

October 2018

Dream Big!

A Publication of Oshkosh/
Winnebago County
Housing Authority's
Family Self Sufficiency Program



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Dear FSS participants,

Here is a good article on feeding a family on a budget!
Adapted from theintentionalmom.com website.

“Feeding a large family certainly means you will need more food, but it does not mean it needs to break the bank. I have implemented some great money saving tips around my house. I am able to feed my family of 8 on **\$250 a month on average**. I say on average because when things are on sale, I stock up so that month would be higher. When it comes to saving money, having a **budget** is essential. It is amazing how much more money you can have to spend on the things you really want in life when you can save on some of the everyday things – like food. Here are some ways to save:

- 1) **Eat real food.** Convenience foods are expensive, period. When you are making real food you are also serving a healthier meal than anything that is processed.
- 2) **We have bread and potatoes at every meal to fill us up.**
- 3) **Choose vegetables wisely.** We eat regular carrots instead of the more expensive baby carrot variety.
- 4) **Eat more eggs; it is cheaper than meat.**
- 5) **Add beans or veggies to meat to make it stretch further.**
- 6) **Drink Water.** Often when we think we are hungry, our bodies actually need water.
- 7) **Only eat fruits and vegetables in season,** and when they are in season take advantage of canning or freezing them. We pick blueberries, strawberries, and apples to enjoy in various forms throughout the year.
- 8) **Grow what you can on your own.**
- 9) **Combining coupons with sales** is the only way I shop. When there is a good sale, stock up. I have had more than 130 boxes or bags of cereal at my house at one time.
- 10) An added bonus to this list would be a **weekly menu plan**. When you know what you are making in advance you are not tempted to just run up to the store to grab something that isn't cost effective.

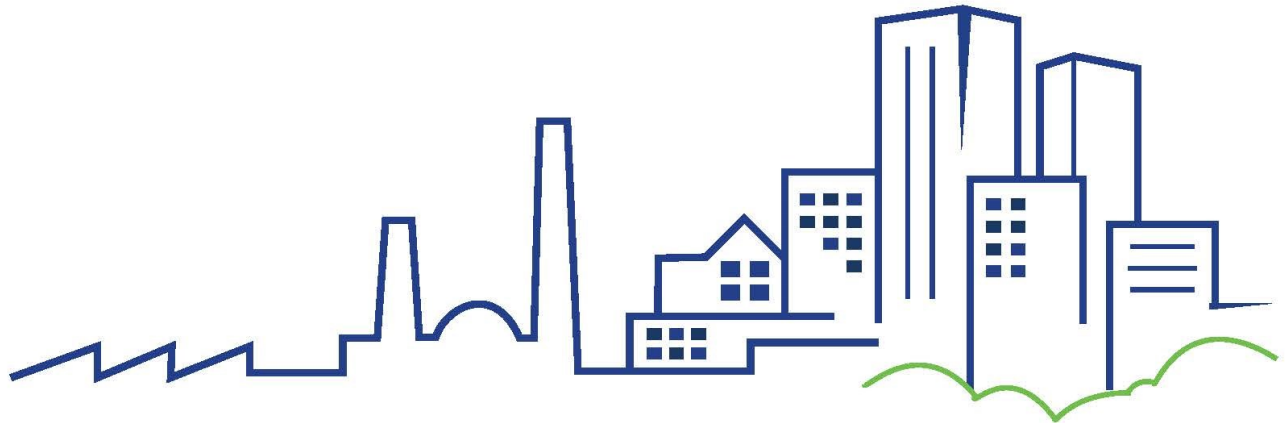
What would you add to this list?”

Enjoy the rest of this newsletter with educational opportunities, job fairs, employment workshops, community events and more! Call me at 920-424-1470 x133 if you have any questions!

