



the HomeFront

A newsletter for REACH residents

Volume 16 Issue 3

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Networking and Volunteering

As the Oregon unemployment rate hangs at 10%, networking and volunteerism become of greater importance. Not only can they help create support in difficult times, but are essential parts of our job search.

Many find that “networking” is a mystery. What does networking mean, exactly? How do we go about doing it?

Networking is just about knowing people—and hopefully helping each other in a professional way. You never know who might be able to open a door for you. Networking does not have to be anything more formal than a casual conversation.

Here’s a quick way to network effectively: start volunteering. Below are a number of ways volunteering can be of benefit.

Skill Development

Volunteering is a great way to develop skills, meet new people, and learn about career options, regardless of your age or experience.

Career Exploration

Volunteering offers the opportunity to cross paths with people from across your community, including those who work in industries you haven’t brushed shoulders with before. The cook you meet tomorrow might be married to a receptionist who knows of an opening in her office that would be a perfect fit for you.

Personal Growth

Lastly, don’t forget that sometimes it just feels good to be valued; as a volunteer you can contribute unique skills, experiences, and perspectives. For example, you might be great at using online sites like MySpace and



Facebook. Many organizations are looking to branch out into social networking to help connect with new audiences.

Have an Impact

Certainly not least, volunteering is one of the best ways we know of to make a difference in your community. Whatever your passion, however you get involved, volunteering offers a way to have a real and lasting impact on the world.

Fellow volunteers love to talk, and it’s not long before the conversation turns to, “And what do you do?... Oh yeah?... I know someone in the same field... Oh, for a company on the other side of town, ... ever heard of them?... You should call him...”

Networking is where you take the conversation from there.

How do you get started?

- Visit your local school or church
- Call local shelters, food banks, or youth organizations
- Check these websites: www.idealists.org, www.handsonportland.org
- Ask your Resident Services Coordinator; we know of lots of opportunities.



Evening Trades Apprenticeship Preparation (ETAP)

ETAP is a state approved Pre-Apprenticeship Preparation Training Program. Training can be used as a pathway into any trade of choice. Program includes certification in Flagging, First Aid/CPR, and OSHA-30.

Benefits

- Free 240 hours introduction to Construction Training.
- Earn 12 credit hours at Portland Community College.
- Career in construction trades.
- Help with Job Placement upon successful completion of the program.
- Join other ETAP graduates working in Trades Industry.
- Graduation recognized by Bureau of Labor and Industries (BOLI) as well as Trade Unions and Open Shop Apprenticeship Programs.

Requirements

- 18 years of age or more.
- US citizen or legally able to work in the country. Must provide proof.
- High School diploma, GED or working to acquire a GED before ETAP program graduation. Must provide proof.
- No more than 50% of median income (per city of Portland's figures).
- Physically and mentally capable.
- COMPASS Test placement to Math 60, Reading 90, and Writing 90.
- Must pass drug UA test prior to program acceptance and random testing during training.

Car/License/Insurance a plus.

We offer help in achieving these requirements. PCC-ETAP is here to assist you for a better future!



To apply, visit an ETAP office to complete an application and review program requirements. Call if you have any questions: 971-722-5746. ETAP PCC Cascade Cascade Campus TEB 201 & 202 | 971-722-5746 | FAX: 971-722-5099

Rose Haven: A resource for Women.

Women support group, classes and activities on Thursdays from 9:30 to 11:30 am.

Referral & advocacy: afternoons except Wed.

Services for housing, legal aid, medical & mental health care; Counseling; Compassionate listening; Assistance navigating the social services maze; Clothing & Hygiene items; Mailing address; Voice mail; Support Groups.

627 NW 18th Ave

503-248-6364

www.rosehaven.org

Participate in a PSU Study

Portland State University Professors Lisa K. Bates and Ellen M. Bassett of the School of Urban Studies and Planning are conducting a study on the housing and neighborhood choices of families and individuals in the Portland area. This research focuses on how different people define a "good neighborhood," and whether they can access the kind of neighborhood they find desirable. They also want to learn about the strategies people use to access needed resources and institutions.

