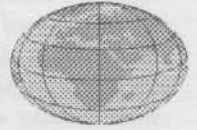




RCMA HOY

We Can Make
A World of
Difference

Helping Our Youth



JULY 1994

OUR MISSION: Helping Parents Restart, Giving Kids a Head Start, Helping Staff Develop

FROM THE EDITOR

I would like to share a Japanese story often used in adult education when people are returning to school after being away from studying for a long time. I think it may be appropriate for some of us who think "it is too late, or I am too old, or I can't accomplish something."

It goes like this:

Once upon a time, there was a blind man. He had been blind since birth and he had learned to live with being blind. When he grew up in his neighborhood and in his home, he learned where everything was by touch, and he kept everything in the same place so that he could get around. Then he got to know his neighborhood and who lived where. And what kinds of things were in front of which people's houses. As he grew older he got very brave and daring and would even go out on the roads to the small villages around his area. He could climb in the dark in the mountains and through the forest because he knew his way. He sensed his way through things.

One afternoon he went to visit some of his friends in a distant town. Well, they were enjoying themselves so much that the time really sped by. When it was time for him to leave it was pitch black outside. As he went to go out the door, his friend the host stopped him and said, "wait, you can't go out there. It's dark. You need a lantern to help you on your way home." The blind man looked at him



Charles Jackson, a Teacher from Smith Brown Child Development Center in a make and take workshop at the Second Annual Head Start Parent/Staff Celebration in May. Charles was recently assessed for his C.D.A. and is eagerly awaiting the good news.

and said, "My friend, you forget, I'm blind." The host said, "Well, I know you're blind." The blind man said, "I don't need a lantern." The host said, "I wasn't thinking of you. It's so dark out there. You're used to finding your way. But there's no moon and anyone who is on their way home will bump into you. At least if you have a lantern, you will protect other people on the road." The blind man thought about it for a moment--he had never thought about other people--then he said, "Well, okay, I'll take the lantern." So the host lit the lantern and gave it to him.

The blind man set out on his journey. He went home the way he always did, sensing his way in the dark, feeling his way home. Nothing really happened until he was about three quarters of the way home. All of a sudden someone just banged into him. He went flying. The other person went flying. There was much muttering as they crawled

around on the path trying to pull themselves together. Finally, the blind man stood up. He knew the other person was very close to him. The blind man said, "What's wrong with you? How could you be so stupid? How could you bump into me?" The man said, "I didn't see you on the road." The blind man said, "Why didn't you see me, I had a lantern?" The man said, "Well, your lantern must have gone out because I didn't see you."

With that, both men went on their way . . . blind.

In terms of career development, do you make decisions only for yourself? Are you lighting the way for others? Do you follow a path that doesn't require assistance even in the dark because you know it so well? Do you venture off the path at times? What does any of this have to do with lifelong learning, adult education or career development?

DEL EDITOR

Me gustaría compartir con ustedes una historia Japonesa que usualmente es usada en educación para adultos que estan regresando a la escuela despues de un largo tiempo de haber dejado de asistir a la escuela. Pienso que es apropiada para algunos de nosotros que pensamos que "es muy tarde, estamos muy viejos o no podemos aprender nada."

La historia va asi:

(continua en la pagina siguiente)

Hace mucho tiempo, había un hombre ciego. El había estado ciego desde nacimiento y había aprendido a vivir siendo ciego. El creció en su barrio y en su casa aprendiendo a caminar por sí solo, tocando todo a su alrededor. Mantenía todo en un mismo sitio así podía moverse sin trapesarse con las cosas. Luego él aprendió a conocer su barrio y quien vivía donde. Y que clase de cosas habían en frente de las casas de la gente. A medida que él se hacía mayor, se hacía mas desafiante y se atrevía a salir por los caminos hasta las pequeñas aldeas alrededor de su área. El podía meterse a las montañas en la oscuridad por entre la selva porque conocía el camino por medio de su sentido del tacto.

Una tarde él fué a visitar a unos de sus amigos a un pueblo vecino. Se entretuvieron bastante conversando y el tiempo paso volando. Cuando era hora de regresar a casa ya estaba bien oscuro afuera. En el momento que él iba a salir de la casa para emprender su viaje de regreso, su amigo, el anfitrión, lo paro y le dijo, "Espera, tu no puedes salir así. Esta muy oscuro. Necesitas una linterna para ayudarte en el camino a tu casa." El hombre ciego le respondió, "Mi amigo, se te olvida que yo soy ciego." El anfitrión dijo entonces, "Yo no estaba pensando en tí. Esta tan oscuro afuera, y tu estas acostumbrado a guiarte por el camino. Pero no hay luna y alguien mas que vaya de camino a su casa podría chocarse contigo. Al menos si tienes una linterna protegeras a otras personas en el camino." El hombre ciego lo penso por un momento—el nunca había pensado en otras personas—entonces dijo, "Esta bien, llevare la linterna." Así pues el anfitrión encendió la linterna y se la dió a su amigo ciego.

