



CALENDAR OF EVENTS

September 2006

- Monday, September 4
Labor Day Holiday
- Wednesday, September 6
County-Wide Policy Council Executive Board Meeting
- Monday, September 11
EOC New Hire Orientation
- Wednesday, September 20
EOC Leadership Forum Mandatory Training
- Thursday, September 21
EOC Management Training Session
TD/CD Meeting at Franklin Center
EOC Senior Leadership Development Seminar
- Monday, September 25
EOC New Hire Orientation
- Wednesday, September 27
EOC Board Meeting

"The seasons are what a symphony ought to be: four perfect movements in harmony with each other."

Arthur Rubenstein
Concert Pianist
1887—1982



Happy Birthday EOC



Fresno County EOC is now 41 years old, but who's counting? 41 years of "helping people and changing lives" has become a mantra for EOC employees and a reality for many citizens of Fresno County.

On Wednesday, August 30th, birthday cake was served by the Assistant Executive Directors and Directors to the Central Office staff. Mr. Roger Palomino also gave a few heart felt words of appreciation and accomplishment for those in attendance. For the centers and satellite offices a number of special people helped hand pack cookies for each employee. Special thanks to the following employees who helped with this project:

- Nora Berumen**—Health Services Liaison
- Marisela Carrillo**, Special Education Services Liaison
- Vanessa Espinoza**, Clerical Office Assistant
- Josie Martinez**—Nutrition Services Clerk
- Melinda Olivares**, Education Services Liaison
- Shawna Wilbourn**—Family/Community Services Liaison

Birthdays only come once a year, but it's a good time to reflect on the things we do as an agency, the people we serve and our hard working employees. Happy Birthday EOC and we wish you many more!



Above Photo: Directors and Assistant Executive Directors serving birthday cake to the Central Office Staff.

Below Photo: Head Start staff preparing goodie bags with fresh baked cookies for the centers and satellite offices.

EOC Sanctuary Youth Programs Participating in Macy's Community Shopping Day



The EOC Sanctuary Youth Project has been invited to participate in Macy's Fresno Community Shopping Day fundraiser on Thursday, October 26 from 10:00am to 10:00pm. Community Shopping Day is an all-day event dedicated to raising funds for local non-profit organizations. By purchasing a Macy's Community Shopping Day ticket directly from an EOC Sanctuary program volunteer, ticket bearers will...

- Help raise funds to support the EOC Sanctuary youth programs (Emergency Youth Shelter, Street Outreach, Safe Place, and the Transitional Living Centers)
- Benefit from exclusive 10—20% savings at Macy's exciting events
- Enjoy special samplings from event sponsors; and
- Be entered for a chance to win a \$1,000 shopping spree

Macy's also will contribute an additional \$3.00 to the Sanctuary youth program for every pre-sold ticket redeemed during Community Shopping Day. For more information or to purchase your \$10.00 ticket call Joe Martinez at 498-8543.

The following is the beginning of a series of articles designed to help you better organize your personal and professional life. I hope you find these articles useful and fun!

Where in the World Do I Even Start to Get Organized?

By Maria Garcia

Have you always wanted to get organized, but keep putting it off? Perhaps you're not sure where to begin? Or maybe you're feeling overwhelmed? Is it possible that you feel you don't have enough time? Here are a few ideas to get you started:

1. **Close your eyes and take a deep breath.** Dream, for a moment, about how wonderful life is going to be when your environment is clutter free and organized. Focus on the dream—not the effort.
2. **Start somewhere.** Not sure where to start? It really doesn't matter. The important thing is that you just start somewhere. Just by getting started, you're halfway there?
3. **What's bothering you the most?** This is usually the best place to begin. If you hate the pile of paper on your desk, start there. If you're getting stressed because you can't fit another item on the kitchen counter, then you've found the perfect starting point.
4. **Focus on a little bit at a time.** Rather than thinking about the huge project ahead, break the project up into manageable tasks. For instance, if you want to organize the boxes in your attic, you might consider going through one box per day, until it's all complete.
5. **Ask someone to bug you.** Tell a close friend, relative or someone on the Get Organized Now! Discussion Forum, what you plan to organize, and by what date. Then, simply ask that person to bug you a few days before to see if you've done it yet. A little outside motivation is often an enormous help!
6. **Bribe yourself.** Make something you love to do, dependent on the completion of today's task. If you promise yourself that you will not watch your favorite television program tonight, unless you work for 15 minutes on organizing your paper piles, you're sure to get that small task finished. No cheating allowed.

By Maria Garcia—Get Organized Now!

When 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! Web site. <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