Happy Fall!
Kay Hinton
FSS Coordinator



WisconsinCareerExpo.com



NORTHEAST WISCONSIN CAREER EXPO

Wednesday, October 17, 2018

1:00-1:30 p.m. Veterans only | 1:30-4:00 p.m. General Public

Shopko Hall

1901 S Oneida St, Ashwaubenon, WI

Free Admission for Job Seekers

- Visit your local Job Center for job hunting tips: JobCenterofWisconsin.com/directory
- Research participating companies & their job openings at WisconsinCareerExpo.com
- Bring copies of your resume



OCTOBER 2018



Monday	Tuesday	Wednesday	Thursday	Friday
1 	2 RESUME REVIEW 9:30 & 10:00	3 Reemployment Services Workshop 9AM – 12PM	4 NAVIGATING the INTERNET WORKSHOP 10:00 - 11:00AM	5 MOCK INTERVIEWS 10:00AM – 11:00AM
8	9 RESUME REVIEW 9:30 & 10:00	10 Reemployment Services Workshop 9AM – 12PM	11 MOCK INTERVIEWS 10:00AM – 11:00AM	12 GO TO foxvalleyjobcenters.com FOR ONSITE RECRUITMENTS AT JOB CENTERS
15 CAREER EXPLORATION WORKSHOP 9:00 – 11:00	16 RESUME REVIEW 9:30 & 10:00	17 Reemployment Services Workshop 9AM – 12PM	18 COMPUTER BASICS 1 WORKSHOP 2:00PM	19 MOCK INTERVIEWS 10:00AM – 11:00AM
22	23 RESUME REVIEW 9:30 & 10:00	24 Reemployment Services Workshop 9AM – 12PM	25 COMPUTER BASICS 2 WORKSHOP 2:00PM	26
29	30			

It's the *Time of Your Life*

HOUSING LEARNING HEALTH FINANCE LEISURE

OSHKOSH SENIOR EXPO

3rd Annual TUESDAY, OCTOBER 2ND • 8:30AM - 1:30PM

1 HR. COFFEE & LIGHT BREAKFAST AT OPENING

OSHKOSH CONVENTION CENTER • 2 N. MAIN ST. • OSHKOSH, WI



MENASHA JOB CENTER 920-997-3272
1802 APPLETON RD., MENASHA, WI 54952
 Calendar is subject to change. **Please sign up for workshops.**

Mon	Tue	Wed	Thu	Fri
1 Career Exploration Workshop 9:00 AM – 11:00 AM	2 FVTC Open House 3:00 PM – 7:00 PM	3	4 Workforce Innovation & Opportunity Act Orientation 2:00 PM	5 Job Club showcasing Employer - Valley Packaging Ind. 9:00 AM – 11:00 AM
8 Columbus Day	9	10 There, Their or They're – Which One Do I Use On My Resume? Workshop 9:00 AM – 11:00 AM	11 Workforce Innovation & Opportunity Act Orientation 2:00 PM	12 Job Club showcasing Employer – Konz Wood Products 9:00 AM – 11:00 AM
15	16	17 FVTC Manufacturing Job Fair 10:00 AM – 2:00 PM	18 Resume, Cover Letter & Job Searching Workshop 9:00 AM - 11:00 AM Workforce Innovation & Opportunity Act Orientation 2:00 PM	19 Job Club showcasing Employer – WEST Corporation 9:00 AM – 11:00 AM Opening Doors Workshop 2:00 PM – 3:30 PM
22 	23 Teamwork – Soft Skills Workshop 9:00 AM – 11:30 AM	24 Interviewing: Sell Yourself Workshop 1:00 PM – 4:00 PM	25 Over 50 & Job Searching Workshop 9:00 AM – 11:00 AM Workforce Innovation & Opportunity Act Orientation 2:00 PM FVTC IT Internship Job Fair 1:30 PM – 3:30 PM & Truck Driving Job Fair 4:00 PM – 6:30 PM	26 Job Club showcasing Employer – VF Corporation 9:00 AM – 11:00 AM
29 Researching A Company Before Your Next Interview Workshop 8:30 AM – 10:00 AM	30	31 Halloween		
CENTER HOURS Monday - Friday 8:00-4:30 PM		2018	A proud partner of the americanjobcenter network	FOLLOW THE CENTER twitter.com/fvwda facebook.com/fcwda foxvalleyjobcenters.com

