

RCMA HOY

We Can Make A World Of
Difference

Helping Our Youth



APRIL 1993 OUR MISSION: By Leaps and Bounds, Giving Kids a Head Start, Helping Parents Restart

FROM THE
DESK OF
BARBARA

COMING EVENTS

APPLAUSE

South Region

Homestead Area

Marbelia, congratulations on your success in keeping housing in the Homestead, South Dade and Redlands Labor Camps completely for families! We salute you and thank you for your courage.

Immokalee Area

Congratulations to acting directors Sylvia Esquivel (Farm Worker Village A Child Development Center) and Gilbert Garcia (Pinecrest Elementary) on their new positions. You've got our support! Remember: "One person can make a difference, but a great team can make a miracle."

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The Immokalee area meetings have been receiving some rave reviews. New ideas are being shared and some very interesting presentations have been given by members of the area team.

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April 13 & 14 -

Leadership Retreat

April 21 - *Migrant Head Start PPC*

April 27 - *Regular Head Start PPC*

Children usually are not very good at listening to their parents, but children ARE very good at imitating them.

Be careful: What you are speaks so loudly, children can't hear what you say!

Today begins the first edition of RCMA HOY. We're really excited about the possibilities! Remember this is your newsletter. We need your input and ideas. No one of us is as smart as all of us. Help make this the best newsletter in the Western Hemisphere.

It's April again and that means assessment time for our centers. Let's use this time to make our centers even better. We need not fear the opinions of others. We should welcome the opportunity to show off our great centers and learn from the ideas and observations of others.

DeSoto/Glades/Hendry/Lee Area
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Palm Beach Area

A salute to Carolyn Warren and Irma Harrison — Carolyn for recently achieving her C.D. A. and for Irma who is almost there. Our center is better because of your efforts and example!

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Naples Area

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Highlands/Hardee Area

The Lake Placid Child Development Center is in the second year of implementing the Reading Is Fundamental (RIF) program.

Its goal this year has been to raise \$360. Due to the overwhelming response from the parents, the media, local organizations and individual sponsors, they have raised \$530.

They have three distributions this year. The first was a RIF Bookstore, the second will be a Saturday Evening Bedtime Story (South Florida Community College has adopted and will coordinate this distribution), and the third will be part of the *Cinco de Mayo* celebration.

When you can see the best in others, you will find the best in yourself!

North Region

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S. Hillsborough/Manatee Area

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N. Hillsborough/Polk Area

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Palatka Area

Let's give Juanita Gilyard, the Dropout Prevention Program Director, a big hand for her upcoming graduation from Bethune Cookman College on April 26. Well done, Juanita!

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Pasco Area

In celebration of the "Week of The Young Child," April 18-24, the Pasco area has planned a puppet show for the children of the Dade City area to be held on April 21.

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Gadsden Area

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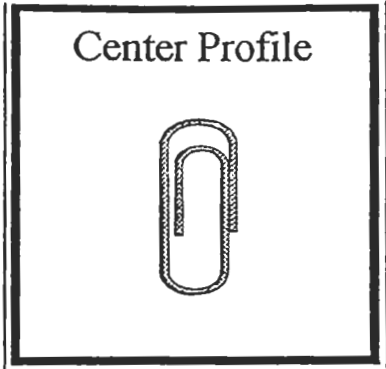
Fellsmere Area

A standing ovation to the Fellsmere area team for the excellent monitoring results. A lot of hard work and dedication has paid off.

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We did not include APPLAUSE from every area in this first issue of RCMA Hoy. But our intention for future issues is to do so.

In order to help us in this endeavor, we need your help. Please send your APPLAUSE to the State Program Office c/o Hoy



The Program Office

Did you know that we have a bunch of truly dedicated, highly motivated people at the Program Office? Yes - Anita, Judy, Teresa, Velma, Jean, Barbara, Gyla, Mr. Rollason and Tina help make RCMA a good place to work. Next time you call Immokalee, smile at them, over the phone. Remember, part of the warmth of a sincere smile stays with the giver.

