



Family Self-Sufficiency

Setting Goals, Crossing the Finish Line

From the Desk of Doug De Soto

Spring has finally arrived! What a relief to move from the dreariness of winter to the hope of new beginnings offered by the change in seasons. Recently, some of you have expressed your frustration over set-backs you've experienced in trying to complete specific goals outlined in your career plans.

The best advise I can offer to all of you is to always do the best that you can do in whatever goal you are striving towards and never, never stop trying! That is all that anyone can ask or expect of you.

Over a decade ago, I incurred a serious injury that left me nearly unable to walk. I remember having to overcome the fear of undergoing a series of major surgeries and I'll never forget struggling through the physical therapy afterwards.

My biggest goal at that point in my life was to get to the top step of a three-step platform used in therapy that I had nicknamed Mount Everest.

I'll always remember the advice my dad gave me after one physically trying day. He urged me to just take one day and one step at a time. He told me if I could get to

the top step of that platform, one day I'd be able to run the marathon I had always dreamed about running.

While I eventually made it to the top of "Mount Everest," my doctors said I'd never be able to run again. But keeping my dad's words of advise close to my heart and never giving up, four months ago - ten years after I had reached that top step - I crossed the finish line of the California International Marathon; 26.2 miles.

Never give up, always, keep your eye on the goal and one day you'll cross that finish line too.

Energy Tips for Spring



With the arrival of nice weather and longer evening hours, here are some

tips to put some energy into your step.

Switch to a high-fiber cereal. High fiber cereal provides a longer-lasting energy supply during the day.

Go easy on the Joe.

More than two to three cups of coffee a day may cause jitteriness, digestive problems, headaches, and prevent a good night's sleep.

Drink more water.

Even mild dehydration drains energy and it can bring down your mood. Doctors recommend eight or nine cups a day.

But just to make sure drink enough so you don't feel thirsty, and yes, check your urine - colorless or slightly yellow urine indicates adequate fluid intake.

Take a walk outside.

Recent studies have shown that walking 20 minutes or more a day, outdoors, can significantly increase vitality.

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Contact Information Current?

Please verify that your correct mailing address, email address, and telephone number are current and on file with the FSS Office and Section 8 program.

Eight Out Of the Box Job Hunting Tips

According to the U.S. Bureau of Labor Statistics, the unemployment rate currently sits at 8.9 percent. If you are out of work this presents a problem because there is often a large quantity of qualified applicants seeking a given job.



In these times, it is more important than ever to think outside of the box when applying for jobs.

1) Know what positions are available at a company

Before you can try to work for a company, you need to figure out what job openings the company has. Once you know this you can focus your energy on trying to get that specific job. You can look on a company website to see what job openings a company has. However, the best strategy would be to speak to someone who works at the company as often times companies don't update their websites with every potential and available job opening.

2) Use LinkedIn and use it well

LinkedIn is widely recognized as the best social network for career professionals. LinkedIn can be utilized as a great resource to connect with people at a company that you are interested in working for. The key on LinkedIn is to compile as many direct connections to other professionals that you can. More direct connections will convert into more secondary connections.

3) Be creative about how you use Twitter

You can utilize Twitter to look for jobs in several ways, one of the most creative ways is to use Twitter to locate and contact someone at a given company. You can use [Twellow](#) to search Twitter profiles. Search for the company that you want to work for - and you may find someone who has a profile that says, Director of Biz, then follow that person on Twitter!

4) Attend a Job Fair

Industry conferences can be gold for job seekers. In one conference room will be influential people from hundreds of companies directly in the niche that you are in. If you

are creative about how you approach people at each booth - you can make a very solid contact which you can utilize when you are applying to that particular company later on.

5) Consider different types of jobs

You don't want to have tunnel vision and only look for one type of job. Especially with the unemployment rate being what it is - you have to think about a few different types of job titles to consider. When you have a few different areas you are considering - it will open up a wide range of options for yourself and you'll end up getting more interviews and call-backs.

6) Use multiple resumes

Take advantage of a resume template which you can then fill your information into. Take advantage of these to create multiple resumes for different types of jobs. The area where your resumes will differentiate themselves are on the objective, resume structure, and job detail for a specific job that you had.