Their research will consist of interviews about housing histories and preferences. They want to learn about where people live now, where they might like to live, what they like and dislike about those places, and what they believe is a "good" Portland neighborhood. Interviews will last between 60-90 minutes, and participants will be reimbursed for their time. Interviews are being scheduled now and will be continuing through the summer. REACH residents interested in participating should contact Allison Moe at (510) 517-0998 or almoe@pdx.edu.

It's the Season for the Farmer's Market!

Portland and Hillsboro have some great farmer's markets featuring fresh produce, bakery goods, plants, and many other items. With many of the markets opening in May and June there will be a wide variety of fresh and local produce available. Be sure to check the listing because during the summer Portland and Hillsboro have so many markets that there is a market open practically every day of the week. Check the list to see if there's a farmer's market in your neighborhood!

For more information about all the farmer's markets in the Portland Metro area, go to www.oregonfarmersmarkets.org or call 503-525-1035



Hollywood Farmers' Market	NE Hancock between 44th & 45th, One block South of Sandy	Sat. 8am - 1pm May - Oct	SNAP WIC
Lents International Farmers' Market	SE 92nd and SE Foster Road	Sun. 9am - 2pm Jun - Oct	SNAP WIC
Lloyd Farmers Market	NE Holladay St Between 7th and 9th	Tues., Thurs. 10am - 2pm Jun - Sept.	
Montavilla Farmers Market	7600 block of SE Stark St.	Sun. 10am - 2pm Jun - Oct	SNAP WIC
People's Farmers Market	3029 SE 21st Ave., one block North of Powell Blvd	Wed. 2pm - 7pm year-round	SNAP WIC
Portland Farmers Market, Portland State University	PSU Park Blocks SW Montgomery and Park	Sat. 8:30 - 2pm Mar - Dec	SNAP WIC
Portland Farmers Market, Pioneer Courthouse Square	SW 6th and Yamhill	Mon. 10am - 2pm June - Oct	SNAP WIC
Portland Farmers Market, Hinson Church	SE 20th and Salmon	Thurs. 3pm - 7pm May - Sep	SNAP WIC
Portland Farmers Market, King Elementary School	NE 7th and Wygant St.	Sun. 10am - 2pm May - Oct	SNAP WIC
Portland Farmers Market, Shemanski Park	SW Salmon and Park	Wed. 10am - 2pm May - Oct	SNAP WIC
St. Johns Farmers' Market	St. John Plaza, N Lombard St and N Philadelphia Ave	Sat. 9am - 1pm June - Sept	SNAP WIC
Hillsboro Saturday Farmer's Market	Downtown Hillsboro	Sat. 8am-1:30 pm May-Oct.	SNAP WIC
Hillsboro Tuesday Marketplace	Downtown Hillsboro	Tues. 5pm-8:30pm June-Aug.	SNAP WIC
Hillsboro Thursday Farmer's Market	Corner of Baseline and 8th, Tuality Hospital	Thurs. 10am-1:30pm July-Aug.	SNAP WIC

Summer Events Free For All Through Portland Parks & Recreation

Portland Parks & Recreation is lining up tons of fun, FREE events for you and your family all summer long! They will have a long list of outdoor **concerts** to be held in parks all over the city, and once the sun goes down you can bring your family to enjoy **movies** that will be projected on huge outdoor screens in Portland parks. Get to know your neighbors by joining hundreds of others for these fun, free events!

A complete list of concerts and movies, including time and location, will be available after April 11th at www.portlandparks.org. While you're there, be sure to check out the "recreation" tab for information about classes, sports and other great outdoor activities that are not to be missed.

Art Museum Opens its Doors for Free Every Fourth Friday

Enjoy the Portland Art Museum for FREE every fourth Friday from 5 to 8 pm. The Portland Art Museum is located at 1219 SW Park Ave. and has many exhibitions and events that are interesting for the whole family. Call 503-226-2811 or visit portlandartmuseum.org for more information.



