



CALENDAR OF EVENTS

December 2006

- Friday, December 1
EOC Benefits Q & A Session
EOC Open Enrollment Begins
- Monday, December 4
EOC New Hire Orientation
- Wednesday, December 6
County-Wide Policy Council Executive Board Meeting
- Thursday, December 7
TD/CD Meeting at Franklin HS Center
- Friday, December 8
EOC Holiday Party at Banker's Ballroom
- Wednesday, December 13
County-Wide Policy Council Meeting
- Friday, December 15
Center Based Last Day of Class
EOC Benefits Open Enrollment Ends
EOC Payday
- Monday, December 18
EOC New Hire Orientation
Winter Breaks Begins
- Monday, December 25
EOC Holiday Christmas Day
- Friday, December 29
EOC Payday

Happy Holidays



EHs Grand Socialization A Big Success!



Many families enjoyed their participation in Early Head Start's Grand Socialization held at Roeding Park.

On Friday, October 27, before the winter weather came to Fresno, Early Head Start held it's Grand Socialization at Pine Grove in west central Fresno's Roeding Park. It was a beautiful day with lots of sunshine and well over 100 families that came out to make this Grand Socialization one of the most successful ever. There was plenty of snacks and beverages available to the family members while they participated in developmentally appropriate activities with their children and the Early Head Start staff. The days events started at 10:00am and continued on through 1:00pm in the afternoon. "It was a lovely day and we had great participation from our families. Everyone had a wonderful time," said Kathleen Shivaprasad, Early Head Start Program Director.

Fresno County EOC Annual Holiday Party

"The Gift of Giving at EOC"

Date: Friday, December 8, 2006

Time: 6:00pm to 11:30pm

Place: Banker's Ballroom

Fresno Pacific Building

Cost: \$10.00 each available in HS HR
(Check or Payroll Deduction)

Parking: At Executive Plaza Lot

FCEOC Annual Canned Food Drive

Receive a raffle ticket for a prize drawing at the party for every can you bring. Donations to benefit the EOC Sanctuary Youth Shelter

Welcome New Employees

Susie Dias, Receptionist/ Office Assistant
Early Head Start
Mary Castillo, Home Base Educator
Head Start
Maricela Gutierrez, Home Base Educator
Head Start
Esmerelda Salas, Food Services Assistant
Head Start

Recent News Item

EOC Board Member, George Finley and the Local Conservation Corps were recognized at the second annual Risk Takers, Dream Makers Awards. To read the full Fresno Bee article go to this address: <http://www.fresnobee.com/170story/13282.html>

Safety Tip of the Month

A number of work-related injuries can be avoided by exercising situational awareness; being aware of one surroundings and proactively thinking ahead.

Situational awareness and common sense are key in identifying workplace hazards, and preventing accidents before they happen. Improve safety by taking the appropriate steps to eliminate hazards as soon as they are discovered.

You are responsible for being aware of your surroundings and the safety of your own actions while on the job. Always conduct yourself professionally with your mind on safety at all times. Serve as a good role model to co-workers for safe work practices and behavior.

Safety meetings are one of the most important part of a good safety program, so hold them regularly. Every worker must be aware of the importance of taking every precaution to keep the workplace safe. Both employee and employer attitudes toward safety provide a key to a successful safety program.

When we share the responsibility for safety in the workplace, everyone wins!



Congratulations Team EOC!

Team EOC Won The Softball Playoff's

Team EOC—Top Row: Chris Moreno, Roman Banuelo, Gino Ulloa, **Eddie Medina HS**, Doug Walthour IT and Terry Ward

Middle Row: **Veronica Martin LCC**, **Juana Herrera HS**, **Janet Garcia HS**, Shanea Scott, **Trina Taylor Sanctuary** and Corina Martinez.

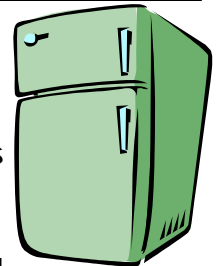
Bottom Row: **Coach Audrey Metcalf HS** and James McKenzie

Not pictured are: **Glenn Elizarde HR**, **Monique Mancia**, **Ron Wheeler**, **Score Keeper Kiana Neal HS**.

Everyone at EOC and especially Head Start offers **CONGRATULATIONS** on a job well done.

4 Steps To An Organized Refrigerator

By Maria Garcia



A healthy and stress-free life can start in your kitchen. Here are 4 steps to getting your refrigerator organized.

- **TOSS.** Immediately toss out any food that is spoiled, has an expired date, is unidentifiable or that nobody in your family is ever going to want again. The same goes for the freezer.
- **CLEAN.** Moving your items from one shelf to the next, empty off each shelf one at a time and wipe clean. Scrape off any leftover bits of food and wipe up any spills. Do the same for the interior refrigerator door and drawers.
- **CATEGORIZE.** Designate shelves for different categories. Milk, juice and soda bottles on the top shelf. Foods ready to eat (leftover or food that needs no cooking) on the second shelf. Unprepared foods that need to be cooked on the third shelf. Soda cans and heavy items on the bottom shelf. Veggies and fruits in the produce drawer. Condiments on the interior door.
- **CLEAN OFF THE OUTSIDE.** Remove all loose papers from the outside of your refrigerator. Toss out anything that is outdated. Put coupons into a coupon organizer. Recipes you're definitely going to prepare, should be placed in a recipe file. Place other papers into a Tickler File or a filing cabinet.

By Maria Garcia—Get Organized Now!

Want to get organized? Get your FREE Get Organized Now! Idea-Pak, filled with tips and ideas to help you organize your home, your office and your life, at the Get Organized Now! Website.

<http://www.getorganizednow.com>



If you would like to contribute articles to Head Start HeadsUp, contact Mike Garcia in the Head Start Human Resources Office 263-1224 , 263-1287 fax, mike.garcia@fresnoeoc.org