



N.E.W. Times

North Dakota Eligibility Workers Association

Volume 23, Issue 3

August 2009

2008 – 2009 OFFICERS

Nancy Dukart.....President
Bev Fuhrman.....Past President
Meroe Haug.....President Elect
Catherine Howery.....Secretary/Treasurer

BOARD MEMBERS

Wanda Guenther.....CREW
Julie Ell.....JAM/FAR
Julie Marty.....JAM/FAR
Peggy Fiedler.....SWIM
Leisha Peterson.....TOWER
Robyn Huggins.....TWIN
Edy Lorenz.....TWIN

Submit articles to **Suzanne Kilichowski**, Grand Forks County Social Services

E-mail:....**Suzanne.Kilichowski@gfcounty.org**

FAX:701-772-1426

Phone:701-787-8508

ADDRESS CHANGES: Send address changes to **Catherine Howery**,

NDEWA President's Article

Hello NDEWA Members and to anyone else who is taking the time to read our Times Edition. I can hardly believe that my year as President of NDEWA is drawing to a close. It has been a year of learning and growing and I have met some fantastic people and have had the honor of working with a great group of Board members. The meetings have been fast paced and filled with lots of discussion about various topics, with everyone joining in with their opinions and suggestions. I can say this has been a great experience for me, one that I will look back on with fond memories.

I am going to use my last letter as President to ask each and every one of you to consider your own special attributes and what you might have to contribute to your NDEWA organization. I have learned from being on the Board that everyone has something special in them to contribute, and when you put all these 'specials' in one room you get great ideas, lots of fun, and the opportunity to build new and lasting friendships and peer relationships. You find out people have hidden talents and when we work together to bring out each other's hidden talents, the end result is amazing.

Find the time in your busy lives to run for positions as they open within the regional organizations or NDEWA itself. I can guarantee you the reward of putting yourself out there will long outweigh the extra work you have to do. Never feel that you can't be a Board member, or run for one of the Officer positions, because every one of us has the capability to do so, you just have to believe in yourself and you have to dedicate yourself to accomplishing the duties it requires. And remember the whole time that you are never alone, it's the group effort that produces the best results.

I am hoping that all of you will be thinking about taking a little time away from work and come to our NDEWA Annual Meeting this year. The meeting this year is on Wednesday, September 23, 2009 from 1:00 to 4:30 PM at the Seven Seas Motel, Mandan, North Dakota. The Board is working hard to provide you with an afternoon of learning, interaction, informational updates, and fun. Come join us, come meet your peers, and come see what NDEWA can do for you!!!

Nancy Dukart
NDEWA President

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NORTH DAKOTA ELIGIBILITY WORKERS BOARD

Would like to invite each and every one of you

TO

NDEWA ANNUAL MEETING
Wednesday, September 23, 2009
1:00 – 4:30 PM
Seven Seas Motel, Mandan, North Dakota

The NDEWA Board, those smiley happy people in the picture above, hope all NDEWA Members will plan to come to our Annual Meeting held in conjunction with the North Dakota Conference of Social Welfare in Mandan, North Dakota. We are working on an educational and fun-filled afternoon, guaranteed, we hope, to make your time away from work worthwhile.

The Annual meeting will consist of a PowerPoint presentation by Donnie Monson, NEW Paths Board, telling us what National is about and what it means to us. We are also working on presentations on how to navigate in the EW Tech Site, Outlook, and County Intranet, concentrating on the areas that relate to us as eligibility workers. We have the business meeting and then we have fun things too. You don't want to miss this meeting!!!!

Mark your calendars and come join us for a wonderful afternoon with your peers!

ELIGIBILITY PROFESSIONAL OF THE YEAR AWARD for 2009

The NDEWA Board received four nominations for this prestigious award. We are honored to inform our members that the following individuals have been nominated:

******Lois Janke**, Eligibility Worker from Stark County****

******Cindy Dahl**, Eligibility Worker from Grand Forks County****

******Connie Pederson**, Regional Representative Supervisor****

******Meroe Haug**, Eligibility Worker from Burleigh County****

The winner will be announced at the annual NDEWA Conference on September 23, 2009 at the Seven Seas in Mandan.

Hi from your Ways and Means crew! Our raffle tickets are going great. If you haven't purchased one yet, get in touch with an NDEWA member and ask to see a picture of the great items we are raffling off this year.

