



# The 411

FAMILY SELF-SUFFICIENCY NEWSLETTER OCTOBER–DECEMBER 2013

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

## From the Office

I saw my first Christmas ad on television last week and Halloween costumes have been on store shelves for at least a month already; Yikes! Welcome to the holiday season.

Effective October 1, 2013, the HACB office hours are changing. New hours are Monday through Friday, 9:00 am to 4:00 pm. As a reminder if you need to see your Section 8 worker, it is best to call and schedule an appointment.

If you are looking for assistance with food or gifts this holiday sea-

son, the Holiday Assistance Guide for 2013 has been posted on [HelpCentral.org](http://HelpCentral.org).

For those of you affected by the implementation of the affordable health care act, a good site for you to visit is [coveredca.org](http://coveredca.org). Remember, if you don't have health care insurance, you need to enroll in a plan by January 1, 2014 or face a penalty.

I hope your holiday season this year is safe and happy.

"To understand the heart and mind of a person, look not at what he has already achieved, but at what he aspires to."

Khalil Gibran (1883–1931); Poet, Writer

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## Employment Watch



Here are five common job search tips you've heard before, and why

you shouldn't just roll your eyes at them: **Get A Lot Of Sleep.** Sleep is extremely important for performing well in your career. If you're like the 83 percent of Americans who say they do not get a good night's sleep on a regular basis, it's important to make an effort the night before an interview. A solid seven or eight hours will do wonders for your critical problem solving skills and creativity, two things employers want in new hires. Getting sleep is something you can easily control, so make it a priority in your job search. **Dress Professionally.** It doesn't matter what kind of job you are interview-

ing for, you should always dress professionally. One of the most common mistakes more than half of job seekers make is dressing inappropriately. When in doubt, it's better to be a little bit over-dressed. An unprofessional first impression means game over, so don't miss this easy way to get it right. **No Lies.** What is the point of misrepresenting yourself in your job search? If you lie about your experience, you'll be under-qualified for the position and not know how to handle the job. You don't want to be stuck in a job you don't know how to do. It's crazy to think 34 percent of resumes contain lies about experience, education, and skills. No matter how much you stretch the truth, it will always come back to bite you. So, just be an honest job seeker. **Read Everything Thoroughly.** The job description, the company website, your

own resume, and cover letter. Read them all word for word, no skimming. Make sure everything in your application aligns with the description. A candidate who cannot follow simple directions will be written off immediately, so it's important to read everything more than once. **Have A List Of Questions.** Always ask questions at the end of an interview. Prepare a lengthy list of questions before you even get there, so if some of your questions get answered during the interview, you still have some left for the end. Not having questions makes it seem like you don't care very much about the job. Writing a list out beforehand sounds annoying, but as with everything else, it's better to be over prepared than unimpressive.

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# Community Corner



**The African American Family and Cultural Center (AAFCC)** opened in 2011 as collaboration between Youth for Change and Butte County Department of Behavioral Health. The idea of the cultural center was to create a place to restore cultural values and identity as well as offer programs and services pertaining to mental health to families in the surrounding community.

**The AAFCC believes that by increasing awareness** of the many mental health issues within the community along with the right resources and guidance, the community can be healed. The AAFCC's mission is to empower and embrace African American families and communities by reclaiming, restoring and revitalizing the community's cultural heritage, values, and identity.

**The AAFCC is a place where people convene**, connect and celebrate the essence of shared community in order to bring about healing and to create prosperous and vibrant lives.

**Programs include:** *African American Lecture Series*; Beautiful & Ebony Sista'hood Shout Out Sessions; Beautiful & Ebony Womanhood Shout Out Sessions; Community Restoration; Southside AA Fellowship; Personal Peace Institute; Kuumba Corner; Strong African American Families (SAAF); The Book Club; Art Club 101; The Open Mic Showcase; Drama Club; Brotha'Hood: A Men's Forum; Community Garden Project; and the Hip Hop Dance Project .

**The African American Family & Cultural Center** is located at 3300 Spencer Avenue, Oroville, California 95966. For more information on the many programs they offer contact 530-532-1205.

## Events



**2013 National Yo-Yo Contest:** October 5, 2013, 9:00 am, at the downtown Chico Plaza. Watch five championship divisions including a recreational level for intermediate players and National A and National AA levels for the best players in the country compete. The excitement builds throughout the day leading up to the finals for the National Championship in the afternoon. This is a fun, free event for everyone in the family and all are invited to participate. You will be astonished at what these kids can do! For more information, contact Bob Maloney at 893-0545 ext. 24.

**Letters to Santa:** During December, boys and girls under 8 years old can receive a letter via CARD from jolly old Santa and his elves. Children should mail their letter to the CARD office, 545 Vallombrosa Avenue, Chico, CA 95926, no later than December 7. A self-addressed, stamped envelope must be enclosed. The return envelope will be postmarked from the North Pole. Unfortunately, due to the amount of letters received, any letters collected after December 7 will not receive a response.

## HEALTHCARE NEWS

On October 1, 2013, Covered California will begin enrolling eligible Californians for health insurance coverage that will begin in January 2014. **Residents who do not have health insurance from their employer or another government program, or for whom that insurance is not affordable, may qualify for help with premiums.** Covered California is the only place where Californians can use premium assistance from the federal government to reduce their health care costs. Covered California is also the place to go to see if you are eligible for Medi-Cal. For more information go to **[www.coveredca.com](http://www.coveredca.com)**.