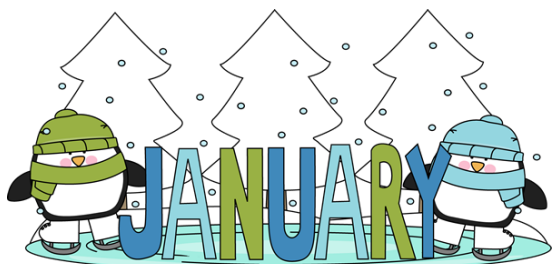


# January 2020

## Dream Big!

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



600 Merritt Avenue  
P.O. Box 397  
Oshkosh, Wisconsin 54903  
OSHKOSH (920) 424-1450  
[www.ohawcha.org](http://www.ohawcha.org)  
Kay Hinton  
FSS Program Coordinator  
920-424-1470 EXT. 133  
[kayh@ohawcha.org](mailto:kayh@ohawcha.org)

### What's Inside:

- January Letter
- Online Dating Scams
- Imposter Scams
- Free Gale Courses
- College Preview
- Career Development Workshops
  - WAHA Scholarships
  - Habitat Dedication
- Community Resource Fair
  - Step Up
  - EmpowHER
  - Starting Point 2.0
- ELL Culinary Certificate
- Hamburger Casserole Recipe

Dear FSS participants,

*Happy New Year!*



As 2020 has arrived, I would like to thank you for being a part of the Family Self Sufficiency Program.

Last year was a challenging year for many of us. I thank you for your effort, energy, resilience and commitment.

As we start this new year with a renewed commitment to our goals, I hope just one thing from all of us – **Be Better.**

**You control** how you approach your days. Commit to being better every day. Learn more. Be more connected. Be more aware. Be tougher. Be more resilient. Be more creative. Be more present. Just be better.

I wish you and your family a very Happy New Year! Let's continue to strive to meet your goals and strengthen your self sufficiency. And as always, please let me know how I can help you by calling me at 920-424-1470 ext. 133.

**Your success is my success.**

Warm Regards,

Kay Hinton

FSS Coordinator





# Online Dating Scams

## Here's how they work:

You meet someone special on a dating website. Soon he wants to move off the dating site to email or phone calls. He tells you he loves you, but he lives far away — maybe for business, or because he's in the military.

Then he asks for money. He might say it's for a plane ticket to visit you. Or emergency surgery. Or something else urgent.

Scammers, both male and female, make fake dating profiles, sometimes using photos of other people — even stolen pictures of real military personnel. They build relationships — some even fake wedding plans — before they disappear with your money.

## Here's what you can do:

- 1. Stop. Don't send money.** Never wire money, put money on a prepaid debit card, or send cash to an online love interest. You won't get it back.
- 2. Pass this information on to a friend.** You may not have gotten one of these calls, but chances are you know someone who will get one — if they haven't already.

If you spot a scam, please report it to the Federal Trade Commission. Call 1-877-382-4357. Your complaint can help protect other people.





# Imposter Scams

## Here's how they work:

You get a call or an email. It might say you've won a prize. It might seem to come from a government official. Maybe it seems to be from someone you know – your grandchild, a relative or a friend. Or maybe it's from someone you *feel* like you know, but you haven't met in person – say, a person you met online who you've been writing to.

Whatever the story, the request is the same: wire money to pay taxes or fees, or to help someone you care about.

But is the person who you think it is? Is there an emergency or a prize? Judging by the complaints to the Federal Trade Commission (FTC), the answer is no. The person calling you is pretending to be someone else.

## Here's what you can do:

- 1. Stop. Check it out – before you wire money to anyone.** Call the person, the government agency, or someone else you trust. Get the real story. Then decide what to do. No government agency will ever ask you to wire money.
- 2. Pass this information on to a friend.** You may not have gotten one of these calls or emails, but the chances are you know someone who has.