October 2018

Menasha Job Center Computer Lab Calendar PLEASE SIGN UP FOR WORKSHOPS

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1 Computer Basics 9:00-11:30am Open Lab 12:30-4:30pm	2 Intro to Word 9:00-11:00am Open Lab 12:30-4:30pm	3 Navigating the Internet 9:00-11:00am Open Lab 12:30-4:30pm	4 All about Email 9:00-11:00am Open Lab 12:30-4:30pm	5 Intro to Excel 9:00-11:00am Open Lab 12:30-4:30pm	6
7	8 Computer Basics 9:00-11:30am Open Lab 12:30-4:30pm	9 Intro to Word 9:00-11:00am Open Lab 12:30-4:30pm	10 Navigating the Internet 9:00-11:00am Open Lab 12:30-4:30pm	11 All about Email 9:00-11:00am Open Lab 12:30-4:30pm	12 Computer Lab Closed	13
14	15 Computer Basics 9:00-11:30am Open Lab 12:30-4:30pm	16 Intro to Word 9:00-11:00am Open Lab 12:30-4:30pm	17 Navigating the Internet 9:00-11:00am Lab Closed 12:30-4:30pm	18 Computer Lab Closed	19 Computer Lab Closed	20
21	22 Computer Basics 9:00-11:30am Open Lab 12:30-4:30pm	23 Intro to Word 9:00-11:00am Intro to Job Center of WI.com 1:00-2:00pm	24 Navigating the Internet 9:00-11:00am Open Lab 12:30-4:30pm	25 All about Email 9:00-11:00am Open Lab 12:30-4:30pm	26 Open Lab 8:00-4:30pm	27
28	29 Computer Basics 9:00-11:30am Open Lab 12:30-4:30pm	30 Intro to Word 9:00-11:00am Open Lab 12:30-4:30pm	31 Navigating the Internet 9:00-11:00am Open Lab 12:30-4:30pm			

Menasha Job Center — Computer Lab Vickie @ 920.968.6835 or vmcpardon@fsc-corp.org

Calendar is subject to change.

A proud partner of the American Job Center network

When workshops are not in session, the lab may be used for computer tutorials and self-paced computer training programs.



1802 Appleton Road
Menasha, WI 54952



FVTC Open House



Open House

Tuesday, October 2 • 3-7 p.m.

1825 N. Bluemound Drive, Appleton (entrance 10)



Explore 200+ programs!

Event Highlights:

- Talk to Current Students & Faculty
- Technology Demonstrations
- Transfer to FVTC: Transcript Review While You Wait
- Tour Tech Village Student Housing Complex
- Free Food & Prizes

Admissions Info Sessions:

- How to Choose a Degree
4-4:30 p.m., 5-5:30 p.m., 6-6:30 p.m.
- How to Pay for College – 4:30-5 p.m., 5:30-6 p.m.

Community Info Session:

- How to Start Your Own Business – 5:30-8:30 p.m.
Located at the D.J. Bordini Center • Register at fvtc.edu/OpenHouse

Other campuses also open!

Check out our Oshkosh Riverside campus or regional centers in Chilton, Clintonville, Waupaca or Wautoma to apply in person or for general college information.



Pay no application fee!

Apply for admission during the Open House and we'll waive the \$30 application fee.
High school seniors and older are eligible to apply. You must apply in person.



fvtc.edu/OpenHouse • 1-800-735-FVTC (3882)



Hands-On, High-Tech Event

Discover careers in Wood Manufacturing Technology
and Residential Building Construction!

