

Project Self-Sufficiency

June 17, 2009 - 5-7:30PM

June Recognition Program



June 2009
Project Self-Sufficiency Staff:
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We will celebrate the accomplishments of our single parents at Edison Community Center, 21377 Magnolia Street, Huntington Beach, on Tuesday, June 17th from 5-7:30 PM. Michele Hart, PS-S Foundation Chair, will open the event and Huntington Beach Mayor, Keith Bohr, will offer congratulations and encouragement to everyone. Foundation member, Josepha Arietta, will speak of her experiences as a single parent and the importance of education in her successes. The PS-S Foundation will present scholarships, and dignitaries from local government agencies will present Certificates of Achievement to participants. We are very fortunate to have Erika's Catering cater the dinner this year. Do not miss out on this exciting event. Some PS-S participants and children will also be providing entertainment.

All PS-S participants are invited and encouraged to attend with their children. What a wonderful evening watching parents being honored for their hard work. Child care will be provided by National Charity League for the younger ones.

Scholarships

This year, the PS-S Foundation, along with our generous community, has done an outstanding job with the SCHOLARSHIP program! We are pleased to announce that \$45,000 will be given out at the June Recognition Program in the form of educational scholarships.



The funds have come from many sources - community groups, individuals, organizations, trusts, and businesses. Winners will be notified by mail right before the event. Watch for the August newsletter for the winners and donors lists.

Thank You, All Scholarship Donors

May Monthly Meeting

Thank you, Brenna and Shannin, for the extraordinary treat you each provided at the May monthly meeting. WOW! Facials and massages just in time to help all the weary bodies and spirits. You are special women!



PROJECT SELF-SUFFICIENCY NEWSLETTERS TO BE SENT QUARTERLY

Project Self-Sufficiency is joining the efforts to respect the valuable natural resources of this country. Starting this month, newsletters will be sent quarterly - June, August, November, and March.

Newsletters also are available for you to read on the Project Self-Sufficiency Foundation website www.projectsselfsufficiency.com.

We value your comments and feedback, and always appreciate your support, contributions and donations. Consideration is being given to sending all communications by electronic means and we welcome your comments. You may email your suggestions and comments to pss@surfcity-hb.org



SCHOOL'S OUT!

Adventure Playground!



Adventure Playground is a seasonal program open June 22 - August 13, and provides a wonderful playing experience for youngsters. Kids can raft on a small pond, navigate a rope bridge, use a cable slide to go down a mud slide, and build forts. Children must wear closed tie-on tennis shoes and be prepared to get dirty. This experience is suitable for kids 5 to 12 years old, though children under 10 are required to have adult supervision. Hours are 10 am to 4 pm, Monday through Saturday, closed Sunday. 2009 fees: \$3 per child; all adults are free. For information and reservations for birthday parties or groups of more than 10, call 714/842-7442. The playground is located in Central Park, east of the HB Central Library at 7111 Talbert Ave.

Popsicle Stick Picture Frame

What you will need:

- Eight clean popsicle sticks
- Tacky craft glue
- Scissors
- Cardboard
- Magnet (if you want it to stick)

- Paint or magic markers
- Photo of yourself that's OK to cut
- Pencil
- Yarn (if you want to hang it)
- Items to decorate it (sequins, buttons, stickers, ribbons, etc.



1. Arrange the popsicle sticks as follows: put two side-by-side vertically (up and down). Put two more arranged the same way next to them.
2. Take the photo and slide the edges under the 4 sticks so that neither of the sides (left or right) show.
3. Place two more popsicle sticks, side by side, so that the top edge is covered. Do the same with the bottom edge using the last two sticks. (The top and bottom parts will cross over the side parts of the frame.) Use the pencil to lightly mark where the frame will attach. You may need to trim the photo.
4. Use the glue to put the frame together. Let it dry overnight.
5. While the frame dries, put the photo on a piece of cardboard and trace around it. Trim the cardboard to be just a little larger than the picture.
6. Glue the picture to the center of the cardboard.
7. Decorate the frame using paints or markers. Let it dry. Further decorate if desired with other items you've collected.
8. Once the frame is all dry, glue the picture to the frame.
9. To hang, glue a 4" piece of yarn to the back of the frame. Or glue a magnet to the center of the back.
10. Wrap it up, and give someone a special surprise!

