



## Morale & Wellness News

December 1, 2000



Your M/W news is a fun, informative, and often times helpful page of entertainment, information and useless gibberish for all CAO employees. Please feel free to share any information with us to relate to your fellow employees and please send in your M/W interview if you haven't already done so. I'll be carrying a few forms with me at the All Staff on Jan. 5<sup>th</sup>.

Your M/W news is back after a long stint without a computer to work with. Our Morale/Wellness committee got a late start this year, Oct. 31<sup>st</sup> was our first meeting, however, we've had several meetings since and are rolling along at an optimistic pace. Meetings are held on the 2<sup>nd</sup> Tues. of each month @ 3pm. Please join us if you can. We're working on some exciting projects to help keep staff all in touch and involved with each other.

*My mind contains many good ideas, but it is not always easy to squeeze one out.*

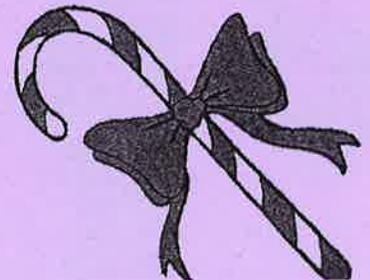
I was so excited when the interviews we sent out started to return. (They're the ones with the family stuffed in a car heading for the beach.) Here are a couple of the first:

**Amber Wiley**, a teacher at Hillsboro, has been focusing on pre-school children, like many of us, since her own children were at that age. She joined the staff as a parent volunteer at Tobias Head Start classroom with teachers Carolyn Westlake and Judy Harris. Becoming a staff member herself in 1992 she started working in Tigard, then moved to Beaverton H.S. before landing here in Hillsboro. Amber shares her life at home with children Wendy 12 yrs., Bruce 10 yrs. and her significant other Dan with his daughter Dezarae 7 yrs. old. Amber states that for stress at work she drinks diet Coke and likes to laugh a lot. At home she prefers music, playing on the computer and other pleasant things that become available! Together they like to drive to the beach or mountains, although Dan and her prefer an occasional casino trip. "Water, water, water, I love the water", she states, "My favorite relaxation is a bath or the hot tub".

*It's is not, it isn't ain't, and it's it's, not its, if you mean it is. If you don't, it's its. Then too, it's hers. It isn't her's. It isn't our's either. It's ours, and likewise yours and theirs.*

**Secret Pals** have been out for over six weeks now (except for a few late comers) and if you haven't sent you pal at least one correspondence, it's time, in fact it's time for the second one by now!

*Did you hear about the self-help group for compulsive talkers? It's called On & On Anon.*





*If you can't be kind, at least have the decency to be vague.*

*Sometimes I wonder whether the world is being run by smart people who are putting us on or by imbeciles who really mean it.*

**Serena Ruiz** has graced the main office at CAO for a little over a year now. She came to us in October of 1999. She started as Lead Office Specialist, and still appears in the lobby time to time, but has been discovered by other departments and has become a big asset wherever and whenever needed. Serena shares her home life with her boyfriend Antonio, son Antonio, son Alfonso and soon to come another son around 'April Fool's Day'! Serena was also a Head Start parent, not here, but in The Dalles. Serena and family like to take drives to the beach, walks and movies, while she and Antonio like to do a little dancing.

She finds laughter helps chase the stress away at work, while music seems to do the trick at home. For exercise at work it's those 'STAIRS' at home it's a lot more fun with walks and dancing. Apples with peanut butter and most all fruits are a favorite for Serena. When all is said and done though she likes to light a hot tubful of bath water with candlelight and slide in with a good book. AHH!

*A bit of off-ice language:*

*Ohno-Second – That minuscule fraction of time in which you realize that you've made a **BIG** mistake, like making the selection on the computer that reformats your hard drive!*

*Percussive Maintenance- The fine art of whacking the crap out of an electronic device to get it to work!*

**RECIPES - RECIPES - RECIPES - RECIPES - RECIPES - RECIPES**

**VEGIE BARS - By Vicki Ware**

2 cans Crescent Rolls  
8oz Cream Cheese  
1 cup Mayonnaise  
½ pkg dry Uncle Dan's Dressing Mix  
Finely chopped raw Broccoli & Cauliflower  
Grated Cheese

Place rolls on ungreased cookie sheet. Pat flat. Bake til golden brown. Cool. Mix softened cream cheese, mayo & dressing mix. Spread on cooled rolls. Place broccoli & cauliflower on top and cover with grated cheese. Place in oven just to melt cheese. Slice into small squares. Serve cold

**DELICIOUS!!!!!!!**

Send in your recipes to share

