លែក ត្រូវដឹងថាផ្លូវចេញចូលនៅកន្លែងណា។ តើគេអាចឮសំឡេងស្រែករបស់អ្នកឬទេ? បើសិនជាមានអាសន្នកើតឡើងហើយគ្មានផ្លូវចេញ តើមានកន្លែងត្រូវចេញចេញអោយផុតពីគ្រោះថ្នាក់ឬទេ? បើនៅទីប្រជុំជន ត្រូវដឹងមនុស្សនៅជិតខ្លួន។ បើសិនជាអ្នកនៅជិតខ្លួនធ្វើអោយលោកអ្នកមិនមានអារម្មណ៍ល្អ គួរតែចេញអោយឆ្ងាយពីអ្នកនោះ។ នៅពេលដើរតាមផ្លូវ ត្រូវតែប្រុងប្រយ័ត្នជុំវិញខ្លួន។ កុំអោយរងគ្រោះដោយសារតែប្រើតេលេហ្វោនដៃឬស្តាប់ភ្លេង។ បើសិនជាអ្នកមានអារម្មណ៍ថាមានអ្នកដើរតាម ត្រូវតែដើរចូលទៅទីកន្លែងពាណិជ្ជកម្ម ឬផ្លូវទៅម្ខាងទៀតឬត្រឡប់ក្រោយដើរបញ្ជាសម្រាប់ទៅក្រោយវិញ។ ត្រូវសំគាល់ដឹងប្រជាជនដែលនៅជិតខាងហើយក្រឡេកមើលព្រមទាំងដាក់ក្បាលឬគំនាប់អ្នកដែលដើរកាត់មុខដើម្បីអោយគេដឹងថាលោកអ្នកបានឃើញគេដែរ។ ត្រូវតែនៅទីកន្លែងដែលមានភ្លើងភ្លឺខ្លាំងហើយដែលមានមនុស្សដើរច្រើន។ កុំអោយទុកលុយជាប់ខ្លួនច្រើនពេកដែលមានពរមានផ្ទាល់ខ្លួន។ នៅកន្លែងធ្វើការអោយគេដឹងថាអ្នកចេញចូល។ បើសិនជាមានកិច្ចការដែលទាក់ទងនឹងការងារ ត្រូវអោយគេដឹងនៅទីកន្លែងដែលអ្នកទៅហើយពេលវេលាត្រឡប់មកវិញ។ បើសិនជាមានអ្នកធ្វើការណាមួយបង្ហាញកិរិយាបកគួរអោយខ្លាចអ្នកត្រូវតែប្រាប់មេបញ្ជាការដែលមើលខុសត្រូវ។ បើសិនជាលោកអ្នកជាអ្នករងគ្រោះអំពីហឹងស្បាហ៍ ប្រាប់លោកចៅហ្វាយអោយដឹងដើម្បីធ្វើការប្រុងប្រយ័ត្នការពារសន្តិសុខទៅថ្ងៃក្រោយ។

Советы по личной безопасности
Где бы ни находился человек, главное условие для того, чтобы быть в безопасности – осведомлённость.
Когда вы находитесь в здании или в закрытом помещении, определите, где расположены входы и выходы. Могут ли люди вас видеть и слышать? Если случится аварийная ситуация и поблизости нет выходной двери, есть ли место, куда можно спрятаться или посторониться от происшествия?
Когда вы среди множества людей, обращайте внимание на тех, кто находится вблизи от вас. Если находящийся поблизости от вас человек вызывает у вас беспокойство, постарайтесь отойти от него подальше.
Когда вы идёте по улице, будьте внимательны к окружению. Не позволяйте себе отвлекаться разговорами по телефону или слушая на ходу музыку.
Если вы подозреваете, что кто-то намеренно следует за вами, найдите в какое-нибудь людное место, пересеките улицу или пойдите в обратную сторону. Давайте знать вашим соседям, что вы их узнаете. Короткий взгляд и лёгкий кивок или короткое приветствие даст знать проходящим мимо людям, что вы их видите и не будет казаться слишком дружелюбным жестом.
Старайтесь ходить по хорошо освещённым и людным местам. Не носите с собой много денег, кредитных карточек или документов с личной информацией.
На работе давайте знать сотрудникам, когда вы приходите и уходите. Если вам нужно уйти по служебной надобности, сообщайте людям, куда вы уходите и когда собираетесь вернуться.
Если кто-то из ваших сотрудников ведёт себя в угрожающей манере, сообщите своим начальникам. Если вы являетесь жертвой домашнего насилия, сообщите об этом своим сотрудникам, чтобы они могли принять предупредительные меры для вашей безопасности.