



Fresno Fatherhood Collaborative

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Honoring Veterans

By: Jon Hart, Fresno EOC Local Conservation Corps

On the 11th hour of the 11th day of the 11th month of 1918, an armistice, or temporary cessation of hostilities, was declared between the Allied nations and Germany in the First World War, then known as "the Great War."

Commemorated as Armistice Day beginning the following year, November 11th became a legal federal holiday in the United States in 1938. In the aftermath of World War II and

the Korean War, Armistice Day became Veterans Day, a holiday dedicated to American veterans of all wars.

During my years with the Marines, I had the privilege of serving with many soldiers from the Marines, Army, Navy, Air Force, Coast Guard and National Guard. A common question I often get asked is, "what is the difference between Veterans Day and Memorial Day?"

Veterans Day honors a different, larger group of people than does Memorial Day. Veterans Day is about taking time to recognize all US service personnel from all wars. Memorial Day is a day set aside to honor those who gave the ultimate sacrifice and died in the service of their country.

Take a moment to show your gratitude for those who have served and those currently deployed. Here are a few suggestions that are good year-round.

Tips for Discouraged Job Seekers

By: Allison Doyle, About.com

When you're having a tough time finding a job, or even finding jobs to apply for, it is important to expand your job search. Do not limit yourself to apply for the online jobs. Companies that are hiring may not post job listings online other than their company website—or not all. Expanding your job search will help you find unadvertised openings and enable you to make a target list of companies.

If you do not have a target list of companies yet, creating a short list of employers you would be thrilled to work for is worthwhile. Take the time to research company information

and create a list of companies to target in your job search. All the information you need is available on the web. It is easy to find detailed information about potential employers online.

Once you have a list, the next step is to contact someone at the company. Use LinkedIn's companies section as a tool to find company information. You can see contacts at company, new hires, jobs posted, and company statistics. Check the company website and Google the company to find more contacts at the employer who could potentially be interested in hiring you.

Follow these steps to create a contact action plan:

1. **Send an email** (or a LinkedIn message) to the individual you would potentially be reporting to. The email should be company specific, mention the issues they are facing and how your background can help them. As an example, if you are a sales person: "I was able in my previous position as a sales manager to grow sales at a higher rate than the industry average. I know that your company is trying to aggressively outpace the category, and given my experience, I can help your accomplish that." Keep the email short. "Intro and More" is a good Subject for your message or InMail.

2. **Follow up by phone** with three companies that you have

already emailed. Call the person you emailed the previous week. The follow-up call should state why you are interested in working at that company and how your background can add value now.

3. **Meet with one person** in your network. People will tell you things in person that they would never say in an email or over the phone. Let them know what you are doing and what you are looking for. Offer to help them with something they may need. This will help you stay top of mind with them. Also, ask them for the name of at one other person you can be introduced to, which will significantly expand your network.

A Message From Shawn

POPS Collaborative Partners

- Shawn Riggins, Fresno EOC Local Conservation Corps Director

- County of Fresno Veterans Services
- San Joaquin Valley Veterans/ WestCare
- Department of Child Support Services
- **Fresno EOC**
 - Employment & Training
 - Local Conservation Corps
 - Sanctuary & Youth Services
- Fresno Housing Authority
- Fresno Street Saints
- First 5 Fresno County
- Marjaree Mason Center

Being a parent is equal parts pride and pain. During the past year, I have often wrote about my relationship with my daughter Jade. Jade is my pride. I am also father to a 26 year old son, who although he is not my biological son, I raised as such from the age of three to his teenage years.

I married my ex-wife when Steven was three. Raising another man's son is not an easy thing to do. Although I tried to be there for Steven while he was a young child, he was tormented by the fact that his biological father abandoned him and did not want anything to do with him. When Michelle and I mutually decided to divorce when Steven was 15 and Jade was 2, I tried to continue to be there for Steven. As a young man who was now hurt by our separation, Steven decided he did not want to continue to come to my house due to the structure and expectation I demanded. Over the years, Steven has walked a path I do not approve of, including involvement with the law and drug addiction. Steven is my pain. I still await the day when Steven and I resume the relationship we used to have.