What is Saturday Academy?

Maybe you've heard the name, or seen it listed in our Summer Camp Guide (available at www.reachcdc.org/youth), but the amazing programs put on by Saturday Academy are often overlooked by people who don't understand what this organization is really about.

Is it more like school, or is it more like camp? Is it an academic classroom environment, or is it all about fun? Here's what the folks at Saturday Academy have to say about it:

Saturday Academy gives 2nd-12th graders the chance to explore and learn about things not available anywhere else. Veterinary medicine, website design, nanotechnology, comic book writing, and even drawing and sculpture in small classes of 8-12 students with NO tests, NO grades, and NO yawns! Classes are available throughout the Portland area, especially during the summer, anytime kids aren't in school. The teachers are experts in their fields with most of them employed in the field about which they are teaching. Saturday Academy provides adventures for the curious!

In a nutshell, it's all of the learning and all of the fun with none of the stress or boring stuff! Saturday Academy offers camps during Spring and Summer, plus fun classes all year 'round. With lots of financial assistance available, it's a great option for any kid who's interested in following their curiosity. Visit www.saturdayacademy.org for more information, or contact Peter if you would like a printed catalog.

Youth\$ave Starts in September

What is your child's dream? Summer camp? Art school? Karate black belt? PhD in Astrophysics? All goals require planning and hard work, but with the right tools even the grandest goals are well within reach.



If you want to help your child achieve their dreams, Youth\$ave may be able to help.

Youth\$ave is a financial education program for REACH kids aged 9-18

that teaches kids how to set goals for themselves, and then take the smaller steps needed to achieve those goals. Along the way, your youth will learn critical skills like comparison shopping, managing credit wisely and developing a regular habit of saving.

It's also a program that pays your child to save money!

How does it work?

Youth\$ave meets twice each month during the school year after school. At the beginning of the course, kids choose something they would like to save for (examples include musical instruments, sports equipment, computers, money for college, etc.). Kids save money in a free bank account, and REACH matches the money that kids save at a ratio of 2:1. This means that for every \$1 that your child saves, REACH will set aside \$2 to help them purchase their goal!

Participants can also earn match money by completing



community service hours with an approved organization. Each child can earn as much as \$600 in match money from REACH, either by saving money in their account or by doing community service.

Who is eligible?

If you live in REACH housing and your child is between the ages of 9 and 18, your child can be a part of Youth\$ave. The next round of Youth\$ave begins in September, and we will be enrolling during July and August. Space is limited, so apply early! If you would like more info, or to enroll, contact Peter Blanchard at (503) 501-5732 or pblanchard@reachcdc.org.

NAMI Programs and Classes

NAMI provides **free** classes to family members of children and adults with mental illness. To learn more about our program offerings, contact: Multnomah NAMI: (503) 228-5692 nami.multnomah@gmail.com

Family-to-Family is a twelve week course which educates families with an adult family member (spouse, parent, adult child, etc) suffering from mental illness. The class focuses on major brain disorders, family coping mechanisms, as well as advocacy and

communication techniques.

NAMI Basics course consists of a series of workshops for caregivers of children with brain disorders. It covers educational material and provides the basics for day-to-day caregiving skills.

In Our Own Voice (IOOV) is a consumer based presentation program that creates awareness about the possibility for recovery from mental illness. IOOV presentations are held for other

consumers, family members, health care providers, law enforcement officials, faith community or any other community or civic organization.

Peer to Peer, a nine week course on the topic of recovery for any person with a serious mental illness who is interested in establishing and maintaining wellness. This course is taught by trained "Mentors" who have personal experience with living with a mental illness.

It's Almost Strawberry Season!