7) Check out Craigslist

Quite often, small businesses and start-ups post job listings on Craigslist. These smaller companies do this in an effort to quickly find internet savvy candidates for a particular job. It is also very simple and cheap for start-ups to post job listings on Craigslist. This is an underrated place for candidates to find jobs. You often won't know the company you are applying to - so it is difficult to get these jobs via networking.

8) Do not focus on Monster.com or HotJobs

Monster and Hotjobs use to be the best places to find jobs online. However, there are so many people looking for work that you need to find ways to differentiate yourself. And Monster and HotJobs get so many applications that it becomes very difficult to stand out from the crowd so it can make sense to ignore these services all together. They will end up hiring someone who found the company directly via networking through an existing employee.

Money Saving Ideas



Whenever you make a purchase, mentally (or with a calculator) figure out how many hours you would have to work to make the purchase. For example, an \$80 pair of jeans is looked at in a completely different light if you get paid \$8 an hour and would have to work for 10 hours to earn the money to purchase these jeans. Suddenly, the

\$20 pair looks really good. This tip can benefit you in a lot of ways. First, it makes you aware of the true cost of an item, because every hour at work is an hour away from your friends, loved ones, and hobbies. Second, it makes you stop and think about how badly you need this item, or if it can be found somewhere else

cheaper. It also cuts down greatly on impulse purchases. This idea allows you to save money in other ways as well. For example, is the money spent at a fast food restaurant for lunch worth spending the money earned from one hour of work everyday? So, start packing a lunch; you'll not only save money but eat healthier as well.

CREDIT & BUDGET WORKSHOP

BROUGHT TO YOU BY:
THE COMMUNITY HOUSING &
CREDIT COUNSELING CENTER
A DIVISION OF:
COMMUNITY HOUSING IMPROVEMENT
PROGRAM INC.



2011 Schedule

Thursdays

April 7 August 4
May 5 September 1
June 2 October 6
July 7 November 3
December 1

(FROM 3:00 - 5:00 PM)



SUBJECTS WE WILL COVER SHALL INCLUDE:

- Examining your attitudes about money.
- How to order your credit reports & clean them up.
- Knowing your consumer and state rights.
- How to dispute errors on your credit report.
- Understanding your FICO score and how to improve it.
- How to make a sound budget and better manage your money.
- How to get better organized to manage your finances.
- Ways to reduce spending and save more.
- How to re-establish your credit.

To reserve your seat or for more information, please call
530-891-4124 or 888-423-6333.

NO COST TO THE PUBLIC

EVENT LOCATION:

C.H.I.P.

1001 Willow Street
Chico, CA 95928

Access training room off back parking lot



**HOUSING AUTHORITY OF THE
COUNTY OF BUTTE**

2039 FOREST AVE
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We're on the Web!
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HOUSING AUTHORITY OF THE COUNTY OF BUTTE

Family Self-Sufficiency



After-Hours Schedule – Spring 2011

April 2011

ReZoom your Resume

Bring a copy of your most recent resume to review

Wednesday, April 20, 2011:

St. Nicholas Church, 5872 Oliver Road, **Paradise.**
6:00 p.m.

Thursday, April 21, 2011:

Greater Oroville Family Resource Center, 2185 Baldwin Avenue, **Oroville.**
6:00 p.m.

Friday, April 22, 2011:

Housing Authority Office, **Chico.**
6:00 p.m.

May 2011

Clean-up your Cover Letter

Bring a copy of your most recent Cover Letter to review

Wednesday, May 18, 2011:

St. Nicholas Church, 5872 Oliver Road, **Paradise.**
6:00 p.m.

Thursday, May 19, 2011:

Greater Oroville Family Resource Center, 2185 Baldwin Avenue, **Oroville.**
6:00 p.m.

Friday, May 20, 2011:

Housing Authority Office, **Chico.**
6:00 p.m.

June 2011

Insights into the Job Interview

Tips on acing the Job Interview

Wednesday, June 15, 2011:

St. Nicholas Church, 5872 Oliver Road, **Paradise.**
6:00 p.m.

Thursday, June 16, 2011:

Greater Oroville Family Resource Center, 2185 Baldwin Avenue, **Oroville.**
6:00 p.m.

Friday, June 17, 2011:

Housing Authority Office, **Chico.**
6:00 p.m.