If you spot a scam, please report it to the Federal Trade Commission. Call 1-877-382-4357. Your complaint can help protect other people.



# FREE Gale Courses

Family Self Sufficiency

During the cold winter months, treat yourself to some knowledge by taking a Gale Course! You will need a **Menasha or Oshkosh Public Library card** but that's easy peasy! Check out some of the classes by going to the Menasha or Oshkosh public library site, click on research and then online learning! Here's Menasha's flyer just in case.



Elisha D. Smith Public Library  
in Menasha, Wisconsin

## ONLINE LEARNING

### Instructor-Led Courses

Professional development and personal enrichment

Sessions start monthly

Convenient six-week format

Interactive learning environment

Instructors lead each course

Award of completion with passing score

## WHAT DO YOU NEED

A Menasha library card.

An Email account to create your profile and register for your classes.

## HOW TO ACCESS

<https://education.gale.com/l-menashapl/>

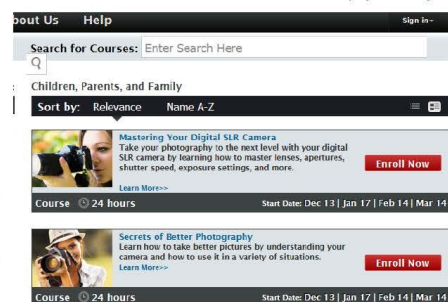
OR

1. Go to: [www.menashalibrary.org](http://www.menashalibrary.org)
2. From our web page select - Research
3. Choose Online learning from left menu

Take a free six-week course online.

Choose from hundreds of classes, including Secrets of Better Photography, Beginning Conversational French, Speed Spanish, Drawing for Beginners, Introduction to Guitar, Intro to Digital Scrapbooking, Intro to Natural Health & Healing, Starting a Pet Sitting Business, and many more.

Some have certifications that will help you in your career or a new career. Some are just for fun.



1. From the catalog find the class you want. Select enroll now.
2. Use your Menasha library card to establish an account with Gale Courses®. Select Elisha D. Smith Public Library as your library.
3. Enter your email address and complete a profile to finish enrollment

1. Select a Start Date 2. Sign In  
Enrolling in course: Mastering Your Digital SLR Camera

**New Students Start Here**

Create an account if this is your first time taking an online course with us.

E-mail Address

[Create A New Account](#)

1. Select a Start Date 2. Sign In 3. Profile 4. Confirmation

Enrolling in course: Mastering Your Digital SLR Camera

Account Information	Student Information
<p>E-mail Address (username)</p> <p>Re-enter E-mail Address</p> <p>Password</p> <p>Re-enter Password</p> <p>Security Question</p> <p>Security Answer</p> <p><input checked="" type="checkbox"/> I want to receive information and offers by e-mail.</p>	<p>Title</p> <p>First Name</p> <p>Last Name</p> <p>Primary Phone Number</p> <p>Address</p> <p>City</p> <p>State/Province</p> <p>Zip/Postal Code</p> <p>Country</p> <p><a href="#">Continue</a></p>

4. Then sign up for a 6-week class. Log into your account when your class starts; you will receive two lessons each week, for 12 lessons in all.

No computer or Internet? Check out a laptop and headphones at the Reference Desk; use the library's WiFi. Find a table or ask to use the Study Room.

Phone: 920-6673690 | E-mail: [reference@menashalibrary.org](mailto:reference@menashalibrary.org)  
440 First Street Menasha, WI 54952



# College Preview



## College Preview

**Tuesday, February 11 • 3-6 p.m.**

FVTC Appleton Campus, 1825 N. Bluemound Drive, Use Entrance 10

- Explore your options for in-demand careers
- Tour the campus: get a first-hand look at high-tech labs & classrooms
- Talk with students & faculty
- Learn about dual credit, financial aid & scholarships
- Free info sessions: Paying for College (4:30-5 p.m.) and Choosing a Program (5-5:30 p.m.)
- Visit Tech Village (student housing complex)
- Apply for admission (\$30 application fee)  
high school seniors and older are eligible to apply



For more information, visit [www.fvtc.edu/CollegePreview](http://www.fvtc.edu/CollegePreview), call 920-735-4740 or email [AdmissionsSpecialist@fvtc.edu](mailto:AdmissionsSpecialist@fvtc.edu).





fvtc.edu

## Unsure of Your Career Path?

Attend a **FREE** Career Development Workshop  
and create a plan to achieve your career goals!

