

FOR WOMEN ONLY, INC

THE OFFICIAL NEWSLETTER OF FOR WOMEN ONLY, INC



"Your Past is not Your Future"

Dear Prospective Board Member:

FOR WOMEN ONLY, Inc wishes to have you serve as a Board of Director to FWOInc. From the start, directors played a vital part in the support and facilitation of the organization—its programs, operation and events. As a [Director](#), you will take an active position in the pursuit to provide substantial aid and assistance to young women who runaway, emancipate or age-out from the Department of Children and Family Services and/or the Los Angeles County Department of Probation.

In addition, as a director, you will play a viable role in fostering and creating a workable system and structure for us to achieve our goal *"Through Passport to Life, our goal is to support females-only ages 18-24 with a 24-month transitional housing project that provides fundamental support to encourage the successful transition to adulthood and financial sustainability."*

In your capacity as a director, it is expected that you will bring your talents to the table; fundraising skills, networking skills, relationship building skills, partnership opportunities, and most importantly make a personal commitment to enhance and champion FOR WOMEN ONLY, Inc, its vision and mission. As a Board of Director, your fiduciary responsibility is to act as a steward and personal liaison for the

operation of the organization which includes events and outreach programs.

Established in 1995, FWOInc began a journey to help improve the lives of women with addictive behaviors to alcohol, substances abuse and domestic violence by providing information, education, job readiness training, and employment assistance. The results: seventy-five (75%) of program participants no longer are intimidated by technology; and can navigate any personal computer system, ATM or mobile phone. Participates who regularly attended class are qualified for entry-level positions in a wide variety of businesses; and they are able to ask for above minimum wage salaries.

As a thriving agency in the community, FWO will continue to provide services for women over the age of 25 who exhibits barriers to the work place. However, our target population is foster youth that no longer rely on or trust the state's child welfare and/or probation system.

When a youth enters foster care, it is because that youth has been abused and/or neglected. Once in the system, they grow up not only worrying about survival and stability but they have no consistent and nurturing role model to guide them on how to prepare for "the real world." This vulnerable group is best matched to benefit from our foundation building curriculum and

services beginning with a safe, nurturing environment.

My name is Sean, a Board of Director and Chair. I connected on a personal level with the vision and mission of FWO which helped me to develop a more compassionate and world embracing disposition towards the clients we serve. My hope is that you too will be open to adopt the unique position of FWOInc and become part of an ever-advancing, never-ending struggle to eradicate the barriers and obstacles women in transition face in their journey towards a productive and brighter future.

You may contact me at

seansanchez@forwomenonlyincla.org or 323.527.0425 for more information regarding your possible decision to join the work of [FOR WOMEN ONLY, Inc.](#) Please feel free to call on me—I am happy to assist you in any way necessary.

Sincerely,

Board Chair

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POSTPONED

August 26, 2010,
Thursday Nite Fever-60s Style

We appreciate those who donated to this fundraising event for lease of a 5-bedroom house. By your permission, the monies will be deposited into a Lease fund for *Passport to Life*, a 24-cumulative transitional home in Service Planning Area 6 (SPA6).



Thank you!
Thank you!

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FOR WOMEN ONLY, Inc., a California nonprofit organization that serves females-only age 18-24 who are no longer a dependent of the state's child welfare and/or probation system. Our mission is to provide fundamental support and encouragement for the successful transition to adulthood and financial sustainability.

Employment Application

Warning signs that might stop an employer from considering a job candidate -

- ◆ Incomplete or skipped answers on a job application
- ◆ Unexplained gaps in employment
- ◆ Reluctance to allow past employers to be contacted
- ◆ Discrepancies between job titles or dates on application and resume
- ◆ Interview answers that differ from information given on application
- ◆ Failure to sign application or release of information

Know Your Skills

- Ability to serve customers in friendly and respectful manner
- Able to accept change and easily stop, start or switch duties
- Comfortable working with people of diverse backgrounds
- Listening, understanding and following instructions
- Speaking clearly to coworkers and customers
- Taking criticism or being corrected by supervisors or coworkers
- Taking responsibility for decisions and actions

We're on the web:
ForWomenOnlyInLa.org

**Your Charitable Donation is Tax-Deductible
Please check with your legal advisor**

For Women Only exist because of the caring and generosity from the community, individuals, grants, and businesses. **100 percent** of all gifts received are used to support our job readiness, information, education and resource activities.



