



# The 411

FAMILY SELF-SUFFICIENCY NEWSLETTER JANUARY–MARCH 2014

*Go confidently in the direction of your dreams. Live the life you have imagined—Henry David Thoreau*

## From the Office

For those of you not aware, Governor Jerry Brown signed AB 10 increasing the California minimum wage from \$8 per hour which it has been since 2008, to \$9 on July 1, 2014 and to \$10 per hour on January 1, 2016. "It's a special day to stand with workers who are laboring for all of us and laboring at a very low wage. Turning that wage into a \$10 an hour wage is a wonderful thing," said Governor Brown prior to sign-

ing AB 10 in Los Angeles. "It's my goal and it's my moral responsibility to do what I can to make our society more harmonious, to make our social fabric tighter and closer and to work toward a solidarity that every day appears to become more distant." Your top resolution for 2014 is... remembering to contact the FSS office monthly with progress updates and to return quarterly reports as requested. Happy New Year!

"The best and most beautiful things in the world cannot be seen or even touched - they must be felt with the heart." - Helen Keller

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## Employment Watch

Bureau of Labor statistics (BLS) analyzes future demand for different types of goods and services, and then projects the employment necessary to produce them. Most of the 10.8 percent employment growth over the next decade is projected to be in service-providing industries.

**The health care and social assistance sector is projected to grow at an annual rate of 2.6 percent, adding 5.0 million jobs between 2012 and 2022.**

This accounts for nearly one-third of the total projected increase in jobs. The growth reflects, in part, the demand for healthcare workers to address

the needs of an aging population. Employment in the construction sector is projected to grow 2.6 percent annually. This equates to 1.6 million new jobs over the 2012-22 decade, the most among goods-producing sectors and third most among all major industry sectors. Five industry sectors are projected to have decreases in employment: manufacturing; federal government; agriculture, forestry, fishing, and hunting; information; and utilities.

### 2-1-1 Telephone Service

People in need of help can now simply dial 2-1-1 from a land line telephone or from a cell phone. A

2-1-1 Information & Referral specialist will help find available services and make appropriate referrals for the caller. Please direct any questions and others seeking services to call 2-1-1 any time for assistance.

For more information see side bar announcement on the Help Central.Org website for more information on how the Butte 2-1-1 service can help connect people to services.



# Community Corner

## The Good Kid Project: Tolerance

Contributed by Elizabeth Lombardo, Ph.D. Find her at [elizabethlombardo.com](http://elizabethlombardo.com).



Each of us is unique - from our interest and abilities to our religious and cultural backgrounds. And, as our world becomes intensely interconnected, fostering acceptance of all differences is more important than ever. Exposing children to diversity is a critical building block, but helping them embrace their own uniqueness is just as vital. When we teach kids to respect and celebrate their individuality, they do the same for others. After all, bullying is a form of intolerance and often stems from feelings of insecurity. How can you help your children accept and appreciate the many differences that surround them?

Try these practical strategies:

**Diversify Your Life:** Broadening your child's frame of reference helps turn what might otherwise seem "different" to just "normal." A simple and fun way to explore a variety of cultures is through food. Eating out at international restaurants is one option, and creating a regular family event by cooking different ethnic dishes at home and talking about the various countries or cultures will make the experience all the more poignant. Why not start with your own heritage? This will highlight that our very own families are often a patchwork of culture.

**Take the Judgment Out:** Help your child learn discernment (noticing differences) rather than judgment (evaluating the differences). If your child makes a comment about someone that seems disparaging, use that as a talking point to ask questions such as "How do you think he would feel if he heard you say that? How would you feel if someone said that about you?" Posing open-ended questions prompts a child to think beyond a visceral reaction and develop empathy and an intrinsic acceptance of differences.

**Watch Yourself:** The other day when I was flipping through a magazine, I inadvertently asked out loud "What is she wearing?" I glanced over to my two daughters, who were practically drooling to see whose outfit I was criticizing. The takeaway? Even seemingly harmless comments can teach our children intolerance. I quickly shared my thoughts with my girls: "You know what? That wasn't very nice of me to say. People have different styles." We then had a discussion about the fact that if everyone was the same, this would be a rather boring world.

**Acceptance in Action:** Use these movies and books to help your kids flex their open-mindedness muscle:

**Movies:** *Remember the Titans*: A true story about how an African-American coach overcomes racial tensions with his team. *Happy Feet*: How a penguin finds his own strength in dancing because, unlike all the others, he can't sing.

**Books:** *Wonder* by R. J. Palacio: Tells the story of a boy with a facial deformity who struggles to be accepted. *The Lions of Little Rock* by Kristin Levine: A shy 12-year-old girl growing up in the South befriends a new girl who is kicked out of school for being black.

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### *Money matters: Fun ways to earn extra income (Courtesy of BHG contributor Jeanette Pavini)*

Who couldn't use a little more cash? Check out one of these opportunities that can help pad your wallet.

**Sign up for a focus group.** Don't just sound off to your friends-get paid for your opinion! Many businesses hire consumers to test their products and services. Depending on the time commitment, which range from an hour to several days, you can score \$50 to hundreds of dollars. To locate an opportunity near you, visit [findfocusgroups.com](http://findfocusgroups.com).

**Be a mock juror.** Before going to trial, lawyers hire people to test their strategies for about a \$100 a day. If you're able to work a few days in a row, search for an opening on [trialpractice.com](http://trialpractice.com).

**Make your acting debut.** Check with local casting agencies and newspapers for chances to work as a movie or television extra, which pay around \$100 a day. These calls should be free; be wary of agents who require a fee or pricey headshots.

**Watch someone else's pup.** Most sitters earn \$30 to \$50 a day. Create a profile at [dogvacay.com](http://dogvacay.com).

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