I was not the perfect father when I was raising Steven. In fact, Jade is directly benefitting from lessons I have learned while raising him. People have asked me why I openly talk about some of the things I have in this blog post; my relationship with my mother, and now Steven. The answer is simple. It helps me grow as a man and parent. I am not a perfect man, but I will never stop trying to be one.



Honoring Veterans continued from page 1

1. Donate your time at a local Veteran's Affairs hospital as a volunteer. Remember those veterans that are being cared for both physical and mental illnesses by being a friendly face helping them out or just being someone to spend a few moments with.

2. Write to your Congressman and/or Senator to support bills in order to help veterans. Veterans need help with readjustment to civilian life and returning back to their family and friends after serving our country. Veterans need help with physical demands after a deployment. Some veterans

also deal with mental illnesses such as PTSD and other mental ailments and need help dealing with those.

3. Remember to say "Thank you" whenever you see a soldier in uniform. It takes a simple gesture to remind these young men and women that we do appreciate the sacrifices that they make on a daily basis.

4. Help a homeless veteran by donating to charities that help them to receive services. Unfortunately some veterans are homeless or unemployed due to unseen circumstances. Please do

the right thing and help a homeless veteran.

5. Help out families of overseas soldiers by donating your time. There's nothing like a wife of a soldier who becomes a single parent receiving a couple of hours of "personal time" to go out and take care of herself without worrying about her children. Donate your time to help with child care in order to ease the burden. Also donate your time to help a parent of an overseas soldier by just being there for them as they deal with anxiety and stress of having their child overseas in the time of peace or conflict.

6. Send a card or CARE package to an overseas soldier during the holidays.

Some soldiers do not have family and/or friends so a simple card or CARE package make a huge difference in their self-esteem and helps them to keep going during their deployment.

For more information on how to honor a Veteran, you can go to the following link: <http://bit.ly/19dwGau>



POPS LCC Nutrition and Healthcare Workshop

By: Phoua Vang, Fresno EOC Local Conservation Corps



Photo: Annette Thornton from Fresno EOC WIC.

On October 25, 2013, the POPS program hosted a two part workshop focusing on healthy eating and Covered

California. Eating a well-balanced meal has never been more important than in today's society. According to the Center for Disease and Control, more than one-third of the U.S adults (35.7%) are obese. Annette Thornton, a Dietitian from Women, Infants, and Children (WIC), a leader in providing nutritious foods and nutrition education to families through the Central Valley, discussed the importance of eating healthy and the dietary guidelines.

One important fact explained to the parents is to increase the amount of vegetables while decreasing the meat portion on their plate. Vegetables are also healthier when purchased from the

frozen section. The freezing process helps lock in the nutrients that we all need. Learning about nutrition and eating healthy is essential to instill healthy eating habits for kids. Parents are often their children's first teacher and role model. They can help their children develop healthy eating habits early on by modeling healthy eating habits at home. Annette also showed parents how to make a simple and nutritious breakfast by using leftover brown rice.

With all the buzz surrounding the new affordable healthcare plan, providing parents with the right information will help the parents make well-

informed decisions that will affect them and their family. Effective January 1st, everyone will be required to have health insurance coverage or face a penalty. Certified health educators from WIC presented about Covered California and addressed the concerns parents had. They compared the health plans which allowed parents to find the best plan to meet their family's need. For more information regarding Covered California, please refer to <https://www.coveredca.com/>.

POPS Spotlight: Jordan Ballin

By: Torrie Gill, Fresno EOC Employment and Training

"Responsibility, I really didn't like that word yet alone take it seriously," stated Jordan. After graduating high school at 18 years old, he went to San Jose State University and finally had the freedom to do what he wanted when he wanted to without having to answer to anyone. "It felt great!" said Jordan. After the end of the semester and receiving my grades it didn't feel so great," explained Jordan. After his first semester at San Jose State, Jordan moved back to Fresno. Jordan was trying to find himself and figure out what he wanted out of life.

