

# Planned Success

*Dear FSS Community,*

*We are so excited about the plans for this program. We want you to get excited with us. Excited about the many opportunities you have each day to move forward in the direction of your goals. Excited to find that job that allows you to thrive and to take care of your family. Excited to save some of the income you earn to benefit your future goals, needs, and wants.*

*This newsletter is all about commitment and careers. You must resolve to be committed to your goals and take every honest step possible to arrive at your chosen destination. We will support you. We will encourage you. We will listen. We cannot take this journey for you but we can ride shotgun.*

*The FSS program is all about effort, growth, working, integrity, saving, removing barriers, opportunities, attitude, and risk. You have to risk failure to succeed. You have to risk stepping out of the familiar (your comfort zone) to reach the goals you have articulated on your Contract of Participation (COP). Nothing comes easy. But you can succeed. You just have to be willing. Success is Planned.*

*Perhaps your original goals have changed since the time you completed your COP. Perhaps you have already decided that this program is not your current interest. It's okay. Please contact your Housing Counselor (Anissa Albert 925-957-7081 or Joanna Rodriguez 925-957-7084) if you need to rethink or change your goal. Call them also if you are not ready and willing to do the hard work that supports your success in this program. Sometimes it's just not the right time and we understand.*

*Inside you will find helpful information to help you do the work you have to do to be successful. Our next newsletter topic will be on Money Management. Because once you are gainfully employed you can begin to think of where the money you earn should go. We will have other topics such as Health, Education, Current Events, and Parenting. But we will always revisit Work and Money because they are the master keys to goals you have. Remember, a master key is a key that can unlock any door.*

*Choose to move forward. Know that we are so glad to have you on board! To borrow a saying, we are excited about the possibilities!*

*Great victories are won when ordinary people execute their assigned tasks. ~Philip Yancey*



*Next Newsletter Topic: Money Management*

## Book Club

### Bibliophile: a lover of books

Do you love to read? We do and we are starting a book club for our members. The book club will meet once a month to discuss chapters of the book we are reading. We will read non-fiction books that are helpful to meeting our day-to-day and long-term goals. If you are interested in participating, please contact Regina Davis at [rdavis@contracostahousing.org](mailto:rdavis@contracostahousing.org) or 925-957-7080.

Please contact me no later than July 8, 2008

Our first book will be Knock 'em Dead 2008, written by Martin Yate



Reading is to the mind what exercise is to the body.

~ Sir Richard Steele



### Family Self-Sufficiency Saturdays

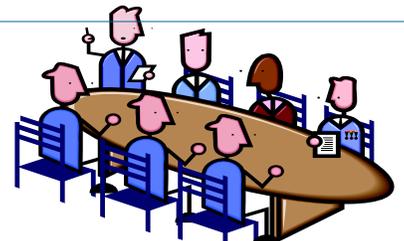
If you need to meet with us after hours or on a Saturday we can arrange to do so. Take advantage of the opportunity to meet with us at a time that is convenient to you. The office will be open on the following dates for FSS related activities. You **must** pre-register if you need to see us on one of these days. To register for an FSS Saturday, please contact Anissa Albert or Joanna Rodriguez.



### FSS Saturday Calendar for 2008

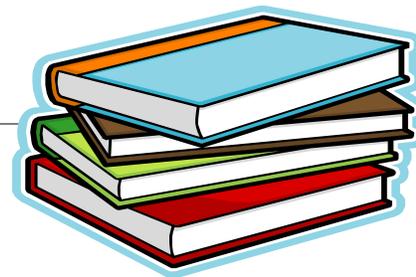
Sat, July 26th	9am-1pm
Sat, August 23rd	9am-1pm
Sat, September 20th	9am-1pm
Sat, October 18th	9am-1pm
Sat, November 15th	9am-1pm
Sat, December 13th	9am-1pm

## Program Coordinating Committee



We are interested in participants who are in good standing with Contra Costa Housing Authority (participants currently meeting their family obligations and abiding by their lease agreement), work well with others, will help plan and attend workshops, attend committee meetings and offer their unique point of view.

