The CAPMC R&R Team embarked on a journey to the State Capitol on February 6th. In attendance was Mattie Mendez, Leticia Murillo, Carol Chavez, and Cristal Sanchez. This was the group’s first “R&R Day at the Capitol,” which brought about a heightened sense of excitement. The group started the day with presentations from the California Department of Education, The Legislative Analyst’s Office, The Women’s Caucus, and a representative of the Assembly Budget Committee, all of which are total CHAMPIONS for childcare. It was such an eye-opening experience to get a glimpse of the “behind the scenes” of what it takes to secure money for our programs within the massive state budget. It brought a newfound appreciation for all of the Child Care Champions that are in the frontline of budget negotiations. After the presentations, the group moved over to the Capitol where they met with Assemblyman Frank Bigelow’s staff. CAPMC R&R grouped together with Alpine, Amador, Calaveras, El Dorado, Mariposa, Mono, Placer, and Tuolumne counties to deliver one message of advocacy for childcare providers, families and children. The advocacy message was clear; our communities need an increase in childcare accessibility and flexibility. With the cost of childcare rising, communities are in need of access to quality childcare, which can be made possible through an increase of funding for Alternative Payment Program to serve more working families. Communities are also in need of more flexible childcare, which means increasing competent licensed family childcare providers through recruitment and training via the Child Care Initiative Program. The last stop was at Senate Member Anthony Canella’s office to drop off candies to staff and wish him well in his future endeavors. R&R shared appreciation for all that Senate and Assembly Members do for our counties and encouraged them to keep childcare in mind in their policy work.

Overall it was such a great learning experience and the group is beyond grateful to have had the opportunity to share it together as a team!
CATCHING PEOPLE DOING THE RIGHT THING, SAFE PRACTICES

LETICIA MURILLO, for going above and beyond in her due diligence to secure child care services for foster care children. Leticia contacted the State consultant to advocate on behalf of the eligibility of the clients.

GILL OFFICE STAFF, for reaching an accomplishment of 325 days without injuries as of 01/19/2018.

The Promise of Community Action:
Community Action changes people’s lives, embodies the spirit of hope, improves communities, and makes America a better place to live.
We care about the entire community, and we are dedicated to helping people help themselves and each other.

MARK YOUR CALENDAR
Feb. 19—President’s Day Holiday
March 8—Board of Directors Meeting, 5:30pm
March 11—Daylight Savings Begins
March 17—St. Patrick’s Day
March 20—First Day of Spring
March 30—Spring Holiday

Healthy habits for a happy heart
You can help avoid future heart problems by making healthy changes today. And the same habits that help keep your heart strong also reduce your risk for other diseases — another good reason to take these health tips to heart.

Know your numbers
Get regular screenings with your doctor to keep tabs on your blood pressure and body mass index (BMI). Blood pressure over 120/80 and BMI of 25 or higher are both linked to increased risk for heart disease and stroke.

Stand up for your health
The more you sit, the higher your risk for heart problems. Try standing when you’d normally sit, like when you’re watching TV — or setting a reminder on your phone to get up and move once an hour.

Get the facts on fats
Some fats are healthier than others. Unsaturated fats like olive oil and avocado are the healthiest choices. Limit saturated fats found in things like butter and cheese — and avoid trans fats altogether.

Safety Game Piece
Due to the H/R Department—Monday 02/23/18 at 3:00pm.

NAME:________________________
I.D.#:__________________
WORKSITE:____________________

Please draw your exit plan for your home on another sheet of paper and submit to HR with this game piece. Don’t forget windows, hallways, and doors!
**403(b) RETIREMENT PLAN**
Community Action Partnership of Madera County, Inc. (CAPMC) sponsors a 403(b) tax-deferred retirement plan. You have the opportunity to save for and contribute to the employee account through a payroll deduction. You have the opportunity to save for retirement by participating in CAPMC’s 403(b) Retirement Plan by electing to make pre-tax contributions.