El hombre ciego emprendió entonces su viaje. Se dirigió a casa en la dirección que siempre tomaba usando su sentido del tacto y sintiendo la dirección a su casa. Nada le paso realmente hasta que estaba a una corta distancia de su casa. De repente alguien se chocó con él. El volo lejos. La otra persona volo lejos. Habia mucho refunfuño mientras ambos se trataban levantar y se organizaban tratando de encontrar su camino de nuevo.

Finalmente, el hombre ciego se levantó. El sabía que la otra persona estaba cerca a él. El hombre ciego dijo, "Que pasa contigo? Como puedes ser tan estúpido? Como pudiste haber chocado conmigo?" El hombre dijo, "Yo no te vi en el camino." El hombre ciego contesto, "Por que no me viste, yo tenía una linterna?" El hombre dijo "Bueno, pues tu linterna debió haberse apagado porque yo no te vi."

Con estas palabras, ambos hombres continuaron su camino... ciegos.

Con respecto al desarrollo de tú carrera, tomas decisiones sólo para tí? Estas iluminando el camino de otros? Estas siguiendo un camino que no requiere asistencia, ni siquiera en la oscuridad porque lo conoces muy bien? A veces arriesgas salir de éste camino? Que tiene todo ésto que ver con lecciones de la vida, educación para adultos ó desarrollo de nuestra carrera?

Traducido por Stella Lambert



Do you recognize the "wolf" and "little piggie" in the picture? They are Charlene Edwards (left), the Program Coordinator of the Highlands/Hardee Area, and Barbara Mainster, the Executive Director, in a nutrition workshop at the Second Annual Head Start Parent/Staff Celebration in May.

COMING EVENTS

July 28-30 - 1994 Summer Conference, Florida Department of Education, Hyatt Regency, Tampa.

August 10 & 11 - Regular Head Start Pre-Service Retreat for Center Teams (CD, RC, OW, IHC), Inn at Osprey, Osprey.

APPLAUSE

SOUTH REGION

Immokalee Area

Congratulations to Olga Gutierrez, Resource Coordinator at Immokalee Child Development Center, Pre, who became a grandmother in June. Olga's daughter, Joy, gave birth to Cristeen.

Homestead Area

Three cheers for three after-school trainees at South Dade Child Development Center who graduated from high school in June. They are Olga Vasquez, Juan Carlos Montes and Mirta Garcia. Mirta is the daughter of Blanca Delia Garcia, Center Director of South Dade Center, Infant.

NORTH REGION

Congratulations to Irene Brammertz, Staff Development Specialist for the North region, who recently became a grandmother. Irene's son is the proud father of Austin Wilhelm Gan, who weighed in at 9.8 ounces with lots of black hair.

If you want to reach Irene, she recently moved and is now located in the Ruskin Regional Office.

HAPPENINGS

SOUTH REGION

Highlands/Hardee Area

Pamala Allen, a Teacher at Avon Park Head Start, deserves recognition for having received her Child Development Associate credential in May. We will see her at the end-of-the-year Board Meeting in 1995 when she will receive her plaque.

(continued on next page)

NORTH REGION

Pasco/Lake Area

Congratulations to Maricela Romero, a Teacher at Mascotte Migrant Head Start, who was assessed for her C.D.A. in May.

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STATE OFFICE

Welcome and congratulations go out to Melissa Mancha who began working full time as a Payroll Specialist in June. Melissa, who graduated from Immokalee High School last month, had been working in the Payroll Department after school since her junior year. We wish her good luck in this new and exciting challenge and we hope she enjoys her work!

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Nancy Barrett, the Receptionist/Secretary for the State Program Office is getting married August 20 to Clarence McDonald, Jr. Congratulations to Nancy and we wish them the best in their lifelong partnership.

Developing Self-Esteem

How many people do you know who really believe in and respect themselves? Do you? People who know and love themselves are emotionally healthy; they have high self-esteem. People with high self-esteem do not think they are perfect. In fact, they know they are not, but they like themselves anyway. They not only cherish the positive sides of themselves, they have learned to accept the negative, even though they may be trying to improve. In contrast, a person who claims to be perfect probably has low self-esteem. Such a person cannot admit imperfections without feeling threatened by them, and so the person denies having any faults.

People with high self-esteem do not think they are perfect . . . but they like themselves anyway.

Self-esteem is crucial for emotional health. Poor self-esteem is closely linked with a wide range of problems: drug and alcohol abuse; addictions of all kinds; crime and violence; child and family abuse; teenage runaways; teenage pregnancy; prostitution; gang membership; and failure of children to learn. Poor self-esteem, therefore diminishes not only individuals, but also society. Americans spend billions of dollars in medical expenses, law enforcement, and education every year because of the problems caused by poor self-esteem. At the same time, a shortage of productive workers means that smaller revenues must stretch to meet all of society's needs.