If you haven't sold your tickets, please think about doing so. If you need more tickets, you may call me at 701-247-2945 and I will get them in the mail to you. Tickets (both sold and unsold) and raffle monies should be turned in to your regional board member or the Ways and Means committee on or before September 4, 2009. Our drawing for these great prizes will be held at the Annual Meeting this year.

**The address to mail tickets and money:
Nelson County Social Services
Attn: Edy
210 B Ave W Ste 301
Lakota ND 58344**

Thanks for supporting your NDEWA organization!
Personally We Care....Professionally We Serve

HURRAY FOR SUNSHINE!

Hi, Everyone!

Just want to let you know that Sunshine awards were recently presented to **Norma Howes** of Stutsman County Social Services, **Sara Berger** of Cass County Social Services and **Deb Masad** of Medicaid Policy State Office. Please keep those requests coming so we can keep on spreading the Sunshine!

NEWSLETTER/RECOGNITION/ COMMUNICATION COMMITTEE

Wanda Guenthner
Edythe Lorenz
Judy Marty

Plaque on the wall in EW office:

NOW, WHAT DID I COME IN HERE FOR?

Submitted by Catherine Howery

NDEWA Executive Board has openings for President Elect and Secretary Treasurer Elect. We have candidates for each position and their names will appear on the ballot which will be mailed to all NDEWA members prior to the September 23, 2009 NDEWA Annual Meeting to be held in conjunction with the NDCSW Meeting at the Seven Seas in Mandan, ND.

Running for President-Elect is Cindy Dahl from Grand Forks County. Jane Backlund from Cass County and Sandy Kuntz from the State Medicaid Office have agreed to be a candidate for Secretary/Treasurer- Elect. Both of these eligibility workers are anxious to serve on the NDEWA Executive Board.

When your ballot arrives, please cast your vote and return your ballot to Catherine Howery. No ballots will be accepted at the Annual Meeting this year. All ballots must be postmarked no later than 7 days after the Annual Meeting which is September 23, 2009.

Submitted by Meroe Haug

President-Elect: Cindy Dahl

Hello, my name is Cindy Dahl and I would like to be your President-Elect of NDEWA. I started employment with Grand Forks County Social Services on November 19, 2001 as an Administrative Assistant in the Regional Child Support office. After one year at Child Support I moved into a position as EW Tech at Social Services and served in that position through June 2005 when I transferred to Eligibility. The programs I have worked include Food Stamps/Medicaid/Child Care/Basic Care/Long Term Care/GA Burial/Emergency out of State Travel and LIHEAP.

I have been a member of NDEWA/NEW PATHS and our TWIN Region since 2005, and currently serving as secretary/treasurer of the TWIN Region. I am honored to have just been nominated as 2009 NDEWA Eligibility Professional of the Year. I served on the NDEWA executive board from 2005-2008 and very much enjoyed meeting new people from across the state and learning how the organization works. It was an enriching experience. I have also been a member of NDCSW since 2005.

My other volunteer work includes being a long term Ombudsman for the Hatton Prairie Village Nursing Home and have acted as Mrs. Claus with the Sox for Kids annual fundraiser for the last 21 years. I am a member of the Sons of Norway Gyda Varden #21 Lodge in Grand Forks and currently hold the board position of editor of the Hilsen Newsletter. I enjoy working with my Embroidery Sewing Machine, going to movies, traveling, and fine tuning my cultural skills in Norwegian language, rosemaling and carving.

My prior service on the NDEWA board was a real privilege and was an experience which I enjoyed very much. As a new EW it was fun for me to meet others across the state and to share information. I would very much like to serve as President-Elect of the NDEWA board and would appreciate your vote.

Secretary-Treasurer Elect Candidate:

Jane Backlund

I have lived in Fargo since 1988. I am married and have three children (my first just graduated H.S.) one dog and two cats. I just got back from spending a week at a rented lake cabin..... wonderfully refreshing! I am originally from Ada, Minnesota. I served four years Active duty with the United States Air Force, working Military Pay. I have a two year Associate degree from UMC, Crookston and 4 year degree from NDSU, Accounting. I absolutely love working eligibility. I started in Cass County in 2/2002 working intake and fuel assistance, then added Medicaid and now over three years ago added FS and became Eligibility Worker I. I work aged/disabled cases and fuel assistance for those clients not on any other benefits. I also work MA cases for our subsidized adoptions. My clients teach me a lot, and I have not lost my empathy (though sometimes my sanity). Thanks.