Assess your skills, values, and interests while learning  
how they relate to different career paths.  
Explore occupations, job outlook information, and educational programs.  
Each workshop is scheduled for a total of six hours.  
Individual appointments with a career counselor  
are included as part of each workshop.

### Upcoming workshops:

Day	Workshop Dates	Time	Class #	Location
Thursday	February 6, 13, 20	12:00–2:00 PM	94871	Appleton   Room B124
Tuesday	February 11, 18	9:00 AM–12:00 PM	94740	Appleton   Room B140
Monday	March 2, 9, 16	1:00–3:00 PM	92855	Waupaca   Room 131
Thursday	March 5, 12	3:00–6:00 PM	94746	Appleton   Room B126
Wednesday	March 4, 11, 18	1:00–3:00 PM	92854	Wautoma   Room 105B

To register for a workshop, call (920) 735-5645.

# WAHA Scholarship

**Do you need more money for college?**

**Apply for the  
Steve Falek Scholarship  
Wisconsin Association of Housing Authorities  
(WAHA)**

**Send in your application to win one of two  
scholarships to be awarded in April each year**



- ❖ \$2,000 scholarship for full-time student
- ❖ \$1,000 scholarship for part-time student

**\$ \$ \$ \$ \$ \$ \$ \$ \$ \$**



## Requirements

- ❖ Need to be a participant/household member of subsidized housing (Public Housing, Housing Choice Voucher, etc.)
- ❖ Provide proof of your full-time student status (12 credits or more), or part-time student status (6 credits or more)
  - ❖ You need to have a cumulative GPA of 2.75 or higher
  - ❖ Submit a 250-500 word essay on "My Career Goals"
  - ❖ Provide 2 letters of recommendation

**Deadline to apply is January 7!!**

***Application forms and instructions available at  
[www.wahaonline.org](http://www.wahaonline.org) or ask your Housing Authority for an  
application form.***





Please join us for a Home Dedication for:  
**The Alvarado Family**  
948 W. 4<sup>th</sup> Avenue  
Friday, January 10, 2020 at 3:00 p.m.



Home Dedication will include presentation of keys, ribbon cutting,  
tour of the home and light refreshments.

Please RSVP to Habitat for Humanity of Oshkosh: 920.235.3535 or [elast@habitatoshkosh.org](mailto:elast@habitatoshkosh.org)

**FREE**

**BREAKFAST**



**& Haircuts!**

## Community Resource Fair

**Date: Thursday, January 23<sup>rd</sup>, 2020**

**Time: 9:00 AM - 11:00 AM**

**Location: Most Blessed Sacrament Gym  
449 High Ave  
Oshkosh, WI**

***HOPE TO SEE YOU THERE!***



*A Harbor House Community Job Readiness Program*

Are you ready  
to “step up”  
into a  
new career?

**Begins January 16 - February 20, 2020**

- 6 week course on Thursday evenings 6pm-8pm

**OVERVIEW** | The Step Up classes offer a full curriculum of speakers, mentors and job qualifying information that will be given one night a week (2 hours each) for 6- weeks. The sponsoring company, Guardian, will provide end of course interviews and a certificate of completion will be given to those women who complete the course.

**OBJECTIVE** | To offer women survivors of domestic violence an all-encompassing, 6 week educational course that evaluates their current skill level through multi-experiential classes. Key areas of focus include: soft and hard skill assessment, resume writing, educational options, financial planning and networking.