Flag Day

June 14 is Flag Day! This year, it marks the 226th birthday of the US flag. Flags are used all over the world to represent countries, clubs, even school groups. The US flag has many special names: Stars and Stripes, Old Glory, and Star-Spangled Banner. The flag has 13 stripes that represent each of the 13 original colonies and fifty stars; one for each US state.



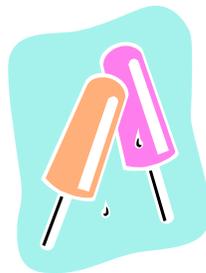
Having Fun In The Kitchen Kid's Summer 'Eating Healthy' Ideas

Juiced-up Fruit Juice Pops

Ingredients:

- 1 Can of Fruit in Natural Juice
- Popsicle forms or paper cups
- Fruit Juice
- Clear plastic wrap
- Plastic spoons

1. Drain the can of fruit. Kids can cut the fruit into very small bites with plastic knives.
2. Place fruit pieces into the bottom of popsicle forms or paper cups. Slowly add the fruit juice.
3. Place the lid on the popsicle forms or cover cups with plastic wrap and snip holes in the center placing spoons through the holes, and seal the cups.
4. Freeze for at least 4 hours. Dip the popsicle forms or cups in a large bowl of warm water to release the popsicles.



Sand-filled Bottles

What you need:

- Sand
- Wax paper
- Plastic bottles
- White glue or bottle cap
- Newspaper
- Colored chalk (several colors)
- Stick or pencil
- Cutting board

How to make it:

1. Cover the work surface with newspaper.
2. Place a sheet of wax paper on a cutting board.
3. Place some sand on the wax paper. Roll a piece of colored chalk across the sand until the sand is completely changed to that color.
4. Carefully lift the wax paper and gently shake the sand to the center. Hold both ends up and pour the colored sand into a plastic bottle. You can use a funnel too.
5. Use a stick or eraser end of a pencil to make a few digs in the sand.
6. Repeat the above steps with all colors of chalk desired.
7. Fill bottle completely with sand and cap tightly.



CONGRATULATIONS TO ALL PARTICIPANT HONOREES AND SCHOLARSHIP RECIPIENTS

PARTICIPANT	GOAL	DATE	LOCATION
Christy Alarcon	Graduating with BS in Biology-Physiology from CSU - Long Beach	5/09	CSULB
Shauna Andrews	Summer Internship for Research of Dolphins	8/09	OCC
Yolanda Aragon	Completed EMT Program	12/08	OCC
Giovana Cortez	Received Associate Teacher Permit	12/08	Santa Ana College
Christina Cross	Health Science Completion	5/09	Cypress College
Sarai Crowse	Completed first year toward Speech Certificate	12/08	OCC
Karen Dickerson	Completed third year toward AA	5/09	GWC
Brenna Dumerton	Had 4.0 for semester	12/08	OCC
Shannon Flak	Had 3.57 GPA	12/08	GWC/CCC
Linda Frias	Completed first year	5/09	CCC
Catherine Hollingshed	Completion of Nursing Reqs. With Honors	5/09	GWC/OCC
Tamara Hydarbygi	Completed 12 credits of math	5/09	GWC
Darcy Jeavons	Completed first year at CSU - Long Beach	5/09	CSULB
Christiana Lagana	Completed AA in History	12/08	GWC
Linda Luu	Completed Nursing Internship in Jan. & completed 2nd semester with above 3.0 average	5/09	Hoag/GWC
Kelly Massengale	Finished 3rd semester at CSU - Fullerton & made Dean's List	12/08	CSUF
Myllinda McCarthy	Completed first semester back in school	5/09	OCC
Mark Millaud	Hired as sub. teacher & continuing toward teaching cred.; maintained 4.0 GPA for cred. program; accepted into Pi Lamda Theta Honor Soc.	8/08	GG school district
Kelly Navarro	Completed nursing program with Honors	5/09	GWC
Anh-Dao Nguyen	Completed first semester at CSU - Long Beach	5/09	CSULB
Angel O'Neill	AA degree	5/09	Cypress College
Lorena Ortega	AA degree; will be attending CSU - Long Beach in the fall	5/09	GWC
Denise Patin	Completed first semester at CSU - Fullerton	5/09	CSUF
Dawn Phillips	Graduating with a BA in Sociology; minor in gerontology from CSU - Fullerton	5/09	CSUF
Chelsea Smith	Completed first semester at USC & accepted to Levanthal School of Accounting	12/08	USC
Nicole Smith	Completed pre-reqs. for nursing program	5/09	GWC
Anna Taylor	Completed second year toward AA	5/09	GWC
Shannin Terreri	Received massage certification	5/09	GWC
Lance Tonelli	Completed first year with over 3.0 average	1/09	GWC
Patricia Torre	Completed first year of graduate program at CSU - Fullerton	5/09	CSUF
Tetyana Turchenko	Finished second semester at CSU - Fullerton with straight A's	12/08	CSUF
Katie Umatham	Completed first year at CSU - Long Beach	5/09	CSULB
Natalie Wright	Completed college transfer level math	5/09	CCC