**NOT YET CONTRIBUTING?**
To start your contribution, complete and return the Salary Reduction Agreement available in the Human Resources Office. You may select a fixed dollar amount or a percentage that will be deducted from your paycheck each pay period. Small amounts, even $10.00 per pay period, add up over time. Please note that in addition to completing and returning a Salary Reduction Agreement, you must also establish an account with VOYA (formerly ING) Financial Services, the agency’s plan sponsor. You will need to complete an application and beneficiary designation.

**ALREADY CONTRIBUTING?**
Great news! You can increase your contributions? You may elect to contribute up to $18,500 in 2018. This amount is the general limit on what you can elect to defer under the 403(b) plan and this amount is adjusted annually. Additional catch-up contributions may be permitted if certain criteria are met. Specifically, if you are at least 50 years old by year’s end, you may make additional catch-up contribution of up to $6,000. To increase your contributions, complete and return a Revised Salary Reduction Agreement.

**STATUS CHANGE**
Are you recently married or divorced? Do you have a change in status? If so, please update your beneficiary designee by contacting Donna Tooley at (559)675-5755.

**NEW EMPLOYEES**
You will be eligible for the discretionary employer contribution on either January 1 or July 1 after you have met the one year of service requirement and work a minimum of 1,000 hours and you are still employed by CAPMC. You must be 21 years of age to qualify. Neither your employer nor the VOYA investment provider can provide you with tax or legal advice. Employees are encouraged to contact their financial representative or tax professional with any questions.

**MEET OUR VOYA REPRESENTATIVE**
Shelley Nolasco, CAPMC’s Financial Representative from VOYA, will be available as needed to complete sign-ups for new employees. She will also be available to meet with current participants to discuss their investments and retirement goals. If you have any questions, she may be reached at (800)801-8222.
If you have any questions, you may contact Donna Tooley at 675-5755.

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**Human Resources News and Updates:**

1) Heffernan Insurance Brokers created a website for our benefits; you can visit [www.hrconnection.com](http://www.hrconnection.com). User: capmc & password: Benefits1
2) More information on Colonial Life voluntary benefits will be coming; possible benefits include: accident insurance, disability income insurance, and critical illness insurance. Please ask Ms. Charmaine Pickens for details.
3) Report work-related injuries when they occur; any delayed reporting will impact treatment, billings & improvement.
4) Parent Leave Act orders that businesses with 20 or more employees are obligated to provide eligible employees with up to 12 weeks of unpaid leave. The leave must be taken within a year of the child's birth, adoption or foster care placement. This is not a replacement or extension of the California Family Rights Act.
5) Speak up on any unethical, illegal or unsafe activity by calling the ethics hotline at 877-453-7244 or visit [reportlineweb.com/CAPMC](http://reportlineweb.com/CAPMC)
Office Workstation Ergonomics—Natural Body Posture

While there is no single posture or configuration that will work for everyone, keeping the principles of neutral body posture in mind while setting up your workstation and while working will increase your level of comfort and greatly reduce the risk of musculoskeletal disorders (MSDs).

Neutral body posture is a natural and comfortable position where joints, muscles, connective tissues such as tendons, and the skeletal system are aligned.

**Posture Guidelines**

If standing, align your ears, shoulders, hips, knees, and ankles.

If sitting at a desk, adjust your seat, the computer monitor if applicable, and any articles you use in order to meet the following conditions:

- **Your feet** are flat on the floor.
- **Your knees** are bent at a 90° angle or greater.
- **Your thighs** are horizontal to the floor and at a right angle with your hips.
- **Your arms** and forearms are at right angles.
- **Your wrists** should be straight lines with your forearms, not bent vertically or horizontally.
- **Your elbows** should hang close to your body.
- **Your shoulders** should be relaxed.
- **Your head** should be in line with the torso or bent slightly forward, not tilted back or twisted to the side.