Secretary-Treasurer Elect Candidate:

Sandy Kuntz

I am currently employed for the Department of Human Services as a Medicaid/Healthy Steps Policy Administrator for the past 2 ½ years. Previously, I worked at Burleigh County Social Services as an Eligibility Worker for 4 years.

I am the proud mother of two teenage boys. Joshua, age 19, who just graduated from high school and will be leaving for Basic Training and AIT with the National Guard and Jeremiah, age 15, who will be a sophomore and is active in sports. I enjoy attending my children's sporting events, spending time with my extended family and relaxing in the sun!

I look forward to new challenges and would be honored to serve as Secretary/Treasurer for NDEWA!

CHECK OUT THESE FREEBIES OFFERED BY NDEWA!!!

At the annual NDEWA meeting on September 23, 2009 one lucky member will win the NDEWA Scholarship award. This award is a \$750 monetary gift to go towards attendance at the NEW PATHS convention in 2010. The 2010 National Convention will be held in Buffalo NY. If you are serious about attending this conference you can sign up for the drawing at our annual conference on the 23rd of September. If you are unable to attend the state conference, please send me your name prior to September 22, 2009 and it will be added to the drawing on the 23rd. Good luck!

NDEWA offers a free membership to the winner of a special drawing. Every time you attend your regional meeting and attend the annual state conference, your name is thrown into our handy dandy NDEWA cooler for a drawing. The winner will receive a paid membership for NEW PATHS and NDEWA for one year! Your regional board member will be obtaining the attendance list from your regional secretary and will add your name as many times as you have been at a meeting for a chance to win. Good luck!

NDEWA Board Meeting Minutes

(Unapproved Minutes)
NDEWA BOARD MEETING
Comfort Suites Inn
7/23rd & 24th 2009

Members present: Nancy Dukart, Leisha Peterson, Peggy Fielder, Edy Lorenz, Bev Fuhrman, Meroe Haug, Wanda Guenthner, Robyn Huggins, Judy Marty, Julie Ell, and Catherine Howery

Absent: none

Meeting called to order by President Nancy Dukart.

Secretary's Report – Minutes from April 16&17, 2009 meeting were presented. Leisha moved and Meroe seconded that minutes be approved as written. Motion carried.

Treasurer's Report – Treasurers report of April 2009 was presented. Bev moved and Robyn seconded that report be approved as stated. Motion carried. Treasurer's report as of June 30, 2009 was presented. Bev moved and Wanda seconded that report be approved as presented. A motion to roll the 6 month CD into our MM Account was made by Leisha and seconded by Wanda. Motion carried. A motion to renew the two CDs coming due in September was made by Peggy and seconded by Edy. Motion carried. Bills presented for payment. Peggy made a motion and Leisha seconded that all bills be paid. Motion carried.

Newsletter update - discussion on giving coolers for word search in newsletter is going over well and everyone likes the contest.

National door prizes were discussed and it was decided that Meroe would take Coolers and stuff them. It is being left up to Meroe what to put in the bags and a budget of \$125 was set on a motion by Leisha and seconded by Edy. Motion carried.

New Orleans conference - Meroe will do up a report and bring pictures to put in the TIMES for our membership.

Raffle tickets and cash to be handed in to Edy. Deadline set as September 4th, for turning in sold books and money.

Scholarships - 4 regions have paid. Swims is still due.

New Business

Discussion was held on increasing the Scholarship amount and the president elect and secretary/treasurer-elect allowance by \$250. The board would pay the additional \$250 for the regions so they would still only be responsible for \$100 per region per year. Moved by Robyn and seconded by Julie to pay Meroe (president elect) and Carolyn (scholarship winner) \$750 for National this year. Motion carried. On a motion by Bev and seconded by Leisha the board will continue in the future to pay the extra \$250 for Scholarship and increase our elect stipends to \$750. Motion carried.

A request from NDCSW for booth fee of agency membership of \$30 was presented along with a request for a coffee break in the amount of \$250. Edy moved and Wanda seconded that the board approve the request. Motion carried. A motion by Wanda and seconded by Julie to do up 6 coolers for conference door

prizes was made. Motion carried. Wanda will get them to the conference. Our booth will be set up on Sept. 23.

Discussion was held on working with the conference in coming years to have a speaker with input geared to eligibility workers. Discussion tabled until after conference.