**Tuesday or Wednesday
October 23 or 24, 2018**

Fox Valley Technical College

S.J. Spanbauer Center • 3601 S. Oregon St., Oshkosh

Programs Highlighted:

Residential Building Construction
Wood Manufacturing Technology

You're invited to tour our high-tech woodworking
and construction labs and experience a different
kind of learning environment.

Your students will work hands-on with machinery,
learn about career training and future
employment opportunities.

Fox Valley Technical College is the only technical
college in Northeast Wisconsin offering these
programs.

To Register:
Event registration opens Sept. 10
at www.fvtc.edu/Visit.
Register by Sept. 28.

For high school groups only (grades 9-12).
Registration must be completed
by high school faculty.
Questions: 920-236-6112



Welding Boot Camp



Time for a Change?
A New Welding Boot Camp Begins Soon...

FREE!
These classes are available at no cost!

You will:

- Earn a welding certificate and prepare for an entry-level position with 2 different welding processes
- Need your High School Equivalency Diploma (HSED)?
Earn your HSED through this hands-on learning opportunity
- Learn team-building, conflict management, and other critical employment skills
- Get hands-on work experience through a paid internship
- Earn stipends
- Finish in less than 66 class days
- Potential to earn an income in as little as 32 class days

Call Today to Learn More at
Moraine Park Technical College
For information on how you can be part of this project, contact **Todd Hayes** at (920) 924-3334
Thayes3@morainepark.edu



Call Today to Learn More at
Fox Valley Technical College - Oshkosh
For information on how you can be part of this project, contact **Ben Castner** at (920) 560-4232
castner@fvtc.edu


MORaine PARK
TECHNICAL COLLEGE


Fox Valley
TECHNICAL COLLEGE®
Knowledge That Works

www.fvtc.edu/bootcamp

Attend the mini Test Drive session on Tuesday, **October 2nd**, between **3-7pm** in Oshkosh at the Advanced Manufacturing Training Center (AMTC) at 4200 Poberezny Rd, Oshkosh, WI 54902. Call Ben at (920) 560-4232 for more information.

Community Trick or Treat Times

October 20th & 21st: Menominee Park, Oshkosh 11am-3pm

October 24th: Downtown Oshkosh 4-6pm

October 31st: Oshkosh 5-7pm

Winneconne 4-6pm

Omro 4-7pm

Neenah (city and town) 4-7pm

Menasha (city) 4-7pm

Fox Crossing 4-7pm



Menominee Park Zoo's
ZOOLOWEEN BOO!
Saturday & Sunday
Oct. 20th & 21st
11am-3pm
\$5 Adults
\$3 Children 2-17yrs old
FREE 1 & Under
Safe Trick-or-Treat Stations!
Games & Prizes!
Costume Contests!
Tickets will be available
October 1st at:
+ Oshkosh Festival Foods
+ Oshkosh Parks Dept. office
805 Witzel Ave
For more
information
920-232-5319
f "Menominee Park and Zoo"



Building Trades Open House

Did You Know

Most apprenticeship training programs are tuition free
& prepare you for a great career with a good wage?

Apprentices earn while learning!

Come find out how YOU can become a skilled
tradesperson at our open house:

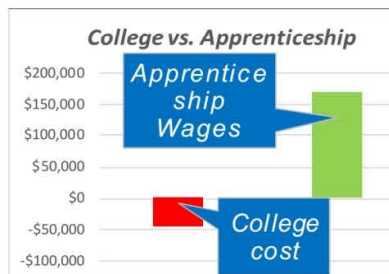
Sunnyview Expo Center, 500 E County Rd Y Oshkosh, WI

October 10, 2018 2:30-3:30PM

When you're accepted into a registered Apprenticeship program, you receive Classroom training from instructors with practical experience, PLUS you get paid while learning on the job! The average apprentice earns about \$19-\$24/hr. plus benefits during on-the-job training (Depending on the trade). Apprenticeship training lasts three to five years depending on the trade.