In addition to using neutral posture, break up tasks and stretch regularly.
If a disaster or emergency strikes, are YOU ready?

Do you have supplies ready to go in case of an emergency? If a disaster or emergency occurs, you may have limited time to put your supplies together. Think ahead. Plan ahead.

Basic Disaster Supplies Kit

To assemble your kit, store items in airtight plastic bags and put your entire disaster supplies kit in one or two easy-to-carry containers such as plastic bins or a duffel bag. A basic emergency supply kit could include the following recommended items:

- Water: one gallon of water per person per day for at least three days, for drinking and sanitation, water purification tablets
- Food: at least a three-day supply of non-perishable food (canned food, beef jerky, granola bars, dried fruit)
- Battery-powered or hand crank radio
- Flashlight
- First aid kit (peroxide, band-aides, gauze, items to create splints, burn ointment, scissor, thread)
- Extra batteries
- Whistle to signal for help
- Dust mask to help filter contaminated air and plastic sheeting and duct tape to make a shelter-in-place
- Moist towelettes, baby wipes, rubbing alcohol, garbage bags and plastic ties for personal sanitation
- Tools: hammer, wrench, pliers to turn off utilities
- Manual can opener for food
- Local maps
- Cell phone with chargers and a backup battery

Messages from the Safety Committee:

- Instruct your clients, visitors, and any meeting attendees to meet you at the building lobby or designated public area.
- Escort your clients on their comings and goings, so as to account for your visitors, guests, clients when hosting an event. Remember to restrict leaving entrances unattended.
- Turn in your Safety Suggestions to improve safety practices.
- The quarterly safety training theme is ERGONOMICS; ask your safety committee members to forward you a video link and checklists to enhance your work quality.
- Those employees who did not have any injuries in 2017 will be entered into an emergency-to-go-backpack drawing. The winner will be announced in March.
• **RECOMMENDATION: F-1**
  Review and consider approving the Winter Migrant Program at Firebaugh Migrant & Seasonal Head Start Center
  **SUMMARY:**
  Fresno Migrant & Seasonal Head Start is recommending opening the Firebaugh Migrant & Seasonal Head Start Center due to the need in the community.
  **FINANCING:**
  Salary and operation savings in the current budget allow for these services.
  **BOARD ACTION:** Approved

• **RECOMMENDATION: F-2**
  Review and consider the ratification of the contract with Community Corrections Partnership to support the operations and salary costs of the Child Forensic Interview Team (CFIT).
  **SUMMARY:**
  CAPMC conducts the forensic interviews for children with allegations of sexual assault. The goal is to reduce the level of trauma by conducting a coordinated forensic interview with law enforcement, the District Attorney’s Office, and the Department of Social Services, on site at CAPMC. This reduces the amount of times that a child has to speak of the allegations.
  Case review is conducted monthly with Behavioral Health, Valley Children’s Hospital, Madera Police Department, Chowchilla Police Department, Madera Sherriff’s Department, Victim Services, Forensic Nurse Specialist, the District Attorney’s Office, and the Madera County Department of Social Services.
  On 1/24/18, the Community Corrections Partnership Committee approved $14,213 for the Center for Innovation and Resources, Inc. to conduct the Child Forensic Interview Training at CAPMC to train new forensic interviewers and $2,500 for FY 17-18 and $2,500 for FY 18-19 to assist CAPMC.
  **FINANCING:**
  Training $14,213
  Contractual $5,000
  Total $19,213
  **BOARD ACTION:** Approved