**TO APPLY** | Molly Hanseter, Economic Advocate  
920.955.9157  
molly.hanseter@harborhousewi.org

[www.harborhousewi.org](http://www.harborhousewi.org)

## EmpowHER

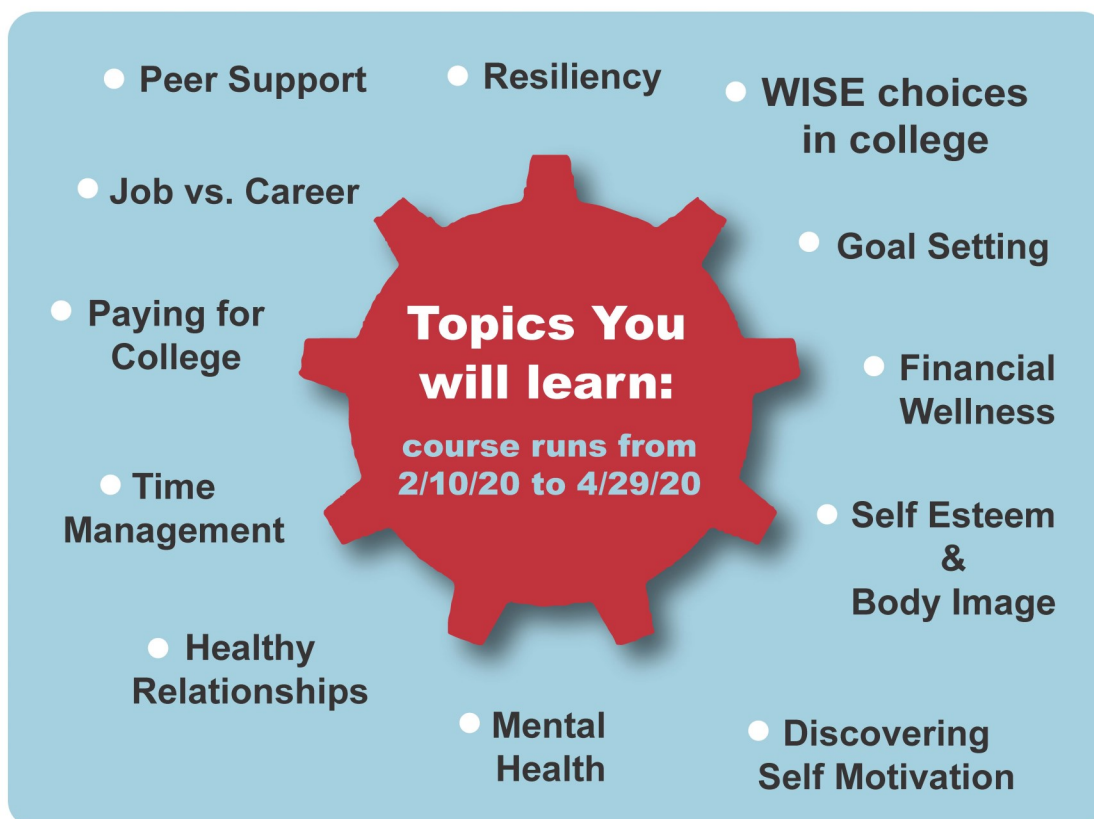
Are you 18 to 29 years old (without children) and looking for direction in the areas of education, employment and a healthy lifestyle? Do you think about your future and wonder what your path will look like?

Do you live in Calumet, Outagamie, Shawano, or Waupaca Counties or communities of Neenah & Menasha?

**If so there is a new program for you!**

The Women's Fund for the Fox Valley Region has partnered with Fox Valley Technical College to bring you EmpowHER! A FREE 12 week workshop focused on topics young women in their teens and twenties face in our community today!