A year after being back in Fresno, Jordan's girlfriend told him she was pregnant. "The moment my girlfriend said those two words, *I'm pregnant*, it made me realize responsibility is something I have to take on 100%. I began to look for jobs, consider enrolling at the local community college and man up to my responsibility." shared Jordan. He heard about the POPS program from a flyer at the Fresno Downtown Library. Soon after enrolling, he began to take 24/7 DAD. In 24/7 DAD, he learned that "being a dad is one of the most important jobs a man can have. The greatest advantage a child can have is the love and

support of a strong and stable family." Jordan completed 24/7 DAD on October 24, 2013.

Jordan is currently receiving job readiness training at Employment & Training. While in job readiness, Jordan will complete a resume, gain interview skills, and online job search with POPS Case Manager Torrie Gill and Business Account Specialist Rick Bazaldua. Jordan will be enrolling at Fresno City College for the spring 2014 semester and he plans on majoring in music.

IN THE POPS SPOTLIGHT



Photo: Jordan Ballin and his baby brother.

Cole's Top 10 List of Things to be Thankful For

By: Cole Scroggins, Fresno EOC Sanctuary Youth Outreach Worker & POPS 24/7 Dad Facilitator

So often, we do not take time to what we are thankful for in life. No matter what your situation is you should have something to be thankful for. This is my list of my top ten things I am thankful for and I hope it helps you to reflect and think about all the things you are grateful for too. Happy Thanksgiving!

1. **Family**, my past a present family for helping me become the person I am today.

2. **Love**, without love we have nothing.

3. **Health**, I am thankful for good health that lets me stay active.

4. **Friends**, good friends are always great to have and to fall back on.

5. **Faith**, offers me love and support for all I do.

6. **Mistakes**, which help me to improve and become a better person.

7. **Job**, I am thankful for my job that helps me provide for my family.

8. **Kindness**, concern for others is the gift that keeps on giving.

9. **Life**, to do my best is to live life.

10. **Freedom** Despite politics, I'm thankful to be living in the U.S. I'm very thankful for the men and women – and their families – serving in our military.

"As we express our gratitude, we must never forget that the highest appreciation is not to utter words, but to live by them."

– John F. Kennedy



Schedule of Events

- 24/7 Dad Classes at Fresno EOC NYC (Open Enrollment)- Tuesday and Thursday from 3:30 to 5:30 PM.
- CHOICES Anger Management Monday's at EOC NYC- from 3:30 to 5:30 PM (Open Enrollment).
- CHOICES Anger Management at WestCare (Closed Group)- Tuesdays from 10:00 AM to Noon.
- Love Notes Healthy Relationship Classes at EOC NYC- Tuesday and Thursday from 4:00 to 6:30 PM; Friday from 3:30 to 5:30 PM.
- POPS Peer Meeting on Men's Health at EOC NYC- November 15 from noon to 1:00 PM.
- Fresno EOC Sanctuary Housing Orientation for homeless youth, ages 16 to 24 at 2336 Calaveras St. Fresno, CA 93721 - Tuesday from 4:00 PM to 5:00 PM.
- Fresno EOC Sanctuary Safe Place Dedication at Fresno LGBT Community Center at 1055 N. Van Ness Ste. A Fresno, CA 93728 - Thursday from 3:00 PM to 5:00 PM.



<http://www.facebook.com/fresnopops>

November 2013

Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1	2
3	4	5 24/7 Dad	6	7 24/7 Dad	8	9
10	11	12 24/7 Dad Love Notes SYS Housing Orientation	13	14 24/7 Dad Love Notes Safe Place Dedication	15 Love Notes Peer meet- ing- Health	16
17	18	19 24/7 Dad Love Notes	20	21 24/7 Dad Love Notes	22 Love Notes	23
24	25	26 24/7 Dad	27	28 Happy Thanksgiv- ing	29 Agency Holiday	30