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Enjoy the sunshine!

Father's Day June 15

It is recognized that Father's Day started in 1909 in Spokane, Washington. Sonora Smart Dodd was listening to a Mother's Day sermon. The lecture inspired her to have a special day dedicated to her father, William Jackson Smart, who had raised her and her siblings single-handedly after their mother died. She realized the greatness of her father and wanted to let him know how deeply she was touched by his sacrifices, courage, selflessness and love. She held the first Father's Day celebration on the 19th of June, 1910, on the birthday of her father. The idea soon caught on and in 1924, President Calvin Coolidge supported the idea of a national Father's Day on the petition sent to him by Dodd on the acceptance of fatherhood. In 1926, a National Father's Day Committee was formed in New York City.

However, it was thirty years later that a Joint Resolution of Congress gave recognition to Father's Day. Another 16 years passed before President Richard Nixon established the third Sunday of June as a permanent national observance day of Father's Day in 1972, in honor of all good fathers who contribute as much to the family as a mother, in their own ways. Even before Dodd came into the picture, Dr. Robert Webb of West Virginia is believed to have conducted the first Father's Day service in 1908, at the Central Church of Fairmont. However, it was the colossal efforts of Dodd for her father, the Civil War veteran who refused to remarry for the sake of his six children and took upon himself all the duties, love and care of a mother, that eventually led it to a national observance.



Don't forget to check if funds are still available for the summer activities kid's program.

Empowering Single Parents to Achieve



Next Monthly Meeting will be in September, 2009. Participants check your email for further updates



Summer Events in Huntington Beach

Library Centennial Celebration: Located at the HB Central Library at 7111 Talbert Ave., the event celebrating 100 years will include a Barber Shop Quartet, saltwater taffy, balloon animals, cake and ice cream and much more. It will be on June 12, from 4 -7pm.

4th of July Pier Plaza Festival: This festival runs for 3 days from July 3 - 5. K-Earth 101 will be back with an afternoon concert. The biggest parade this side of the Mississippi will be from 10 - 12pm on the 4th and fireworks will be shot from the end of the pier at dusk later that evening. Kids' favorites include a bounce house and inflatables, and a Radio Disney live show. For more info visit www.hb4thofjuly.org.

SurfinPaws Dog Jam: Benefiting the OCSPCA, this event held July 11, 9am - 4pm is the first surfing competition designed for man's best friend. It will be at Huntington Dog Beach at Goldenwest & PCH and is free to spectators. Visit www.surfinpaws.com for pictures and more info.

Orange County Fair: From July 10 - August 9, this event is fun for the whole family. It is located at 88 Fair Drive in Costa Mesa, and features concerts, live animals, rides, food, and performing arts events. See www.ocfair.com.

HAVE A GREAT AND SAFE SUMMER.
LOOK FOR THE NEXT QUARTERLY NEWSLETTER IN AUGUST 2009