Oregon strawberries should be here in May and June. Did you know that eight medium strawberries contain only 45 calories and provide you with more vitamin C than an orange? Strawberries are also packed with fiber and are high in folate and phytonutrients that will boost your general health. Studies have shown that strawberries help lower your risk of heart disease and cancer, *and* improve your memory.

Here are two recipes that you can try when those lovely berries are ready to be enjoyed! The Yogurt Dipped Strawberries are a great healthy snack that the kids can help make. You can freeze them for a cold treat. The Simple Strawberry Cake is more of a quick bread that can also be baked as muffins.

Yogurt Dipped Strawberries

Ingredients:

- 1 quart fresh strawberries
- ½ cup-1 cup low fat vanilla yogurt
- ¼ -½ cup granola

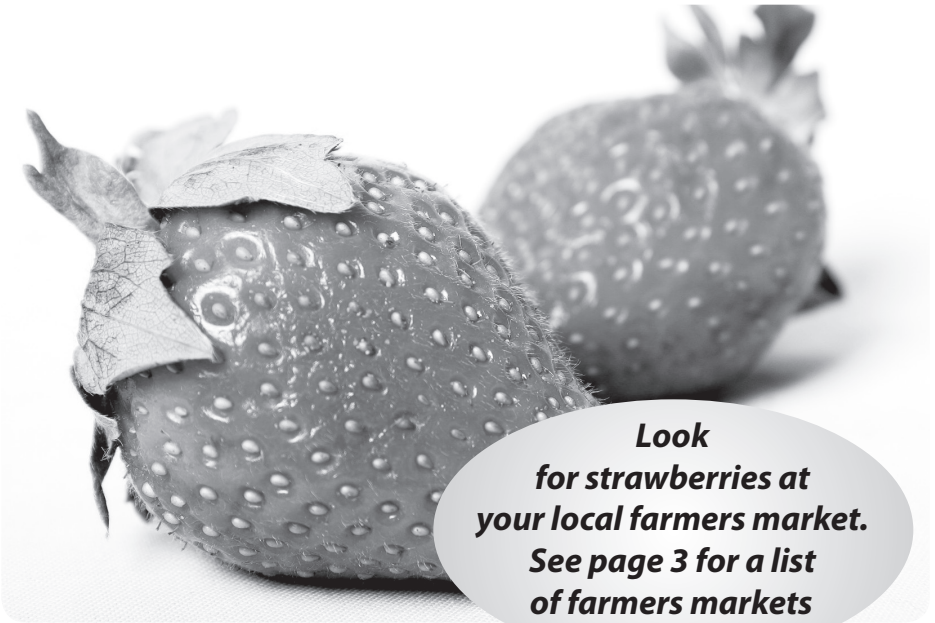
Preparation:

Wash & gently dry strawberries. Do not remove stems & leaves.

Stir yogurt until very smooth.

Place granola in a small bowl.

Dip strawberries, one at a time, first in the yogurt, then in the granola, pressing gently with your fingers to help the granola stick to the yogurt.



**Look
for strawberries at
your local farmers market.
See page 3 for a list
of farmers markets**

Simple Strawberry cake

An easy quick bread studded with fresh strawberries and topped with a buttery crumble. Perfect for breakfast or afternoon tea.

Ingredients

- 2 eggs
- 1/2 cup canola oil
- 1 cup sugar
- 2 cups fresh strawberries, sliced
- 2 1/2 cups all-purpose flour, divided
- 1 tsp baking soda
- 1/3 cup dark or light brown sugar, firmly packed
- 1/2 tsp cinnamon
- 5 Tbsp butter, salted

Instructions

Preheat the oven to 350 degrees F

Spray a large loaf pan (or a 12-cup muffin tin) with nonstick cooking spray.

With an electric mixer, beat the eggs, oil and granulated sugar together until the mixture is thick and pale, about 1 minute. Add the strawberries and beat at low speed about 30 seconds, just enough to break up the berries a bit.

Sift together 1 3/4 cups of the flour and the baking soda into a small bowl.

Add to the wet ingredient bowl and mix briefly, just until everything is combined.