Journeyman Earnings after Four years



Attendees will be able see the type of work being done by area apprentices and network with highly skilled construction professionals who understand the industry and opportunity within the Building Trades.



Northeast WI Building and Construction Trades Council

Ted Gumieny

www.newbt.org

2828 North Ballard Rd.

Appleton, WI. 54911

920-733-3136



Visit our website for more information:

www.newbt.org

Equal Opportunity Employer

The Affiliates of the Northeast WI Building and Construction Council

Boilermakers Local #107	North Central States Regional Council of Carpenters/Millwrights
Bricklayers & Allied Crafts Local #3, 6, 9, 11	Operator Engineers Local #139
Electrical Workers Local #158, 388, 494, 577	Operative Plasterers & Cement Masons Local #599
Elevator Constructors Local #15	Painters & Drywall Finishers Local DC7
Glaziers Local #1204	Plumbers & Steamfitters UA #400, 434
Heat & Frost Insulators Local #127	Roofers Local #96
Ironworkers Local # 8, 383, 849	Sheet Metal Workers Local #18
Laborers Local #330	Sprinkler Fitters Local #669
	Teamsters Local #200, 662

NEW Housing available soon!

Family Self Sufficiency



WAITE RUG PLACE Units coming available in late December 2018.



COMING SOON!!!

Waite Rug Place: 300 E. Custer Avenue is being renovated to house 56 - ONE & TWO bedroom units. Preferences will include applicant families meeting the definition of elderly, disabled or Veteran. Don't miss out on this once in a lifetime opportunity to live at one of Oshkosh's modernized historic landmarks.

- Renovated Historic Waite Grass Carpet Factory
- On the corner of Harrison & Custer in Oshkosh
- Leasing & Social Services Coordination Office
- Elevator
- Laundry hookups in units & laundry room per floor
- Fitness center
- Varied floor plans
- Theater room
- Utilities included
- Dining room



Waite Rug Place's wait list is NOW OPEN! APPLY ONLINE at www.ohawcha.org

Manufacturing Job Fair

10 a.m. - 2 p.m. | Appleton Campus, Rooms A170ABC, C190ABC

Wednesday, October 17

Fox Valley Technical College
Appleton Campus, Rooms A170ABC & C190ABC
1825 North Bluemound Drive, Appleton
10 a.m. - 2 p.m.

Search for full-time, part-time and internship positions with area manufacturing companies and network with employers from the region.



Explore IT Employment Seminar & Internship Job Fair

8:30 a.m. - 1 p.m. & 1:30 - 3:30pm | Appleton Campus

Thursday, October 25

Fox Valley Technical College Commons
1825 North Bluemound Drive, Appleton

Explore IT Employment Seminar | 8:30 a.m. - 1 p.m. Room A170A-C

Explore IT is your chance to prepare for getting a job in Information Technology. What are employers looking for when they are hiring a new employee? How can you make yourself stand out from other applicants? What skills are "hot" in the IT industry? Get the answers to these and other questions at this year's Explore IT.



Truck Driving Job Fair

4-6:30 p.m. | J. J. Keller Transportation Center

Thursday, October 25

Fox Valley Technical College
1825 North Bluemound Drive, Appleton

North Safety Bay of the J. J. Keller Transportation Center
4-6:30 p.m.

Open to current Truck Driving students and the general public.



You Could Own This House



**654 Frederick Street
Oshkosh, WI**



***Why rent when you can own for around the same cost?
And receive substantial down payment assistance for qualified
households from the City of Oshkosh and ADVOCAP ****

Price: \$149,900

Mortgage: 30 Year Fixed Current Interest Rate**: 4.75 %

Take a closer look

- Purchase Price \$149,900
- \$50,000 of down payment assistance in the form of a 0% deferred 2nd mortgage*
- Your 30 year mortgage loan from bank is now \$99,900

Do the math—How much will you pay per month?

