“Children are likely to live up to what you believe of them.”
- Lady Bird Johnson

Community Action Partnership of Madera County was well represented during the 2016 California Head Start Association Annual Conference. Our very own Julie Gowin, Croshoun Austin, and Norma Blanco, all from our Madera/Mariposa Regional Head Start, were asked to present on their extraordinary accomplishments and progressive work. The three of them presented along John Gunnerson who is a nationally renowned consultant who specializes in professional development and coaching on areas such as early childhood curriculum, adult-child interaction strategies, and positive discipline.

Julie presented during a variety of educational workshops throughout the conference. She presented on how to use CLASS Instructional Support indicators to raise overall scores and promote Head Start children learning through projects and studies.

On the last day of the conference all three presented on strategies that can be used to invest in teachers developing their skills through long term professional development. They focused on educating others how to achieve high quality results through ongoing training, coaching, technical assistance, and curriculum. Julie shared that she “was completely honored to be asked by John Gunnerson to present with him at the conference. It felt so good knowing that I was part of the big vision that the agency had that was led by John and that I was entrusted to share the process and success of it to inspire others. It was way out of my comfort zone, but I had so much support and encouragement that I grew personally and professionally.”

We want to recognize these three amazing women because they “prepared, practiced, and succeeded” in inspiring others in the “Head Start community to try new strategies and to strive towards high quality,” as John Gunnerson stated.

Thank you Julie Gowin, Croshoun Austin, and Norma Blanco for representing and highlighting CAPMC so well.
CATCHING PEOPLE...

DOING THE RIGHT THING

APP/R&R STAFF, FAMILY AND FRIENDS for volunteering and selling newspapers for Kids’ Day.

KELLY HANNA & YOLANDA SHEPARD for attending the Chowchilla Resource Fair on a Sunday and being there at 7:15am.

JESSE PEREZ for finding an additional $40,000 in the Fresno Migrant Head Start budget.

BALTAZAR AND JOE for assisting IT troubleshoot through equipment issues at Sierra Vista so that Xai could safely get the job accomplished.

BILL FRAME AND MAINTENANCE STAFF in supporting the different Head Start sites by becoming field experts and teaching the children skills like how to safely change a tire or how to safely use a drill. Everyone’s assistance with this is much appreciated.

KELLY HANNA for always making time to stop by Victim Services to ask for brochures to distribute at community outreach events.

SUNSET STAFF, particularly Blanca Mendez, for the very noteworthy task of keeping the center functioning smoothly during Site Supervisor’s two-week absence.

To say that Fiscal’s Potato Fest was a hit is an understatement. The Potato Fest was potato-licious! Fiscal raised $696 to benefit Relay for Life. All who purchased a ticket received a cooked-to-perfection potato, and were able to stack it with butter, warm chili, cheese, onions, bacon, and sour cream. Let’s not forget the salad and dressing as well. To wash it all down, fresh lemonade was offered.

Thank you to Fiscal for putting on this fundraiser and thank you to all that contributed to a great cause.

MARK YOUR CALENDAR...

MARCH 24, 2016 – Easter Basket Silent Auction Fundraiser
MARCH 25, 2016 – Spring Holiday Observed
MARCH 8, 2016 – Victim Services Honors Victims of Crime
APRIL 10-16, 2016 – National Crime Victim’s Rights Week
APRIL 22, 2016 – Walk a Mile In Her Shoes
APRIL 27, 2016 – Denim Day
APRIL 30, 2016 – Relay for Life

On March 15, 2016 Flora Chacon, Program Director of Fresno Migrant Head Start, and Alma Lopez-Guerra were invited to speak at the Central California Migrant/ Seasonal Head Start Preservice 2016 in Modesto, CA. Flora shared about Fresno’s promising practices and the positive outcomes with using Frog Street as a supplement to Creative Curriculum. She shared how using Frog Street has increased overall class assessment scores.

If you see Flora and Alma, don’t forget to congratulate them for being role models and following our Mission in helping people, changing lives every day they come in to work.

SAFETY GAME PIECE

Due to the H/R Department—Thursday 3/24/2016 at 12:00 PM

NAME:____________________________
I.D. #:___________________________
WORKSITE:_______________________

Question:

Based on the BMI that you calculate for an individual who is 5’11” and weighs 203 lbs., is the person obese?

YES  NO
CAPMC is proud to say we had our very own Board of Directors Member Emlen Miles-Mattingly facilitate several financial seminars with staff aimed at promoting the Wellness Wheel.

The seminars included topics such as getting to know Social Security and understanding and creating healthy financial habits. These seminars were hosted February 26, 2016 and March 4, 2016. Ana Ibanez attended one of the seminars and shared she learned that entertainment should be 5% of your budget and that one should protect what is important. Pearl Erigio said, “I learned that before paying my bills I need to pay myself.” Yolanda Shepard also shared an interesting way to avoid using credit cards. Yolanda said, “you freeze the credit cards in the freezer so you won’t use them. This makes you think about using them while they thaw out and most likely you won’t want to use them after.”

Mr. Miles-Mattingly then offered individual sessions March 10-11, 2016 to allow for a one-on-one meeting. Staff had the chance to ask more in depth questions about their own financial plans and goals. Leticia Murillo shared that she enjoyed attending the one-on-one session because of the genuine and honest responses she got from Mr. Miles-Mattingly as well as him being positive, detailed and informative. Leticia said she learned “how to prioritize and pay myself first meaning saving first instead of spending first.”