Workshop Details: **Mondays, February 10, 2020 through April 29, 2020**  
from 9:00 am to 12:00 pm at Fox Valley Technical College-Appleton Campus



### Testimonials:

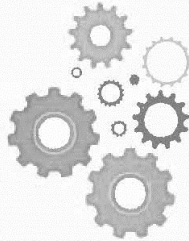
*"I learned a lot of life skills I was missing, like budgeting. Now I finally know how to grow my finances and save money!"*

*"Through this course I have gained more self confidence, motivation, and have learned more than I ever hoped for."*

Contact Information: Kelly Kohl (920) 735-4825 [kohlk@fvtc.edu](mailto:kohlk@fvtc.edu), Kara Nowak (920) 735-5722 [nowakk@fvtc.edu](mailto:nowakk@fvtc.edu)  
To find out if you are eligible, fill out this survey online [www.fvtc.edu/EmpowHER](http://www.fvtc.edu/EmpowHER)

## Young Women's Initiative: Starting Point 2.0

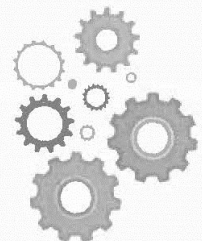
The Women's Fund is leading a project using a Two-Generation approach which will address the life-long economic security of single parent women and their children. This project creates a collaboration between FVTC's Starting Point Workshop and the college's educational resources combined with B.A.B.E.S. Inc. and their child development/parenting programming. By serving two-generations and creating a new stable environment for single-parent families, individuals struggling to survive will see the opportunities and potential that exist beyond their circumstances. This workshop and services provided are free to participants and children.



### Participant Criteria

- 18-29 year old single parent woman
- Income level must be at or below 200% of the Federal Poverty Guideline
- Must have at least one child under the age of 11
- Must reside in one of the following counties: Calumet, Outagamie, Shawano, or Waupaca, and communities of Neenah & Menasha

**Project Details:** Parent and any child under the age of 5 (not enrolled in school) will attend B.A.B.E.S., children under 11 will participate through take home activities. Must be available **February 12 to April 29, Wednesdays 9 am to 12:15 pm.**



**Time  
Management**

**Women  
Will Learn**

**Career  
Development**

**Coping  
Strategies**

**Decision-making**

**Self-Esteem**

**Assertiveness**

**Goal Setting**

**Empowerment  
Topics**

**course runs from  
2/12/20 to 4/29/20**

**Healthy  
Relationships**

Grants available for moving  
forward with education  
without financial stress

FVTC ID available  
for free busing on  
Valley Transit

### Testimonials:

*"Starting Point 2.0 has helped me plan a way to go back to school and provide for our family."*

*"I have really bad anxiety and self-doubt. This program made me feel more comfortable entering a new transition. I wanted to go back to school but did not know where to start or who to ask for help. I feel that now I have a better view on where I want to see my future go."*

*"This program has helped me learn all the resources within FVTC, to help as I go back to school. It has even given me the help I need in my personal life."*

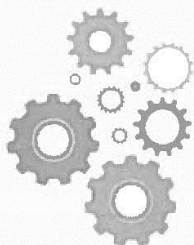
Contact Information: Kelly Kohl (920)735-4825 [kohlk@fvtc.edu](mailto:kohlk@fvtc.edu), Kara Nowak (920)735-5722 [nowakk@fvtc.edu](mailto:nowakk@fvtc.edu) and Pastor Mahnie (920)733-6886 [execdir@babeshelp.org](mailto:execdir@babeshelp.org). To see if you are eligible, fill out this survey online [www.fvtc.edu/StartingPoint](http://www.fvtc.edu/StartingPoint)