Membership- a letter from Larry Bernhardt was passed around. Mr. Bernhardt has sent letters to all directors challenging them to support NDEWA by becoming agency members.

Times - August 1st deadline extended to 6th—get in articles and information. The following items will be forwarded: Top Ten Reasons to Join NEW by Wanda, a list of the nominations (name and county) for Eligibility Professional of the year, items or recipes from all board members, and the candidates for president-elect, Cindy Dahl and secretary/treasurer-elect, Jane Backlund.

Ballots for the election will be mailed by September 10th and will need to be returned by September 30th. Bev is doing up the ballots and envelopes and Meroe will mail them. Cathy will make labels and get postage to Bev.

Regional Reports:

Wanda
Leisha

Committee Reports:

Audit- none

Awards-certificates for nominee and a plaque for Eligibility Worker of the Year and retiring board members clock, plaque, gavel or gift certificate are to be gotten. A certificate for proclamation for EW Week from Governor Hoeven to be gotten.

Historian- none

Legislative none

Membership-down due to retirees but we are getting new members. The letter Mr. Bernhardt sent should be a plus in gaining membership.

National-see above

Newsletter/Recognition/Communication-Wanda encouraged everyone to check out the website- Sunshine awards 3 sent and 2 requests and she will be put info in newsletter and a list of cards mailed was given.

Nominations-Nancy will send one more email and request response by end of week for additional nominations. Cathy will get 200 stamps and do labels for ballots

Ways & Means- none

Program- (Annual Meeting) will be taken up tomorrow.

7/24/09

Call to order by Nancy and recap on coolers for conference and secret words in TIMES was given.

Ballots for EW of Year were turned into committee and counted.

Program- Annual Meeting

Expect 100 to 120 members due to location

Board will furnish tagged bottles of water for everyone attending. Meroe & Nancy will check on prices and Nancy will label. Happy feel bags fill with candy & nuts for everyone committee will meet in Peggy's room for filling—Judy will do labels and has bags and will get candy etc. for bags.

A printout sheet for membership drawings is to be filled out by regions for membership drawing. Leisha will make sheet for attendees to sign at annual meeting. Attendance at regional meetings from 10/08 to 9/1/2009 will be counted. Nancy will put in reminder in Times.

Region reports (summary of year activities not full meeting reports) are needed for packets. Cathy will pick up folders.

National Scholarship drawing will be held for the August 2010 convention to be held in Buffalo NY. Peggy will have signup list and have ready for meeting. Peggy will send out email on membership and scholarship for NY.

Name tags for NDEWA Board-Judy will make.

Table Tents- Bev

Raffle tickets-Edy & Robyn

Bev made a motion to adjourn and Robyn seconded. Motion carried.

Respectfully Submitted,

Catherine Howery

Secretary/Treasurer

TOP TEN REASONS TO JOIN NDEWA

10. Get to leave the office and not have to take annual or sick leave.
9. Meet other EW's and find out how fried their brains are
8. Learn new survival techniques for dealing with the latest changes
7. Find someone to talk you down when you want to LIHEAP out a window or SNAP someone in the head.
6. Make friends who understand why you burst out laughing or cry uncontrollably during a policy training session
5. You can honestly say "Hey, I know at least 100 other EW's who think this new policy is stupid."
4. Find out what really goes on at those EW Task Force meetings
3. NDEWA?? I thought you said NRA! Does this mean I don't get the free bullet-proof vest?
2. Wouldn't you like to see an EW who is not attached to a computer?
1. It's never too late to learn that, yes, you can be an EW and a "prudent person" **at the same time.**

Submitted by Wanda Guenther

Regional Reports

TWIN REGION

No report at this time. Next meeting to be held in September.

JAM-FAR REGION

The JAM-FAR Chapter of ND NEW PATHS met at The Historic Franklin School in Jamestown ND on July 27, 2009. There were 22 members and one County Director present, representing the counties of: Barnes, Kidder, Dickey, Foster, Sargent, Stutsman, Traill, Cass, and LaMoure

President Donette Klever called the meeting to order. Self introductions were performed. The minutes of the last meeting were read and approved. The Treasurer's report was given with a beginning balance of \$361.12; Income of \$278.15; Expense of \$342.31; and ending balance of \$296.96.

Danette asked for any bills from today's meeting. A thank you and a \$25 Donation will be made to the Franklin School ongoing Restoration Fund. The National Guard will receive a \$25 donation to the Family Support Fund and LTC Jon Erickson will receive a thank you. And IPAT will receive a \$25 donation.