Welcome to CAPMC!
New Employees & New Positions

MIRIAM RODRIGUEZ
Parent Skills Instructor

CARLOS REYES
Child Skills Instructor

MELVIS MENTLE-MENDOZA
Instructional Aide/Janitor

---

OPEN POSITIONS

For more information, contact the HR Department at 673-9173 or at www.maderacap.org. The following positions are open until filled:

- ADVOCATE II/III
  Fresno Migrant Head Start

- ADVOCATE III
  Victim Services

- ASSISTANT TO THE EXECUTIVE DIRECTOR/STRATEGIC PLAN COORDINATOR
  Administration

- ASSOCIATE TEACHER
  Fresno Migrant Head Start
  Madera Head Start

- CUSTOMER TECHNICIAN ASSISTANT
  Community Services

- INSTRUCTIONAL AIDE II/Janitor
  Fresno Migrant Head Start
  Madera Head Start

- PROFESSIONAL DEVELOPMENT COACH
  Madera Head Start

- SPECIALTY ADVOCATE
  Victim Services

March 8, 2016 marked the 29th year Valley Children’s Healthcare hosted its Kid’s Day fundraiser event all across the Central Valley to help raise funds for the thousands of sick and injured children they see. CAPMC was well represented by having a dedicated team. The team consisted of staff, family members, and friends. CAPMC’s team helped raise a total of $1,511.33 and sold 825 newspapers.

Thank you to all that volunteered and participated.
By: Andrea Guerrero

Orange Cove Migrant Head Start parent Mary Lou Padilla attended the National Migrant & Seasonal Head Start Association’s Annual Parent Affiliate Meeting, Training and Conference February 19-23, 2016 in Tyson’s Corner, VA. She accompanied Program Director, Flora Chacon, and FMHS staff in representing the program and enthusiastically participating amongst Migrant Head Start Parents, Staff, Program Directors, and CEO’s.

Ms. Padilla was nominated for various positions on the Parent Affiliate Executive Committee. She hopes to continue partaking with NMSHSA and convey vital information to FMHS Parents. We would like to thank Ms. Padilla for her dynamic contributions to NMSHSA’s Biennium Conference and making it a success; NMSHSA, NES, & CAPSLO gave high accolades for her dedicated time and efforts during her visit.

EMPLOYEE SPOTLIGHT

Name: Ariana Gomez
Job Title: Shunammite Place Resident Manager

How long have you worked for CAPMC? 6 months

Where were you born and raised? I was born in Fresno and raised in Tranquillity, CA

What do you do in your spare time? Go on spontaneous trips

Family: My amazing mom and dad, one cool brother, and my beautiful little sister

Pets: 3 awesome dogs and 1 weird cat

Favorite junk food: Hot Cheetos

Favorite saying: “Where there is no struggle, there is no strength”

Greatest achievement: Obtaining my B.A. degree

Of all people who would you like to have dinner with? Channing Tatum

Best advice ever given: To pursue my dreams and do not underestimate my potential

Favorite Color: Turquoise

Favorite Board game: Loteria

Favorite movie: Elf

If you were stuck on a desert island and could only have three things, what would they be: water, chocolate, and music

CAPMC had the honor of having Denise Shields facilitate a Process Improvement Training for the Fresno Migrant Head Start staff. The training took place on March 8 – 9. All Advocates (8) and Center Directors (7) attended the training along with the Nutrition, Health Specialist, the Support Services Manager and Head Start Director. The highlight of the training was having teams create a successful process improvement in the areas of Recruitment and Enrollment. Together they completed a process improvement for enrollment. A team was established to continue to work on the process improvement for Recruitment.

Denise also conducted Behavioral Base Interview training on March 10, with 14 CAPMC staff members. Staff got to understand the hiring process of CAPMC in depth by seeing how our Standards to Live By play a role in the questions asked during an interview and what type of answers to look for from candidates. Everyone remember: Courtesy, Attitude, Professionalism, Making Time, and Closure.
**Spaghetti with Spinach, Garlic and Lemon**

Serves 4 to 6

**Ingredients**
- 1 lb spaghetti, angel hair or spaghetti pasta
- 6 tablespoons olive oil
- 8 garlic cloves, crushed or minced
- zest of one lemon
- juice of one lemon
- 10 oz bag of baby spinach
- salt and pepper to taste

**Method**

In a skillet heat 6 tablespoons olive oil over medium low heat. Add garlic and cook for 10 to 12 minutes to gently cook the garlic. Add lemon zest and lemon juice. Season with salt and pepper.

Bring a large pot of water to a boil. Add pasta and cook according to package directions. Drain pasta well and transfer to a large bowl. Immediately add spinach and garlic lemon oil and toss everything together. Mound the pasta on a large platter and serve.

Recipe from weekofmenus.blogspot.com
Calculating Your Body Mass

Have you ever heard people talking about their BMI? Have you ever wondered what that was or what yours is? Your BMI is easy to calculate, and here we will discuss just what that means for you.

**BMI stands for body mass index:** It is a measurement based on a weight-to-height ratio that can reveal your body fat content. A BMI score of less than 18.5 is considered too low, while a score of more than 25 is considered too high.

**A higher BMI can be an indication that you may be at higher risk for developing certain diseases associated with being overweight including:**

- Diabetes
- Heart disease
- Stroke
- High blood pressure
- Joint disorders
- High cholesterol
- Certain types of cancer

If your BMI is higher than 30, you are considered obese. However, since muscle weighs more than fat, people who consistently engage in athletic activities may be perfectly healthy despite a higher BMI.

**Calculating your BMI is relatively easy!**

You can calculate your BMI by dividing weight in pounds (lbs.) by height in inches (in.) squared and multiplying by a conversion factor of 703.

**Example:** If you weigh 150 lbs. and are 5’5” (65 inches)
Calculation: \( \frac{150}{(65)^2} \times 703 = 24.96 \)
Your BMI is 24.96

So do the math and see where you stand. Information is power!