**WOMEN's fund**  
for the fox valley region, inc

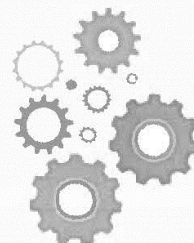


## Young Women's Initiative: Starting Point 2.0

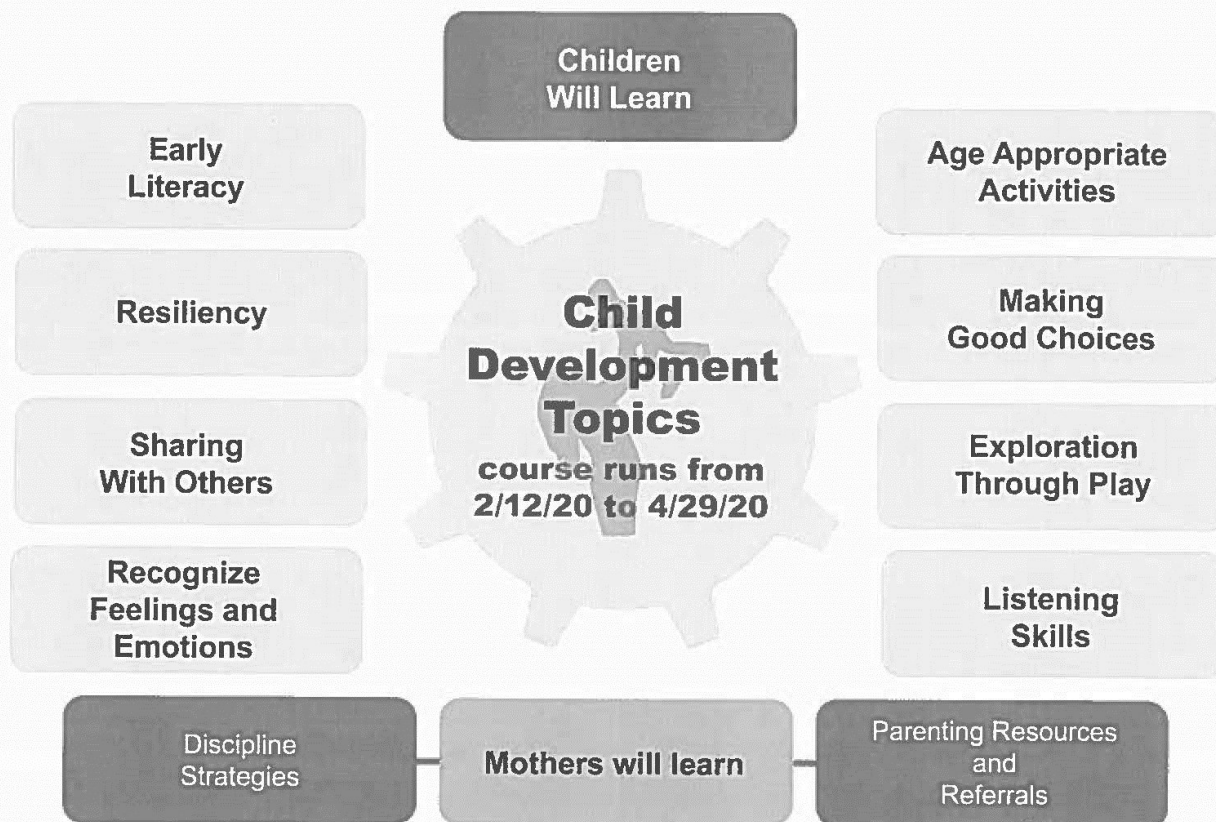


### Why would I want to take this workshop?

- Free, no cost educational opportunity
- Support System for you and your child
- Direct access to one on one support with FVTC
- All school fees for admission are waived (\$45 value)
- Access to diapers, hygiene products, gas assistance
- Access to free family fun activities
- Give your children a healthy environment to thrive
- Gain support from other parents



**Project Details:** Parent and any child under the age of 5 (not enrolled in school) will attend B.A.B.E.S., children under 11 will participate through take home activities. Must be available **February 12 to April 29**, Wednesdays 9 am to 12:15 pm.