• **RECOMMENDATION: F-3**
  Review and consider approving the recommendation of the Executive Director to submit a budget request to the Department of Social Services for the consideration of supporting the operating costs of the Child Forensic Interview Team (CFIT). Budget request is for $15,146.
  **SUMMARY:**
  In the past CFIT costs has been covered through donations received via Valley State Prison, the Women’s Prison, and other community donations. This year, there has been no substantial donations received and the CFIT costs are over budget. CAPMC will be utilizing Community Services Block Grant (CSBG) funding to cover costs for 2017-2018.
  The budget request to DSS is for costs associated with 2018-2019. The Central Office staff was divided into five teams with one or more person(s) taking the lead. Center staff and parents participated in the process. Each team was given four days to visit, observe and review documents, files or classrooms in order to identify program findings, recommendations, and strengths. There were two findings during the process, which were in following areas: Health and Safety and ERSEA.
  **FINANCING:**
  None
  **BOARD ACTION:** Approved

• **RECOMMENDATION: F-4**
  Review and consider approving the Enrollment Selection Criteria and the Recruitment Procedure for the 2018-2019 program year.
  **SUMMARY:**
  Staff is requesting approval for the Recruitment Procedure and the 2018-2019 Enrollment Selection Criteria.
  **FINANCING:**
  None
  **BOARD ACTION:** Approved

• **RECOMMENDATION: F-5**
  Review and consider approving the 2017-2018 Madera/Mariposa Regional and Early Head Start (MMRHS) Self-Assessment Results and Findings.
  **SUMMARY:**
  The 2017-2018 MMRHS Self-Assessment was conducted the week of December 11-15, 2017, with training taking place on January 11, 2017. The Central Office staff was divided into five teams with one or more person(s) taking the lead. Center staff and parents participated in the process. Each team was given four days to visit, observe and review documents, files or classrooms in order to identify program findings, recommendations, and strengths. There were two findings during the process, which were in following areas: Health and Safety and ERSEA.
  **FINANCING:**
  None
  **BOARD ACTION:** Approved

• **RECOMMENDATION: F-6**
  Review and consider approving the 2017-2018 Madera/Mariposa Regional and Early Head Start (MMRHS) Self-Assessment Results and Findings.
  **SUMMARY:**
  The 2017-2018 MMRHS Self-Assessment was conducted the week of December 11-15, 2017, with training taking place on January 11, 2017. The Central Office staff was divided into five teams with one or more person(s) taking the lead. Center staff and parents participated in the process. Each team was given four days to visit, observe and review documents, files or classrooms in order to identify program findings, recommendations, and strengths. There were two findings during the process, which were in following areas: Health and Safety and ERSEA.
  **FINANCING:**
  None
  **BOARD ACTION:** Approved

• **RECOMMENDATION: F-7**
  Review and consider approving the 2017-2018 Madera/Mariposa Regional and Early Head Start (MMRHS) Self-Assessment Results and Findings.
  **SUMMARY:**
  The 2017-2018 MMRHS Self-Assessment was conducted the week of December 11-15, 2017, with training taking place on January 11, 2017. The Central Office staff was divided into five teams with one or more person(s) taking the lead. Center staff and parents participated in the process. Each team was given four days to visit, observe and review documents, files or classrooms in order to identify program findings, recommendations, and strengths. There were two findings during the process, which were in following areas: Health and Safety and ERSEA.
  **FINANCING:**
  None
  **BOARD ACTION:** Approved
**RECOMMENDATION: F-6**
Review and consider approving the 2017-2018 Madera/Mariposa Regional and Early Head Start (MMRHS) Self-Assessment Program Plans of Action for any findings and recommendations.

**SUMMARY:**
The 2017-2018 MMRHS Self-Assessment was conducted during the week of December 11-15, 2017. The self-assessment identified two findings in following areas: Quality Health Program Services/Environmental Health and Safety and ERSEA – Eligibility and Attendance. In addition, staff identified areas of improvement that will continue to enhance program services to the children and families.

**FINANCING:**
None

**BOARD ACTION:**
Approved

**RECOMMENDATION: F-7**
None – informational item only

**SUMMARY:**
CAPMC Madera/Mariposa Head Start requested authorization from Region IX for the disposition of the Greeley Hill portable. Ownership of the portable will be transferred to the Mariposa County Unified School District.