The Family Self-Sufficiency Program Coordinating Committee (PCC) invites FSS participants to join the committee. The PCC is the HUD required governing party of the FSS program. It helps to guide the program as well as build resources. We are seeking two to three FSS clients to join this committee. To learn more about this opportunity or to express an interest please e-mail Regina Davis at [rdavis@contracostahousing.org](mailto:rdavis@contracostahousing.org)



## Book List

### Topic of the Month: Careers

- What Color is your Parachute? A practical Manual for Job Hunters and Career Changers by Richard Bolles
- A New Attitude: Achieving Personal and Professional Success by Keeping a Positive Mental Outlook by Marian Thomas
- Time Management by Marc Mancini
- **Knock 'em Dead 2008: The Ultimate Job Search Guide by Martin Yate \***
- Job Hunting Online by Mark Emery Bolles and Richard Nelson Bolles
- Occupational Outlook Handbook 2008-2009 by US Department of Labor
- The Career Adventure: Your Guide to Personal Assessment, Career Exploration, and Decision Making by Susan Johnston
- Confessions of a Recruiting Director: The Insiders Guide to landing your First Job by Brad Karsh
- 48 days to the Work you Love by Dan Miller
- The Princeton Review Guide to your Career by Alan B. Bernstein LSW, PC

**\* Book Club Selection**



#### EDITH'S APPLESAUCE CAKE

Edith Kennedy Glidewell

**Cream together 1/2 cup room temperature butter or shortening and 1 cup sugar.  
Add 1 egg and beat together. Mix in 1-1/2 cups applesauce.**

**Sift together 2 cups flour, 1 tsp. baking powder, 1 tsp. soda, 1 tsp. salt, 1 tsp. cinnamon, 1/2 tsp. allspice, 1/2 tsp. nutmeg, and 1/4 tsp. cloves. Add to applesauce mixture, along with 1 cup raisins and 3/4 cup chopped walnuts.**

**Lightly oil a 9" x 12" pan and dust with flour. Add the cake mixture and bake at 350 degrees 50 to 60 minutes, until the top of the cake's center springs back when touched. Frost with chocolate frosting when cool.**

## How to Contact Us...

Housing Authority of the County of Contra Costa

2870 Howe Road, Martinez 94553

Anissa Albert (925) 957-7081 aalbert@contracostahousing.org

Joanna Rodriguez (925) 957-7084 jrodriguez@contracostahousing.org

Elizabeth Tran (925) 957-7064 etran@contracostahousing.org

Regina Davis (925) 957-7080 rdavis@contracostahousing.org



HOUSING AUTHORITY OF THE COUNTY OF  
CONTRA COSTA      JUNE 2008

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**We're On the Web!**  
**Contracostahousing.org**

# Attitude

The longer I live, the more I realize the impact of attitude on life. It is more important than the past, than education, than money, than circumstances, than failures, than successes, than what other people think or say or do. It is more important than appearance, giftedness or skill. It will make or break a company ... a church ... a home. The remarkable thing is we have a choice every day regarding the attitude we will embrace for that day. We cannot change our past ... we cannot change the fact that people will act in a certain way. We cannot change the inevitable. The only thing we can do is play on the one string we have, and that is our attitude ... I am convinced that life is 10% what happens to me and 90% how I react to it. And so it is with you ... we are in charge of our Attitude." - Chuck Swindoll

## Resource of the Month

***Opportunity Junction*** fights poverty by helping low-income adults get the skills and confidence they need to support themselves and their families.

Opportunity Junction is a non-profit organization. The Job Training and Placement Program provides training for low-income Contra Costa residents, including 12 weeks of training (full-time) followed by paid work experience. Training includes using Microsoft Office software (Word, Excel and more), life skills, and business skills.

Please contact them directly for more information. Application dates for the next session are September 2-18. (925) 776-1133 [www.opportunityjunction.org](http://www.opportunityjunction.org)

*Work to Achieve, Achieve to Succeed!*