FWO joined the Ralphs Community Contribution Program. By registering your Ralphs Club Card online at www.ralphs.com or by calling 18004434438— every time you shop and swipe your card, FWO earns a rebate.



FWO joined the Food4Less Community Contribution Program. By registering your Food4Less Club Card (to get a card call 3237783797) online at www.food4less.net every time you shop and swipe your card, FWO earns a rebate.



If you have a vehicle you longer want or have not the time to sell, let the Vehicle Donation Program take your worries away. FWO will get a benefit and you will get the tax-deduction. Please call 3237783797 for more information.



Want to donate—fast and easy
Visit www.forwomenonlyincla.org and click "Your Support" link.

INTERVIEW TIPS

◆ **How to Answer 5 Tricky Interview Questions**

1. "Tell me about yourself"
 - ◆ **DO:** Talk about the ways that what you know and what you can do are perfectly suited to this job.
 - ◆ **DON'T:** Tell the interviewer your life story.
2. "Tell me something bad you've heard about our company."
 - ◆ **DO:** You wouldn't apply for a job at a company you disapproved of, would you? So you should be able to honestly answer that you have not heard anything negative about this place.
 - ◆ **DON'T:** Repeat gossip you might have heard.
3. "Why should I hire you?"
 - ◆ **DO:** Impress your interview with how much you know about the company's requirements and then describe how you are the best person to meet those requirements.
 - ◆ **DON'T:** Get tripped up by a lack of prior research.
4. "Where do you see yourself in five years?"
 - ◆ **DO:** Talk about how your specific abilities, training and experience will enable you to smoothly integrate with this company.
 - ◆ **DON'T:** Say that you have no idea.
5. "Can you work under pressure?"
 - ◆ **DO:** Say that of course you can, and then relate a brief story about a time you did.
 - ◆ **DON'T:** Just say, "Yes I can." Provide a specific example.

Cat and Mouse

A cat and mouse died on the same day and went up to Heaven. At the top they met God and he asked them 'How do you like it so far?'
The mouse replied 'It's great, but can I get a pair of roller skates?' God said 'Sure', and he gave him a pair of roller skates.
The next day God saw the cat and asked him 'How do you like it up here so far?' and the cat replied 'Great, I didn't know you had meals on wheels up here!'

Christian-jokes.net

For Women Only's
Passport to Life
a safe, loving, and nurturing environment for young women in transition

CONGRATULATIONS



KEOMA ATTRIBUTES HER SUCCESS - GETTING HIRED AS CASHIER WITH "ROSS DRESS FOR LESS" TO OUR PRE-EMPLOYMENT TRAINING CURRICULUM, 'HOW TO RESUME' AND 'INTERVIEW TIPS.'



APPLE-PEAR BUTTER

Ingredients:
Amount Measure Ingredient -- Preparation Method

Cooking Directions:

- 4 pounds juicy tart apples
- 4 pounds pears
- 1 cup orange juice
- 1/4 cup water - (to 1/2 cup) -- if needed
- 2 tablespoons grated orange peel
- 2/3 cups sugar



Marisa McCellan

Wash 8 pint, five 1 1/2-pint, or 4 quart jars in hot soapy water; rinse. Keep hot until needed. Prepare lids as manufacturer directs.

Wash apples and pears. Place in a 6-quart pot. Pour orange juice over fruit; cover. Stirring occasionally, cook over low heat until fruit is tender. If mixture is too dry, add 1/4 to 1/2 cup water as mixture cooks. Press through a food mill or sieve into a large bowl; discard seeds and skins. Return puree to pot. Stir in orange peel and sugar. Stirring constantly over medium heat, bring to a boil.

Ladle into 1 hot jar at a time, leaving 1/2-inch headspace. Release trapped air. Wipe rim of jar with a clean damp cloth. Attach lid. Place in canner. Fill and close remaining jars.

Process in a boiling-water bath; pints 20 minutes, 1 1/2 pints or quarts, 30 minutes.

This recipe yields about 8 pints.