Special points of interest:

- To all the Mothers - Happy Mothers Day May 11th
- The HRA will be closed Monday, May 26th in observance of Memorial Day
- FSS participants please remember to send back your first quarter progress report
- For county services go to www.co.washington.mn.us
- Check out the many programs offered at Community Action Partnership of Ramsey and Washington County. www.caprw.org

Message from the Resident Council Chair:

Finally SPRING is here! We'll be holding our last meeting before our summer break. We'll be raffling off three patio vegetable gardens everyone in attendance will have a chance to win. We will also be talking about the business of our HRA when we talk about and make comments and suggestions on the HRA’s 5 year PHA plan. As many of your are aware, there are some notable funding modifications in the new regulations. This is your opportunity to provide the HRA feedback. The HRA values your input. I value your input.

Please consider attending

Steve
Resident Chair

Resource connection

Resident Council Meeting Notice

NEXT MEETING
Thursday, May 8th from 6-7pm
at the HRA office, 7645 Currell Boulevard, Woodbury.
Resident Chair Person - Steve
Resident Co-Chair - Victoria

Program: PHA Plan Review
Set Date for Summer BBQ

The Washington County HRA is committed to making your residency in the Housing Choice Voucher (Section 8) or the Public Housing Programs a positive experience. Resident Councils are run by and for residents, focusing on adding to your quality of life using educational opportunities determined by the residents.

We welcome all resident to become a part of our community meetings.

HRA Staff Contact: Ann Lindquist  Direct Number: 651-202-2813  Email: alindquist@wchra.com

Everyone that attends will be entered into a drawing to win a vegetable container garden. Three prizes to be given away.
Basic Bike Maintenance  Adapted from www.REI.com

Bike maintenance is a wide-ranging topic, so we’ll start with some of the basics: cleaning your bike, securing bolts and lubricating key components. Your drivetrain deserves the most frequent attention, so you may want to watch our video first for some useful instruction.

Cleaning Your Bike
Your bike is a collection of moving parts. When these parts come into contact with mud, grime and debris, wear and tear is inevitable. This speeds up the deterioration of your bike's components. Not surprisingly, your first line of defense against breakdowns is proper bike hygiene.

How to Clean
There's more to cleaning your bicycle than just hosing it down from time to time and sticking it in your garage or basement to dry. Water (especially when coming from a high-pressure hose) can cause damage to sensitive bearing systems throughout your bike. So if you do wash with water, do so carefully.

Most dirty bike components can be cleaned by wiping them carefully with a dry (or damp) rag from time to time. Other components and part systems will require occasional brushing, buffing and relubrication to keep them in peak condition.

How Often to Clean
Base your bike cleaning schedule on how (and how often) you ride. In other words, if you spend a lot of time riding in wet, muddy conditions, or if you ride hard, fast and often, clean your bike more frequently. Very few cyclists clean their bikes after every ride. But a regular schedule of frequent, simple cleaning (once a month, once a week or more depending upon the kinds of riding you're into) is important.

Basic Cleaning Supplies
The supplies you need to clean your bike depend upon the components you're cleaning and their condition. Here's a short list of basic items that address most cleaning tasks:

Clean rags: You'll want a good supply of these on hand, both for grease, oil and wax-related tasks and for general cleaning and drying.
Soap: For frame washing. Use something mild, like diluted dishwashing soap or pre-formulated bike wash cleaner.
Water: Despite its potential dangers, water is still a useful cleaning tool. Make sure the water you use is clean.

Brushes: Use a couple of different sizes and shapes to get into hard-to-reach places to remove the grime that rinsing alone can’t get. Old toothbrushes work great for nooks and crannies.

Solvents: You'll need some type of general solvent for cleaning up gummy parts like your bike chain. If possible, avoid traditional solvents such as kerosene and turpentine. Choose a solvent designed to be easy on the environment (and you!) instead. No matter what solvent you use, make sure you learn how to dispose of it properly.

Securing Bike Bolts
Bicycles are held together by dozens of nuts, bolts and screws that can wear down or wriggle loose as the result of normal use. Maintaining a "tight ship" is important because loose (or improperly tightened) bike parts can:

- Cause poor performance
- Lead to serious wear and tear
- Become a safety hazard

Keep in mind that there's more to keeping bike bolts properly tensioned than simply cranking down on every nut and bolt in sight as hard as possible. Over-tightening can cause as much damage as under-tightening, and it can also lead to component failure and/or unsafe riding situations.

To make sure your bike is properly adjusted, perform frequent overall inspections so you can catch problems before they get serious. Also, keep your eyes and ears open for trouble (rattles, squeaks, wobbles) while you ride so you can check out the problems once you're back home.

Community Events

Festival of Nations
May 1-May 4, 2014
The Festival of Nations held at the Saint Paul RiverCentre and Roy Wilkins Auditorium (75 Kellogg Blvd. W.) is the largest multi-cultural event in Minnesota. This year’s theme is Peace Among the People - Come and join us as we celebrate all of the respective ethnic nations showing how we can have peace among the people. The Festival offers the opportunity to develop an appreciation and understanding, rather than just a tolerance of the cultures of others and helps educate people as we build towards the future together.