Total monthly mortgage payment would be \$521

(cost of property tax and homeowners insurance not included in
monthly payment above—cost to be determined)

*The City of Oshkosh and ADVOCAP Homeowner Development Program can assist in the down payment cost for income eligible households (see qualifications on reverse side). Actual dollar amount of down payment assistance is based on total household income. Deferred 2nd mortgage is no interest and no payments until you no longer use the house as your primary residence.

**Rates effective September 13, 2018; subject to change at any time. Rates may vary based on such factors as credit scores, loan-to-value ratio, type of property and amount of loan. The rate shown is for single family, owner-occupied properties from a local financial institution.



See back of this page for more information! ➡

House Features:

- 2 Story House
- 1765 Square Feet
- 2 car detached garage
- Open floor plan
- Main and upper floor laundry rooms — you decide where it is most convenient to have your washer and dryer
- Walk in closets in 2 of upper bedrooms
- Energy Star certified refrigerator, dishwasher, and microwave included
- Stove/oven and water heater included
- Energy Star rated windows
- Energy Star HVAC forced air
- Full basement
- Maintenance free vinyl exterior
- Extra wide 42" doors on main floor including: front and back exterior, bedroom, bathroom, and laundry room
- Zero clearance front door entrance
- Certified Green Built Home
- Built with SIPs

Room Sizes:**Living/Dining Room:** 20'5" x 13'2"**Kitchen:** 12' x 11'1"**Bathrooms:** full on main, full on upper**Laundry (main):** 10'1" x 7'8"**Laundry (upper):** 7'6" x 6'3"**Bedroom (main):** 11'4" x 10'1"**Bedroom (upper):** 12'9" x 12'**Bedroom (upper):** 12'1" x 11'5"**Bedroom (upper):** 12'10" x 12'**Owner Qualifications:**

- Combined household annual income must not exceed maximum level as established by HUD (see chart below) and must demonstrate need for financial assistance
- Owner(s) must attend Homeowner Development classes
- Owner(s) must be able to secure a conventional first mortgage
- Owner(s) must have a minimum of \$3,000 for their portion of the down payment
- This house must be owners primary residence

HUD Annual Household Income Levels

Household Size	Income	Household Size	Income	Household Size	Income
1	\$39,850	4	\$56,900	7	\$70,600
2	\$45,550	5	\$61,500	8	\$75,150
3	\$51,250	6	\$66,050		

Effective April 2018

What is a Green Built home?

A Green Built Home is a home that meets the standards of the Green Built Home Checklist, a tool that incorporates many environmentally sensitive practices throughout the home design and construction process. A Green Built Home saves money and improves health, safety and comfort while conserving and protecting natural resources. These energy-efficient homes incorporate recycled and renewable materials, produce less waste than typical homes, and have a long life-cycle. A Green Built Home provides:

- Reduced energy and maintenance costs on an on-going basis
- Better indoor air quality
- Improved building health, safety and comfort
- Knowledge that the home has a reduced impact on the environment

What are SIPs?**Structural Insulated Panels**

- High performance building system used in residential and light commercial construction
- Each panel consists of an insulating foam core sandwiched between two sheets of OSB
- It is the framing and insulation all in one package
- One of the most airtight systems available
- More energy efficient for heating and cooling when compared to a stick built home, thus reducing energy and maintenance costs



**Contact Dave Williams, ADVOCAP Home Buyer/Rehabilitation Specialist,
at 920-922-7760 with questions or
contact Steve Poeschl at First Weber Realtors, at 920-312-4949 to schedule a tour**

2018 Holiday Assistance Sign Up for Coats, Toys, Adopt a Family

What to bring

- ALL SERVICE SALVATION ARMY CARD current within the last six months
OR:
- Current Photo ID for all adults
- Social Security or Forward cards for everyone in household
- Proof of address (bill or lease)
- Proof of income for entire household
- Income includes print outs of Wages, Unemployment, Food Stamps, (Food Share Card), Social Security, Child Support and W2

Holiday Sign Up

Tuesday, October 23rd

9:00-12:00 pm and 1:00-4:00 pm
Salvation Army
417 Algoma Blvd

Sign up for Toy Store, Adopt a Family, Coats

Wednesday, October 24th

9:00-12:00 pm and 1:00-4:00 pm
Salvation Army
417 Algoma Blvd

Sign up for Toy Store, Adopt a Family, Coats

Wednesday, November 7th

9:00-12:00 pm and 1:00-6:00 pm
Salvation Army
417 Algoma Blvd.