People with high self-esteem, on the other hand, contribute to society's well-being. In return, they reap benefits from society in terms of emotional and financial support. They feel worthwhile, and so they do not hesitate to assert themselves to get what they want.

One way to acquire a positive view of your inner self is to

appreciate your own uniqueness. Many unhappy people compare themselves to others and rate themselves poorly by comparison. Learn to see yourself as special and unique--as a person who is worthwhile and valuable.

Instead of making comparisons between yourself and others, celebrate the strengths you see in others and also those you know you possess. This is possible even in the "faking it" stage. Believe in yourself.

Part of developing self-esteem is to value who you are, not just what you do. Americans often focus on achievements such as how much money people make, how many awards they win, the grades they earn, and the like. While these all are worthy goals, stay aware that they do not define the worth of a person. People who link their inner selves too tightly with outer accomplishments easily fall into the trap of defining themselves by their deeds. Then, when they fail or make mistakes, they think of themselves as failures. They don't realize that the mistake is what they did, not what they are.

Know that you are unique and worthwhile aside from your achievements and accomplishments, and in spite of your failures and mistakes. Once you've developed high self-esteem, achievements and accomplishments follow naturally.

This article was reprinted with permission from the May 1994 issue of "Prevention Voice," Jackson County Alcohol And Other Drug Prevention Partnership Newsletter.

Father Flood/by Webb



IMPROVING SELF-ESTEEM

These tips can improve your self-esteem:

- ◆ Write out positive statements about yourself.
- ◆ Be grateful; remember to count and appreciate what you have.
- ◆ Surround yourself with friends who believe in you.
- ◆ Support others--believing in, supporting, and speaking positively about others helps you become more positive and stronger.
- ◆ Refuse to think negatively about yourself or others. Accept that everyone is growing emotionally at their own pace.
- ◆ Celebrate your successes.
- ◆ Give and receive affection--hugs or a generous smile, for example.

Reprinted with permission from the May 1994 issue of the newsletter "Prevention Voice."

WORKING WOMEN COUNT

RCMA has become part of a team with the U.S. Department of Labor, Women's Bureau.

What does the Bureau do?

- ⇒ It alerts women about their rights in the workplace.
- ⇒ It proposes policies and legislation that benefit working women.
- ⇒ It researches and analyzes information about women and work.
- ⇒ It reports findings to the President, Congress and the public.
- ⇒ It makes sure that the voices of America's working women count.

In the next week or two your Center Director will be asking you to participate in filling out a survey to help with this project. No names will be required so please be honest. And ask questions if you do not understand something.

Also, if you are really excited about the survey share it with another working woman you know outside RCMA. The more surveys completed, the better.

For all of you men out there don't feel left out. I'm sure you can help by sharing a blank survey with a working woman in your life.

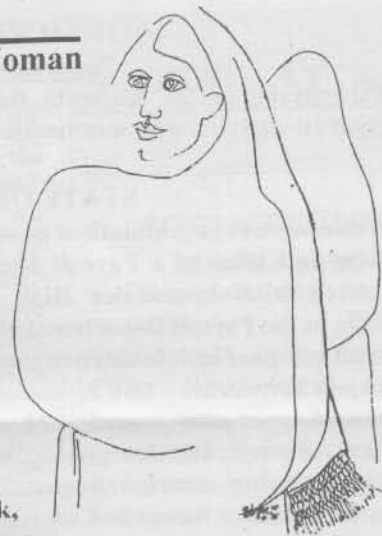
Thank you for your part in this important effort.

Editor: Gerard Lambert
Applause and Happenings Contributor: Leslie Moguil

Please send suggestions, comments, and Letters to the Editor to the following address:

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La Chicana
The Chicana Woman



When women speak,
the community listens.

Marta Cotera

IN CASE YOU WERE WONDERING ...

*Centers and Programs Open
During the Summer Include:*

Andrew Center in Florida City, Belle Glade Child Development Center, Crescent City Child Development Center, Dade City Migrant Head Start, DeSoto Discovery, Immokalee School Age Program, Everglades Child Development Center #2 in Florida City, Family Day Care Home Networks in Bonita Springs, Naples, Palatka and Pasco, Farmworker Child Development Center in Delray Beach, Farmworker Village C in Immokalee.

Gadsden County Migrant Head Start in Quincy, Immokalee Child Development Center - Pre, Lake Placid Child Development Center, Long Child Development Center in Palatka, Migrant Health and Child Care Project in Orange County, New Hope Child Development Center in Pahokee, Ounce of Prevention (school age program) in Homestead, Palatka Child Development Center, Parkview Village Child Development Center in Haines City.

Ragsdale Child Development Center in Palatka, Redlands Child Development Center in Homestead, Ruskin Infant Center, Smith Brown Child Development Center in Arcadia, South Dade Child Development Center - Infant and Pre in Homestead, South Highlands Child Development Center in Lake Placid, Special Effort Migrant Head Start in Homestead, Westside Village Child Development Center in Plant City, and Wimauma Child Development Center.