### Testimonials:

*"Starting Point 2.0 has helped me build skills I didn't have and to sharpen skills I already had."*

*"I felt like I had some control over my life and where it was going."*

Contact Information: Kelly Kohl (920)735-4825 [kohlk@fvtc.edu](mailto:kohlk@fvtc.edu), Kara Nowak (920)735-5722 [nowakk@fvtc.edu](mailto:nowakk@fvtc.edu) and Pastor Mahnie (920)733-6886 [execdir@babeshelp.org](mailto:execdir@babeshelp.org).  
To see if you are eligible, fill out this survey online [www.fvtc.edu/StartingPoint](http://www.fvtc.edu/StartingPoint)



**WOMEN's fund**  
for the fox valley region, inc.





fvtc.edu

## ELL Pathway to Culinary Careers Certificate

### 5 course certificate

#### Tuition Courses (\$154.65 per credit):

- Fall 2019 Introduction to Hospitality (3 credits)
- Spring 2020 Culinary Foundations (1 credit)
- Fall 2020 Culinary Fundamentals (3 credits)
- Spring 2021 Sanitation for Food Service Operations (1 credit)  
& Nutrition for Culinary Arts (1 credit)

*Tuition Assistance may be available.*

#### Little to no cost to students:

- ELL Support Courses (3 hours a week)
- Use of culinary knife set (\$500 value)
- Use of textbooks
- Uniform

All Classes are team taught by a Culinary Instructor and an ELL instructor in the classroom. The ELL instructor will help students learn the language and study the materials of Culinary Arts.

#### **Culinary Foundations meets:**

Jan. 20 - March 9, 2020

Mondays 8:00 - 11:50

Fee: \$154.65

#### **Support Class meets:**

Jan. 20-May 16, 2020

Wednesdays, 8:30-11:20

Students must attend all classes.

## Call Today to Register!

### Appleton Campus:

Elizabeth Merrill (920) 236-6187

**2020  
Spring Semester:  
Jan. 20 - May 16**

## Culinary Courses for ELL Students



**Appleton Campus**  
1825 N. Bluemound Dr.  
Appleton, WI 54912

# Hamburger Casserole Recipe

## Hashbrown Hamburger Casserole with Veggies and Cheese Recipe

### Ingredients:

2 tsp olive oil  
 1 onion, chopped  
 1 pound lean ground beef  
 2 Tbsp flour  
 2 Tbsp ketchup  
 1 cup beef broth  
 3 Tbsp Worcestershire sauce  
 salt and pepper to taste  
 2 cups frozen mixed vegetables  
 1 20 oz. package of refrigerated hash brown potatoes  
 1 cup shredded cheddar cheese  
 1/4 cup butter, melted



### How to make Hamburger Hashbrown Casserole:

Heat oven to 375 degrees. Coat a 9×13 baking pan with cooking spray.  
 In a skillet, cook onion in olive oil over medium high heat until translucent. Add in ground beef and cook until browned.  
 If there is a lot of fat from the ground beef, pour it off at this time.  
 Add in the flour and cook for one minute, stirring.  
 Add in ketchup, broth, Worcestershire, salt and pepper and veggies. Cook for 5 minutes.  
 Spread mixture in bottom of 9×13 baking pan.  
 In a medium bowl, mix potatoes, cheese and butter.  
 Spread potato mixture over beef/veggie mixture.  
 Bake 45 minutes or until hash browns are golden brown.

# January

# FAMILY Fun DAY

**Saturday**  
**January 11, 2020 1-4pm**

**Oshkosh Seniors Center North**  
 234 N Campbell Rd.  
 Oshkosh



Sponsored By  
**Cellcom**  
Small For You

FREE!

**Donations appreciated!**

- \*Visit with live animals!
- \*Frost Cookies!
- \*Hot Chocolate!
- \*Winter Crafts!
- \*Fun Games!



Registrations are appreciated!  
 Please call (920) 232-5319

**Walmart** 