**FINANCING:**
Minimal

**BOARD ACTION:**
Approved

**RECOMMENDATION: F-8**
Review and consider authorizing the Executive Director to sign and submit the application for the CDBG grant with the City of Madera for 2018-2019.

**SUMMARY:**
Community Action Partnership of Madera County, Inc., (CAPMC) will contract with the City of Madera to provide homeless awareness to the residents of the City of Madera for the fiscal year 2018/2019. Funds are also used to seek out and apply for additional funding to serve the homeless.

**FINANCING:**
$16,950

**BOARD ACTION:**
Approved

**RECOMMENDATION: F-9**
On an annual basis, members of the Board of Directors, the Executive Director, the Chief Financial Officer, and all Program Managers and those staff that influence vendor selections must complete a Form 700, Report of Economic Interests and complete the Annual Conflict of Interest Disclosure Form.

**SUMMARY:**
The Board of Directors at its meeting on April 13, 2017 received training on the Brown Act and Conflict of Interest. Russell K. Ryan, Esquire, the agency’s attorney, presented the training. This disclosure form must be completed as part of the agency’s ongoing policies annually.

**FINANCING:**
None

**BOARD ACTION:**
Approved

**RECOMMENDATION: F-10**

**SUMMARY:**
Per the 2007 Head Start Act, CAPMC Madera Migrant/Seasonal Head Start shall make available to the public a report that is published at least once each fiscal year. The report presented discloses information from the most recently concluded fiscal year of March 1, 2016-February 29, 2017. The pictures utilized in the report were of enrolled children and/or parents. The information will not reveal personally identifiable information about an individual child or parent. The annual report must also include the following:

**FINANCING:**
Minimal
2018 Homeless Point-In-Time

Thank you to everyone that helped support and participated in the 2018 Homeless Point-In-Time Count. The Count took place the days of January 23-25th. January 23rd consisted on a tally count, and January 24-25th consisted of completing surveys with the homeless.

There were a total of 31 different entities, departments, service groups, and private citizens that supported the efforts by providing supplies, donations, or sending volunteers. There were a total of 63 volunteers that volunteered their time during the Count.

The last 2017 PIT Count identified 271 homeless persons in Madera County. Of the 271, there were 178 that were unsheltered.

The results of the 2018 Count will be released in March.
No road is long with good company. – Turkish proverb

Your relationship with your spouse, life partner or long-term boyfriend or girlfriend may be the most challenging, and the most rewarding relationship of your life.

Your closest relationships will have peaks and valleys. Most partners will experience unresolvable issues in their relationships. Be assured, though, you’re not alone. Your situation, in a broad sense, is almost universal. It may sound dire, but it’s natural.

Depending on which expert you listen to, anywhere from one-half to three-quarters of all couples’ conflicts simply cannot be fully resolved.

Different experts focus on different reasons for this lack of resolution. For example, according to relationship expert Dr. John Gottman, many conflicts can’t be resolved because they’re saddled with hidden agendas that are not being addressed.

Gottman says these hidden agendas involve very basic, core philosophical issues that are central to each person’s sense of meaning and purpose, goals, cultural legacy, philosophy or values in life. For example, a couple arguing about their budget may, in fact, really be talking about the veiled, myriad meanings of money like love, freedom, charity, justice, personal power, security, trust and much more. But these conflicts may not be getting resolved because neither partner is making the relationship safe enough for these core issues to emerge.