Julie Ell and Judy Marty reported on the State NEW Board meeting. September 7-11 is Eligibility Worker week. Raffle tickets are available and they must be turned in by September 1st. The Stipend for President Elect and Secretary/Treasurer to attend the National NEW meeting went up from \$500 to \$750. The Annual meeting will be September 23 In Mandan with lots of great training planned as well as a live auction.

EW Task Force Report was given. A Fargo area representative is needed. Ways to make minutes more available to all is being discussed.

Carolyn Schrenk presented a Sunshine Award to Norma Howes, who is retiring Friday.

And audit of the books must be performed. Darlene Carr and Carolyn Schrenk volunteered to do this and found everything in order with no discrepancies.

A Nominating Committee is needed to find a president elect and a secretary treasurer by the next meeting – to take office in January. Elise Miller and Melissa Rudnick volunteered to do this.

Judy Marty's appointment to finish Ronda Nicolai's term is up. She's willing to serve a 3-year term. Judy Marty was thanked and nominated to serve a 3-year term on the State board as the Fargo representative.

Donette thanked Stutsman for today's meeting and stated that the next quarterly meeting will be planned by LaMoure, Dickey, Sargent and Ransom.

LTC Jon Erickson of the ND National Guard gave a presentation on 2009 Flood Issues and Assistance. We were given a tour of the Historic Franklin School. Mike Haring did a presentation on Interagency Program for Assistive Technology. There was a video presentation of Bambi VS Godzilla: How to Deal with Difficult People. 3 special door prizes were drawn for – with a wonderful surprise in that Stutsman gave everyone a door prize! Final refreshment and homeward bound.

Respectfully Submitted: Dora Colton, Secretary

CREW REGION

Greetings from CREW!

We have not had a meeting since the last newsletter was published, but we are looking forward to our next meeting which is planned for September 3, 2009. And, of course, there is the annual NDEWA meeting coming up on September 23, 2009 which will be held in Mandan, ND. We hope to see all of you then. Come on, everybody, come to Mandan!

Wanda Guenthner
CREW Regional Board Member

SWIM REGION

SWIM MEETING ----- August 4, 2009

SWIM members met on the sandy shores of Lake Tschida. Noreen O. and Peggy F. hosted this event with members providing a delicious potluck lunch. Eleven members were present.

Connie Pederson, Regional Representative Supervisor presented an informative lesson on the Unpaid Medical Bill provision in Medicaid. Tania Hellman delivered a much appreciated presentation on the Primary Care Physician policy in Medicaid.

The business meeting was conducted. Lois Janke accepted the nomination for President – elect.

After the meeting was adjourned, Peggy gave a lesson on kayaking. Several brave souls succeeded in their attempt to kayak the waters of Lake Tschida.

A good time was had by all!

TOWER REGION

No report at this time. Next meeting scheduled Friday, August 28th.

Check out this site for crossword puzzles:

<http://www.puzzlechoice.com/pc2/USint01x.html>

Submitted by Edy Lorenz

SPOTLIGHT ON YOU

Wanda Guenthner

Hi, my name is Wanda Guenthner and I am currently the Regional Board Member from CREW. I have been working as an eligibility worker at Morton County Social Services since 1983 and currently I have lead worker responsibilities as well as carrying a small caseload. Most days I like my job just fine, but I won't pretend that this is my dream job. Like most of you, I didn't grow up wanting to be an eligibility worker. I wanted to be "just like my mother." Well, my Mom was full-time, stay-at-home Mom who took care of us and did all the homemaking chores while my Dad went off to work and brought home the paycheck. This was normal in my Mom's day, but by the time I became old enough to have a family of my own, the world had changed, one paycheck was not enough and staying home was not an option. I feel very lucky to have fallen into this job as an eligibility worker. Although it isn't my dream job, it certainly requires many of the same skills – the ability to listen, organize, encourage, teach, provide financial assistance, to be caring and patient – all those skills that my Mom had, skills that I am still trying to master. And even though some days I carry home with me feelings of worry, anger and frustration, I also carry the feeling that I am doing something worthwhile. This job is more than just a paycheck. Lest you think I didn't get my dream job, I will tell you that I have three wonderful, grown daughters Kelly, Kara and Janell, one pretty terrific son-in-law DJ and two amazing, stupendous grandsons Dylan and Cooper. Most of my spare time is spent visiting with family and friends, reading, watching movies and playing around on my computer. As much as the world has changed, so has my dream job. In fact, my dream is not about a job at all. I now dream about retirement which is still a few years away for me. Unlike some of you, I am not yet counting months, weeks or days. In the meantime, I will continue to do this job, one that challenges me to grow and learn. What more could I ask for?