Pre-Sale tickets are $11 Adult, $8 Youth and are available at Bylerly’s and the International Institute of Minnesota from March 31 - April 30. Hours: Friday, 4:30 - 10 p.m., Saturday, 10 a.m. - 10 p.m., Sunday 10 a.m. - 6 p.m. Door Price: $13.50 Adult, $8 Youth (ages 6-16, 5 and under are free).

Cinco de Mayo West Side, St Paul
Saturday, May 3rd from 9am-6pm

go to www.cincodemayosaintpaul.com for more information, schedule of events and a free Metro Transit bus pass.

Rivertown Art Festival
Saturday, May 31st-June 1st 10-4pm
Lowell Park, Downtown Stillwater
Free Admission, Highlighting art in a variety of mediums

Go to www.explorminnesota.com for many more events and activities around the area
Career Exploration, Part 1, 2 & 3
Please schedule your time to be present for the complete series.
This course uses occupational and personal evaluations to point individuals in the right direction for managing their careers. Includes skill, values assessment and information on training courses! This workshop includes the Strong Interest Inventory and the Myers-Briggs Type Indicator. Basic computer skills needed for this class.

Boot Camp/ 4 days*
Day 1: TRANSITION
Addressing Job Search Perceptions and the Importance of Looking Ahead!
Content: Overview of job search plan, recognizing self-worth and personal value in a time of flux, and how self-evaluation can benefit your job search.

Day 2 & Day 3 EVOLUTION
Content:
- Skill, Value, Need Assessments essential for job seekers to begin marketing themselves
- Tools and methods of job search, personal branding for job search
- Lecture and discussion on employer expectations, resumes content, format and resume examples
- Utilizing Resume Foundation knowledge to develop mini-resumes leave behind materials and portfolios

Day 4: RESOLUTION
Understanding the importance of your professional presence!
Content: Social and emotional intelligence in job search, dress for success, salary negotiation. Learn the employer’s perspective; how to appropriately answer questions in all interview formats

*Boot Camp Paperless Option

Resume 101/Lab
Discussion and lab time devoted to resume content and composition basics. Sign up for a 15 minute time slot or come for the whole class.

Interviewing 101/Lab
Discussion and lab time devoted to interviewing presentation skills.

LinkedIn - Getting Started
May 20th 1pm-4pm Woodbury

LinkedIn - Advanced Strategies
May 22nd 1pm-4pm Woodbury

Job Talk
May 5th, 12th, 19th 9am – 11am Cottage Grove

National Career Readiness Certificate
May 5th, 12th, 19th 1pm-4:30pm Woodbury

Boot Camp (4 day workshop)
May 13th-16th 9am-4pm Woodbury

Creative Job Search
May 5th 9am-4pm Forest Lake

Career Exploration (3 day series)
May 1st, 6th and 8th 9am-1pm Woodbury

Navigating MinnesotaWorks.net
May 6th 2pm-3pm Woodbury
May 19th 9:30am-10:30am Forest Lake

Interviewing 101
May 19th 1pm-4pm Cottage Grove
May 28th 9am-12pm Woodbury

Resume 101 Computer Lab
May 5th 1pm-4pm Cottage Grove
May 28th 1pm-4pm Woodbury

Age as an Advantage
May 29th 9am-4pm Woodbury

Job Search for the 21st Century
May 21st 1pm-4pm Woodbury
May 30th 12pm-4pm Forest Lake

Bring your Personal Lap Top and receive your materials electronically. Must be proficient in PC and MS word skills.

http://mn.gov/deed

Learn how to enter, upload or build a resume to match your qualifications with jobs on MinnesotaWorks.net!
Requirements: Prior to workshop, register for an account on www.minnesotaworks.net. (Please note your username and password.) If able, bring your resume on a flash drive. Basic computer and internet skills necessary.

Financial Literacy Education
Information on how to develop a budget, repair credit and increase assets. Discussion topics include: budgeting, saving, credit and credit history.

Age As An Advantage
Your professional and personal experience is an advantage in the workplace. Learn how to use your experience and age as an advantage in the job search process. Designed for the mature worker.
In the Know…

- MTI is bringing their mobile dental clinic to Stillwater on Friday June 6th, 2014 from 9:00 am to 2:00 pm. Location of the clinic is Crosswinds Community Church - 9125 Newgate Ave, Stillwater, MN. Contact the church office if you have questions - 651.351.7676 - ask for Germaine or Pastor Tim. If people miss the May clinic another one is scheduled for June 6, 2014 - same time 9:00 am - 2:00 pm.

- University of Minnesota School of Dentistry, all general and specialty dental services for children and adults at reduced fees. MA, MNCare and most insurance accepted. Call 612-625-2495 for more information.

- Free Yoga at Lake Elmo Park Reserve North Picnic Shelter Thursday June 5 - August 21 from 6-7pm. $5 per class with a park vehicle permit ($5 day/$25 annual).

- Enjoy local and sustainable foods with the Limited Income Membership program at Mississippi Market Natural Foods Co-op. Go to www.msmarket.coop for more information on how to become a member.

Wendy’s Corner for Public Housing Residents:

Interim Recertification

Going forward you will be required to come to the office to sign the papers necessary for to complete an interim recertification. It has been difficult sending/receiving documentation through the mail.

An Interim recertification would be necessary for these reasons: employment, termination of employment, unemployment (beginning & ending), child support changes, changes in MFIP & General Assistance, or adding/removing someone from your lease.