If this issue of an “unsafe” partnership persists, each person inevitably becomes more entrenched in their position and more problems arise. Fortunately, Gottman has identified seven principles that can help effectively repair injured relationships. Please consult other resources available on Gottman’s work for further explanation of the following seven concepts:

1. Love maps – these are road maps of your partner’s world (their struggles, aspirations, etc.) that let each of you know you are known.
2. Nurture fondness and admiration for each other.
3. Turning toward each other versus away – make bids for connection.
4. Let your partner influence you – i.e., hearing and acting on their feedback.
5. Solve solvable problems by identifying and collaborating vs. rehashing issues without progress.
6. Overcome gridlock.
7. Create shared meaning with mutual goals to work toward together.
Avocados: A Legitimately Healthy Food Craze

According to Telsey Advisory Group, a firm focused on evaluating the consumer market, avocado consumption in the United States has quadrupled since 2000. And, unlike many other health food crazes, avocados are actually good for you.

While it is true that avocados contain more calories and fat than other fruits or vegetables (one-fifth of an avocado contains 50 calories and 4.5 grams of fat), they also have many health benefits. Avocados contain heart-healthy unsaturated fat, which can help lower cholesterol. In addition, they are packed with vitamins, minerals and fiber that are part of a healthy diet.

2 Chronic Conditions That Can Cause Cancer

New research suggests that nearly 6 percent of cancers (792,600 cancer cases) can be at least partly attributed to obesity and diabetes. The study, which was published online on The Lancet Diabetes & Endocrinology website, states that diabetes and a high body mass index (greater than 25) are both associated with a higher risk of certain cancers and are increasing in prevalence.

Fortunately, Type 2 diabetes and obesity can be prevented with proper lifestyle changes, which include the following:

- Avoiding tobacco
- Exercising regularly
- Maintaining a healthy weight
- Eating a healthy diet and limiting your intake of unhealthy foods
- Managing your stress
- Regularly checking your cholesterol and blood pressure
- Visiting your doctor for routine preventive care

Implementing the above prevention tips can help you remain healthy and avoid developing chronic conditions like obesity and Type 2 diabetes, which, in turn, can help lower your risk of certain cancers. For more information, please review the full-text version of the study.
Mexican Chicken Soup

3 pounds chicken pieces (skin removed)
2 cups tomatoes (chopped)
1 clove garlic (minced)
½ cup onion (chopped)
¾ cup mild canned chilies (diced)
2 cups canned pinto or garbanzo beans (drained)

PREPARATIONS

1. Place chicken pieces in a large saucepan and add enough water to cover.
2. Cook until tender, about 25 minutes.
3. Remove chicken pieces from the broth.
4. Add tomatoes, garlic, onion and chilies.
5. Remove chicken meat from the bones and return meat to broth.
6. Add beans, and salt and pepper to taste. Simmer for about 15 minutes.
Makes: 6 servings

Nutritional Information (per serving)

<table>
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<th>Nutrient</th>
<th>Per Serving</th>
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<tbody>
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<tr>
<td>Total Fat</td>
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<td>Total Sugars</td>
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</tbody>
</table>

Source: USDA

A Common Cold Can Be Contagious for Longer Than You Think

The winter months are commonly associated with decreasing temperatures and increasing cases of the common cold. Typically, symptoms of the common cold come on gradually, and may start with a sore throat or irritated sinuses.

According to Healthline, when you have a cold, you’re contagious approximately one to two days before symptoms start and can continue to be contagious for up to seven days after you’ve become sick. Unfortunately, many people can’t stay home for that long of a time to fully recover. Consider the following suggestions to help avoid becoming ill or passing on a cold to a co-worker, friend or family member:

- Wash your hands with warm water and soap often.
- Avoid touching your eyes, mouth and nose.
- Sanitize commonly touched surfaces.
- Always cough and sneeze into your elbow—not your hands—to prevent spreading germs.

IS IT A COLD OR THE FLU?