Leisha Peterson

Hello! I'm Leisha Peterson, Tower Region N.D.E.W.A Board Member.

I did a bio a couple of years back and don't have much to add.

My husband, Brad and I have been married for eight years. We have five children between the two of us, Levi (23), Casey (22), LaTosha (20), Jordan (17), and Londen (15). Better not forget our two Lhasa Apso's: Abbi and Molli (the girls).

Brad has been the General Manager of Country Floral Gifts & Greenhouse for the past 21 years. Levi completed 2 years of college in Computer Science, Casey is married w/two children, LaTosha is currently expecting a baby in the first part of January, Jordan is a Senior, and Londen a Sophomore.

I've been an employee at Williams County Social Services for eleven years in November, nine of them as an Eligibility Worker. My three year term on the Board will be ending in November and we're looking for someone to fill my shoes from our region. How time flies when you're having FUN!

Serving on the Board is not only an honor it's a way to meet other workers throughout the State. It's a time to discuss what can be done to help EW's deal with the stresses that come with our jobs and to "simplify" the work environment. N.D.E.W.A is the "voice" of the eligibility workers. Join us, you've got nothing to lose except GREAT MEMORIES.

Burned Biscuits

When I was a little boy, my mom liked to make breakfast food for dinner every now and then. And I remember one night in particular when she had made breakfast after a long, hard day at work. On that evening so long ago, my mom placed a plate of eggs, sausage and extremely burned biscuits in front of my dad. I remember waiting to see if anyone noticed! Yet all my dad did was reach for his biscuit, smile at my mom and ask me how my day was at school. I don't remember what I told him that night, but I do remember watching him smear butter and jelly on that biscuit and eat every bite!

When I got up from the table that evening, I remember hearing my mom apologize to my dad for burning the biscuits. And I'll never forget what he said: "Baby, I love burned biscuits."

Later that night, I went to kiss Daddy good night and I asked him if he really liked his biscuits burned. He wrapped me in his arms and said, "Your Momma put in a hard day at work today and she's real tired. And besides - a little burnt biscuit never hurt anyone!"

You know, life is full of imperfect things.....and imperfect people. I'm not the best housekeeper or cook. What I've learned over the years is that learning to accept each other's faults - and choosing to celebrate each other's differences - is one of the most important keys to creating a healthy, growing, and lasting relationship.

And that's my prayer for you today. That you will learn to take the good, the bad, and the ugly parts of your life and lay them at the feet of God. Because in the end, He's the only One who will be able to give you a relationship where a burnt biscuit isn't a deal-breaker! We could extend this to any relationship in fact - as understanding is the base of any relationship, be it a husband-wife or parent-child or friendship!

"Don't put the key to your happiness in someone else's pocket - keep it in your own."

"Too often we underestimate the power of a touch, a smile, a kind word, a listening ear, an honest compliment, or the smallest act of caring, all of which have the potential to turn a life around." --Leo Buscaglia

Submitted by Sandy Vance

You Know You're Poor If

You scope out your older brothers birthday gifts of clothing because you know they will be your "new" clothes next year.

Going to the drive-in theater means your mom has to hide your sister under the blanket because it's free for twelve and under – she is 14.

You have to cancel your summer vacation to Mount Spokane Park because you can't afford the new parking fees.

Cardboard is a shoe accessory.

You go to Dick's Drive In and order 1 milkshake with 4 straws.

Your knuckles are red, sore, and raw from washing out clothes in the bathtub as washing machine is broken and no money to call a repair man.

You sent each kid to the store with a \$1 food stamp to buy a small item to get enough change to do a load of laundry at the Laundromat.

Your only vacation is to grandma or aunts house.

Christmas means 2 presents, one you need and something small you want.

You are excited to clean the trash at the grocery store for fresh produce that is thrown due to age.

The old rusty car in the backyard is your jungle gym.

Weed control is paying your kids a nickel for every bag of dandelions they pick.

You eat cereal with a fork so you can pass the milk to your younger sister.

