



# The 411

FAMILY SELF-SUFFICIENCY NEWSLETTER  
OCTOBER– DECEMBER 2015

“Follow your passion, be prepared to work hard and sacrifice, and, above all, don't let anyone limit your dreams.”

Donovan Bailey

## From the Office

The days of summer are slowly ending, and the sun is a golden almost cold-like color. The drought in California transitions summer into a warm humid autumn season. Each morning, I look up into the skies hoping that today will be the start of a long raining season to fill our lakes, rivers, and streams with fresh flowing water.

Unlike the seasons, some things here with the FSS program at HACB are unchanging. A friendly reminder that if you are currently *not* working, starting a business, or in post-secondary training or

certificate program, you are responsible to submit four job activities to me every month.

Please make sure to submit your quarterly report to me. If I do not receive one from you, I may contact you.

In addition, if you received a letter for an annual review, please contact me to set up an appointment.

**Contact Information:**  
**530-895-4474 ext 234**  
**BowL@butte-housing.com**

Life is full of  
**BEAUTY.**  
Notice it. Notice the  
bumble bee, the  
small child, and the  
smiling faces.  
Smell the rain, and  
feel the wind.  
**LIVE** your life to the  
fullest potential, and  
fight for your  
**DREAMS.**

-Ashely Smith

## Job Search Tip: Create a Professional Email



Creating a professional-looking email is an important feature on your resume. Here are some tips on what to avoid and how to create a professional email.

### Using your name is your safest bet

An email such as jane.doe@email.com is more professional than hottie.jane@email.com or iloveapples@email.com; unless your email address is directly related to your business or organization.

### Pick an email address that you can stick with

Select one domain, and use the sorting/filtering feature to managed your emails versus having multiple accounts.

### Avoid references to race, creed, gender, religion, health status, or anything wild in your email address

An email address such as ilovebuddha@email.com may offend individuals who do not have the same religious beliefs as you do. Select a neutral email address.

### Avoid very long or typo-prone emails

Avoid using numbers in your email address when possible, or make a distinction between ambiguous characters. For example, employers might not know if jane00@email.com contains two zeros or two o's.

### Keep your email address simple

If your name is long and/or often misspelled, only include the first few letters of your name. For example, jonathan.applegate@email.com may be shortened to j.Applegate@email.com to create a more simple, straight-forward email address.

# Community Corner

## Oroville Adult Education

Oroville Adult Education Career and Technical Center serves 7,500 youths and adults annually with academic and vocational programs at 18 different sites. Academic programs include High School Diploma, General Education Diploma (GED) preparation, computer applications, job readiness, English as a Second Language (ESL), Adult Basic Education, and Career Exploration. Vocational programs include Office Technology, Computer Repair, A+ Certification, Medical Assistant, and Certified Nursing Assistant (CNA) Training.

### Website:

[http://www.oroilleadulted.com/about\\_oae](http://www.oroilleadulted.com/about_oae)

### Location:

2750 Mitchell Ave; Oroville, CA 95966

### Office hours:

Mon— Thurs: 8 am—5 pm  
Fri: 8 am—4 pm  
Summer: 8 am—4pm

### Phone:

530-538-5350



### Program Contact

#### Monthly

Please remember to contact the FSS office monthly in person, by telephone, or email to report your progress towards program goals.

#### Quarterly Reports:

Quarterly Family Reports for the time period July—Sept 2015 have been mailed. Please take the time to complete and return no later than **October 16, 2015**.

#### FSS Participant Openings:

Do you know someone who is currently on the Housing Choice Voucher Program? Would they be interested in the benefits of the FSS program and Escrow Account?

Please have them call me to set up an orientation meeting.

Bow Lee (530) 895-4474 ext. 234

## Butte County and Glenn County Events

### Family Fun Knight

Oct 3, 2015, 4:00—10:00 pm  
Outdoor movie, 8:00 pm  
Chico Elks Lodge Outdoor Pavilion  
1705 Manzanita Ave (Chico)  
\$10 per ticket

### Sunday Funday Birthday Bash

Oct 4, 2015, 10:00 am—5:00 pm  
Feather Falls Casino  
3 Alverday Drive (Oroville)

### Country Pumpkins

Oct 1 to 31, 10:00 am—6:00 pm  
Corn Maze: 10:00am—5:00pm  
\$3 per person  
Children under 4 free.  
pumpkins@digitalpath.net  
7152 CA-32, Orland, CA 95963

### YMCA Haunted House

Oct 30 and 31, 7:00 pm—10:00 pm  
1684 Robinson Street  
Oroville, CA 95965  
530-533-9622  
\$2 for children under 12  
\$3 for all other ages

### Capay Car Show-Up and Breakfast

Sat, November 7, 9am – 11am  
7544 Cutting Avenue, Orland, CA

### Parade of Lights

Dec 12, 2015  
Downtown Oroville

### The Hub Wellness and Recovery Center

5910 Clark Rd Ste T  
Paradise, Ca  
530-872-6153

Open Monday-Thursday  
1:00—4:00 pm

Free to all community members, 18 years old and older.

Services/program include:

- WRAP workshop
- WRAP study hall
- NAMI Connection Recovery Support Group
- Game Lounge
- Arts and Crafts
- Positive Pens
- Nicotine Support
- Computer Lab