**COLD**
- Loss of appetite
- Sore throat
- Sneezing
- Cough
- Vomiting

**FLU**
- Muscle pain
- High fever
- Headache
- Fatigue
- Chills
Name: Bill Frame  
Job Title: IT Application Analyst  
How long have you worked for CAPMC: Coming up on 8 years  
What do you like most about your job: Being involved with an agency that is concerned about helping people not about the corporate bottom line.  
What do you do in your spare time: Woodworking, learning to run a metal lathe, work on my old car  
Family: Wife, 5 children (2 mine, 3 hers), 7 grandchildren  
Travels: Japan (many years ago), often to Disneyland and Cambria  
Pets: Hopper, a shelter dog, now 14 years old  
Favorite junk food: Peanut butter, chocolate  
Favorite saying: Every body is willing; some are willing to “do” and the rest are willing to let them “do”.  
Of all people who would you like to have dinner with and why: My father, so I could have one more time to tell him I love him and how proud I am to be his son!  
Best advice ever given: It is better to keep your mouth shut and be thought a fool than to open it and remove all doubt!  
Favorite song: How Great Thou Art  
Favorite vacation spot: Cambria, CA – because there is not much to do there except enjoy the sound of the ocean.  
If you were stuck on a desert island and could only have three things, what would they be: Bible, pocket knife, large box of matches  
A random or fun fact about you: I have been going to lunch on Fridays with the same three friends for over 40 years.  
Please include some thoughts about your job, co-workers or the families you work with: I have said often that it is wonderful at this point in my career (see next questions) to be in the best job I have ever had!  
Where do you see yourself in 2 years: 2 years from right now, I hope to be about 6 months from retiring!  
How do you carry out the agency mission: Helping provide the infrastructure to allow the rest of the staff to use the technology to make their job better and/or easier.  
Best thing about your position: Being able to interact with all the different parts of the agency and all the different staff members.  
Advice to new employees on how to be successful in the agency: Always look for ways to improve how things are done.  
A must-know fact about you: I have been working with computers for 50 years. The one that I started on would took up more space that I have in my current office. And the phone I carry in my pocket is more powerful, by a LONG ways, than it was!  

Name: Xai Vang  
Job Title: IT Network Administrator  
How long have you worked for CAPMC: 8 years  
Where were you born and raised: Born in Thailand raised in Clovis  
What do you like most about your job: Seeing the smiles and hearing the laughter from staff when you’ve helped them resolve problems on their computers.  
What do you do in your spare time: Go fishing  
Family: Mothers, 3 brothers, 5 step-brothers, 3 step-sisters  
Travels: Grand Canyon, Chicago, Denver  
Favorite junk food: Jelly Belly, Ruffles, Red Vines  
Favorite saying: “It's not always about knowing the answers, but how to find them.”  
Of all people who would you like to have dinner with and why: My father because I never got a chance to know him.  
Best advice ever given: Always strive to make the most impact out of every opportunity you are given – from my Grandmother.  
Favorite color: Orange  
Favorite movie: Lord of the Rings  
Favorite TV show: The Simpsons  
Favorite holiday: Thanksgiving  
Favorite sports teams/individuals: LA Chargers  
Favorite vacation spot: Home or out on a lake  
Fishing Pole, Bow and Arrows  
If you were stuck on a desert island and could only have three things, what would they be:  
Please include some thoughts about your job, co-workers or the families you work with: Really enjoy working alongside a bunch of passionate and caring individuals.  
Where do you see yourself in 2 years: Enjoying myself atop the Eiffel Tower.  
How do you carry out the agency mission: Providing CAPMC staff with the technology equipment and resources they need to help families in Madera County.  
Best thing about your position: I am able to assist staff and help them gain knowledge of utilizing their technology equipment.  
Advice to new employees on how to be successful in the agency: Get to know other staff in the agency besides your immediate department staff because a lot of us are pleased to help, especially ME.  
A must-know fact about you: I love trying various types of food dishes, especially the bizarre.

Do you know of an Agency event that you would like to see covered in the Action Connection? Do you have input about the newsletter? Would you like to contribute an article or pictures? All submissions are welcome and appreciated! Please contact: Gabriela Salazar, Assistant to the Executive Director at: gsalazar@maderacap.org Phone: (559) 675-5748 Fax: (559) 673-2859