Sharing clothing means you wear the pants, your brother wears the jacket and your sister wears the vest.

Your birthday means you get a free burger at McDonalds but have to split it with your sister.

You rinse your coffee filters.

You go to school and your new outfit belonged to someone in your class last year.

The yogurts you bought yesterday at the store were reduced as they were passed the expired date.

You want to go to school when you are sick just so you can eat lunch.

You always feel frustrated but you can't figure out why.

Wasn't that great? Did you laugh or did the above make you angry or stir up some memories from your childhood that aren't so funny? No matter what your feelings were when reading this, our clients who live in poverty experience these kinds of feelings and happenings on a daily basis. Believe me, this is happening. But somehow the pain lessens with time and if we experienced poverty and share our stories, laughter happens, the tears dry and we become even stronger.

This was a handout given to me at a workshop I attended in Spokane years ago. It may be outdated but still pertinent to the poverty of many of our clients.

Meroe Haug

Recipe Corner

Blueberry bread

1/2 c butter
1 8 oz pkg cream cheese
1 1/4 cup sugar
Mix these 3 together

Add:

2 Eggs
1/3 c milk
1 tsp vanilla
2 cups flour
1 tsp baking powder
1/2 tsp baking soda
1 cup blueberries--fold in (may add more)

Use 4 small loaf pans or 2 large loaf pans.
Spray the pans with Pam. On the bottom of the pan put: 1/2 cup brown sugar, 1/2 cup flour, 1 tsp. cinnamon, 3 Tablespoons melted butter (of course mix these together first before putting on bottom of pan) then put in batter. Bake at 350 for 1/2 hour or until done.

Submitted by Meroe Haug

Layered Banana Pineapple Dessert

1 1/2 cups graham cracker crumbs
1/3 cup margarine melted
1/4 cup sugar
Mix and press evenly into a 9x13 pan
Slice 3 bananas on top of crust

1 8oz pkg cream cheese 3 1/2 cups cold milk
2 pkgs (4 serving size) instant vanilla pudding
1 8oz cool whip
1 20oz crushed pineapple (drained)

Beat cream cheese until smooth. Gradually beat in milk. Add pudding mixes. Beat until well blended. Spread evenly over pineapple. Refrigerate 3 hours or until ready to serve. Slice a few bananas on top and drizzle with chocolate ice cream topping before serving.

Submitted by Carolyn Schlenvogt

BEWARE – Zucchini Season

We have all heard to lock our car doors in August because zucchini growers will put zucchini in every unlocked car they spot or the one about the poor soul who goes to the Farmers Market to purchase zucchini because she has no friends. Well, here is another warning and it actually happened to me. A friend left me a couple of small zucchini on my front door step one August morning. I left the house, with my arms full, did not see the zucchini and slid down my front step. You have heard about slipping on a banana peel or seen comic strips with this happening, it can happen with zucchini also. Ouch – my tailbone was sore for some time. So, beware of the well meaning friend who will leave zucchini on your front door step also. In closing, my favorite Zucchini Bread recipe.

Not Your Usual Zucchini Bread

1 cup Crisco Oil	3 cups flour
2 cups white sugar	1 tsp vanilla
3 whole eggs	1 tsp salt
1 tsp baking soda	1/2 cup walnut
halves	
1/2 tsp baking powder	2 cups grated zucchini (leave skin on for color)

Grease and flour 3 small loaf pans or 2 regular size loaf pans. Bake 325 for 45 minutes or until cake tester comes out clean. No cinnamon in this recipe. It is more like a pound cake texture. Leaving walnuts in half will give nice effect when sliced.

Submitted by Meroe Haug

MaGoo Pizzagetti

2 # hamburger
1 pkg Kraft spaghetti sauce mix
1 6oz can tomato paste
1/3 cup Kraft grated cheese - or as much as you like
3/4 cup water
1 6oz Kraft mozzarella cheese slices
1 Pillsbury pizza crust

Brown hamburger and add sauce mix, tomato paste and water. Let simmer 10 minutes. Spray a glass 9x13 pan with Pam. Spread the pizza crust up the sides and bottom of pan. Sprinkle grated cheese on crust. Add 1/2 of the meat. Place 2 slices of mozzarella cheese on meat, then add rest of the meat. Don't worry...be happy! Cut the other cheese slices into strips and put on top of meat like a cherry pie.

Bake at 400 for 20-30 minutes.

Submitted by Carolyn Schlenvogt