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o Did you know that the o o
o average glazed o o
o doughnut has 235 o o
o calories and 13 grams o o
o of fat. o o
o Stop the Insanity! o o
o o o o o o o o o o o o o o o o

Health, Safety And Wellness News



Fitness Bits

Back pain comes and goes and has a variety of causes. But one garden-variety type is caused when the disks between your vertebrae are squashed from the every day stresses and strains your body is putting on them. The disks can expand and touch nerve endings, resulting in a backache.

To ease the pain: Elevate your legs for 10 to 15 minutes. Lie down on the floor with your feet propped up on the seat of a chair. This position will take the pressure off the sciatic nerve and relax those hot twinges of minor backache. If the pain

persists, see a doctor.

Special Note: Talk to your area Health Coordinator about our new "Back Injury Prevention" video. It's a video you won't want to miss. Anita rates it:



Remember: Safety for staff and children is everyone's business. Let's make our centers beautiful and safe places to be.

BIG IDEA SPACE



Do you ever think about the power of kindness? It's kind of like this mind boggling fact. If you could double a piece of paper 36 times it would be long enough to reach from earth to the moon. Double the paper 41 times and it reaches the sun. Really!

Well, the same thing holds true about being kind and gentle to

others. We can't always measure it but we have the ability to really be a positive influence on many people and not even realize it.

A TRUE STORY

A school bus driver who saw \$100 bills fluttering in the wind near Mets Stadium gathered \$1,650, a sum police later returned to a New Yorker tourist who lost it.

Janet Dersam, who works for the St. Lucie County School District, saw the bills Monday afternoon as she drove her bus near the Mets' spring training field.

She pulled over and collected the cash and other items from a white purse that had fallen off a car. Then she turned it all over to the Port St. Lucie Police.

Not long afterward, the owner, Muriel Barbuti, 72, of Liberty, N.Y., reported the loss.

Barbuti told police she put her purse on top of her car and drove off after visiting Mets Stadium.

Dersam said she has not received either a thank-you note or a reward. Still, she voiced personal satisfaction.

Source: The Miami Herald

Refreshing, isn't it, that some people value their principles more than money.

What do you think?

LETTERS TO THE
EDITOR

Dear Hoy,

Thanks for that interesting article on the woman who returned the \$1,650. That's really something that somebody can be so honest and not even get a thank you. Well, that goes to show you that we shouldn't do good and honest deeds just to get a pat on the back. If it happens, great. Consider it a bonus. But the real reward comes from following the Golden Rule: "Do for others as you want to have done to you."

Well, that doesn't always make it easy, but it sure gives me warm fuzzies to do the right thing. Thanks for that inspirational reminder and real life example.

Signed,

Fuzz E. Warmth

Confuse people-- Smile
at them when they are
mean and grouchy!

Dear Hoy,

I understand we're losing a fine editor. But more than that we're losing a good teacher and friend. I'm really going to miss Tom Moonan. But I know I can keep a stiff upper lip. After all, I can't learn to take feedback like a leader if I turn to limp spaghetti, or at least, my lip does.

Anyway, we're real happy for Tom. We understand Kelly's something special. And they're getting married in Paradise. That's right, Paradise, Washington.

I'm trying to put his leadership principle of seeking first to understand into practice. Well, I understand Tom pretty well. It's just his ideas that confuse me sometimes. Anyway, I'll keep trying to understand. After all, he has taught me that the joy is in the journey, not in the arrival. If I understand, great, but it's just icing on the cake.

Signed,

A Teary eyed reader.

Dear Hoy,

I got my feelings hurt by one of my co-workers. I feel angry too. What should I do?

Signed,

Wounded Soul

Dear Wounded Soul,

Remember, "Seek first to understand, and then to be understood."

*Send us your thoughts, opinions,
feelings about this newsletter.*

Send to:

Editor of HOY

RCMA 219 North First St.

Immokalee, Florida 33934

"We get love by
receiving it; we
keep it by giving it
away."

E. Markin

FASCINATING FACT

It takes about 11 1/2 days for a
million seconds to pass.

It takes about 32 1/2 years for
a billion seconds to pass.