Sign up for Toy Store and Coats ONLY

Tuesday, December 11th

9:00-6:00 pm
Salvation Army
417 Algoma Blvd.

Sign up for Toy Store ONLY



Coats

Coat sign up on October 23rd, October 24th, and November 7th for birth to school age children, no adults. Adult coats will be in the entrance to the Salvation Army in November.

Coat distribution will be Saturday, November 10th 9:00-12:00 pm and 1:00-4:00 pm

Old Planet Fitness Building 1850 Jackson Street by Pick n Save North

Parents must bring identification; sheet received at time of sign up, and arrive at the time on the sheet.

Children may attend if unsure of sizes. No food or drink.

Toy Store

Toy Store sign up on October 23rd, October 24th, November 7th, December 11th

Toy Distribution Tuesday, December 18th from 9:00-12:00 pm and 1:00-4:00 pm

Wednesday, December 19th from 9:00-12:00 pm and 1:00-4:00 pm

Old Planet Fitness Building 1850 Jackson Street by Pick n Save North

Bring appointment card (received at sign up), identification.

Arrive at the time and date designated on the card. No Children. No Food or Drink.



Adopt a Family

Adopt a Family sign up on October 23rd and October 24th ONLY

If selected in 2016-2017, cannot sign up in 2018. Notification by letter before 12/1/18 via US Mail. If not selected can still go to the Toy Store. If selected cannot go to Toy Store.

Proxy may pick up coats/toys/Adopt a Family gifts-Client will need to write a note giving permission for that person to pick up coats/toys/Adopt a Family gifts, Must bring coat sheet/ toy store card/ Adopt a Family notification letter, and their identification, arrive on date and time designated.

Creamy Tortellini Soup

Ingredients

- 3 tablespoons butter
- 1 yellow onion , diced
- 2 to 3 garlic cloves , minced
- 2 large carrots , thinly sliced
- 1 tablespoon Italian Seasoning
- 1 teaspoon salt
- 1/4 teaspoon fresh ground pepper
- 1/4- cup all-purpose flour
- 6 cups vegetable broth
- 1 package (12-ounces) frozen tortellini
- 1 bag (5-ounces) fresh baby spinach
- 1 cup cream OR milk OR half-and-half (I use 2% milk)

Instructions

- 1) Melt butter in a large saucepan or soup pot.
- 2) Add onion, garlic, carrots, Italian seasoning, salt, and pepper; cook over medium-low heat for 6 minutes, or until vegetables are tender.
- 3) Whisk in flour; whisk until crumbly.
- 4) Slowly add broth and continue to vigorously whisk until everything is well combined and there are no clumps.
- 5) Bring soup to a boil.
- 6) Add frozen tortellini and spinach.
- 7) Continue to cook over medium-high heat, stirring occasionally, for 5 to 6 minutes, or until tortellini is tender and heated through.
- 8) Stir in cream or milk; bring back to a steady boil and cook for 2 to 3 minutes, or until smooth and thickened.
- 9) Remove from heat and let stand 5 minutes.
- 10) Taste for salt and pepper, and adjust accordingly.
- 11) Serve.

Prep Time	Cook Time	Total Time
5 mins	25 mins	30 mins

Servings: 6 Servings
Calories: 237 kcal



YUM...Is it SOUP weather yet??

Quick, easy, and deliciously creamy soup packed with cheesy tortellini and fresh spinach.