Pour the batter into the prepared pan.

To make the crumble: Mix together the remaining 3/4 cup flour, brown sugar, and cinnamon in a small bowl. Cut the butter into small pieces and add them to the flour mixture. Using your hands, rub the butter into the flour mixture until it has the texture and feel of wet sand. Sprinkle the crumble generously over the batter in the pan.

Bake the strawberry cake about 1 hour, until a tester or toothpick comes out clean. Cool the cake in the pan about 10 minutes, and then turn it out onto a rack to cool completely. Serve at room temperature.

Prep time: 20 minutes, cook time: 1 hour, total time: 1 hour 20 minutes

Yield: 1 loaf or 12 muffins

Did you know?

Rent is due on the first of every month and considered late on the 8th of every month. If you have not paid your rent before the 8th, you will be issued a 72-hour notice and a late fee will be added to the rent you owe. If you are issued a 72 hour notice, your rental history will be negatively impacted. Landlords regularly ask on rental application screens if the prospective tenant has had any 72 hour notices or NSF checks. If the answer is yes, this could impact your chances of being approved for that new apartment. Late payment of rent is considered negative rental history.

If you think you are going to be late with your rent, please contact your Resident Services Coordinator.

They will be able to help you with finding rental assistance programs, often BEFORE that 72-hour notice is issued, not only saving you the cost of a late fee but from having a negative mark on your rental history. With some of the agencies we can refer you to, we need to submit a referral before the end of the month prior to rent being due, and, often, funds will deplete very quickly-so it is important that you let your Resident Services Coordinator know you need help as soon as you can.

Rent Increases

Every year at REACH we must prepare a budget for the new fiscal year. As our operating costs increase we need to increase our revenue. Since our purpose is to have the ability to provide affordable housing, we try very hard to keep the increases to a minimum. It is a challenge for us to keep the rents low and still meet our expenses. Most rent increases will take effect in July, and each resident will receive notice about new rent amounts at least 30 days before rent increases go into effect. We thank you in advance for your cooperation and understanding in this matter.



Need Rent Assistance?

Please call for rent assistance as soon as you know you will not be able to pay.

DO NOT WAIT FOR A NOTICE

Rent Assistance applications must be submitted by the 20th of the month for assistance for the next month; by the 8th of the month there is no more assistance available! If you know you are going to be late or have a cash shortfall, please call your Resident Services Coordinator. You may also access assistance on your own through Human Solutions by calling **(503) 548-0200**

Austin Erdman

503-501-5729
Scattered Sites,
Prescott and Powell

Matt Moor

503-546-0951
Dresden, Walnut Park, Grand Oak,
Wilshire, Laurelhurst, Rex Arms

Rene Davison

503-445-4066
The Admiral, Fir Grove,
Maples 1 & 2, Twelfth Ave. Terrace

Hazel Schnider

503-473-8860
Station Place Tower

Erica Tucker

503-546-1662
Patton Park, Floyd Light, McCuller
Crossing, Albina Corner

Joseph Wickstrom

503-231-0585
Ritzdorf Court, Beacon Manor,
Marion Street, Taylor, Westshore

Molly McGlone

503-542-4881
The Rose



"Building Homes. Creating Communities"

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Free Geek's many programs offer opportunities

Free Geek is a nonprofit organization with a mission to recycle technology and provide access to computers, the internet, education and job skills in exchange for community service. Free Geek offers free computer classes, volunteer and internship opportunities, and is also a member of Oregon E-Cycles, which provides a free, easy and environmentally responsible recycling option for computers, monitors and TVs. You can also obtain a free computer from Free Geek through their volunteer programs.

The Adoption Program is where you volunteer 24 hours of time, and get a ready to go computer when your hours are complete. THE Build Program you can agree to build 5 computers, and go home with the sixth one as your own. Free Geek gives you all the tools to learn how to build a computer. Check out both of these programs at <http://www.freegeek.org/volunteer/>.

