

OREGON



COMMISSION ON BLACK AFFAIRS

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Martin Luther King Jr. Holiday

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The Martin Luther King, Jr. Holiday celebrates the life and legacy of a man who brought hope and healing to America. We commemorate as well the timeless values he taught us through his example -- the values of courage, truth, justice, compassion, dignity, humility and service that so radiantly defined Dr. King's character and empowered his leadership. On this holiday, we commemorate the universal, unconditional love, forgiveness and nonviolence that empowered his revolutionary spirit.

We commemorate Dr. King's inspiring words, because his voice and his vision filled a great void in our nation, and answered our collective longing to become a country that truly lived by its noblest principles. Yet, Dr. King knew that it wasn't enough just to talk the talk, that he had to walk the walk for his words to be credible. And so we commemorate on this holiday the man of action, who put his life on the line for freedom and justice every day, the man who braved threats and jail and beatings and who ultimately paid the highest price to make democracy a reality for all Americans.

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The Portland City Council proclaims December 16 as Senator Margaret Carter Day

On December 16, 2009, the Portland City Council honored Senator Margaret Carter by proclaiming December 16th to be Senator Margaret Carter Day. The event was presented by Commissioner Randy Leonard, Rev. Renee Ward, Kelvin Hall, and D'Norgia Price. Attendees of the event included many of the Senator's colleagues, friends, family, and community members.

Nearly four months prior (August 31, 2009), Senator Margaret Carter resigned her Senate seat to accept a position with Oregon Department of Human Services as Deputy Director of Human Services. Her new position, which began on September 1, 2009, will allow her to continue doing what she did in the legislature, which is to make a difference for our children, seniors, and the disabled.

Margaret Carter's life is an acknowledgment to the virtues of hard work, commitment, education, and sacrifice. Her untiring devotion, compassion, and passion of serving others, grant her the additional title "Exceptional Community Role Model".

The Oregon Commission on Black Affairs and the community members of Oregon greatly appreciate her countless contributions and sincerely thank her for her dedicated service.

Mission

To strengthen and unify the Black and African American Community by providing a medium for addressing important issues as well as disseminating useful information.

How Do You Find Success?

USE YOUR IMAGINATION TO FIND SUCCESS

Visualize what you want.

See it, Feel it, Believe in it.

Your mind is a mental workshop.

You can build anything in it.

Make your mental blueprint, and begin to build.

The beginning is in your imagination;

First think, then organize your thoughts into plans.

Then transform your thoughts into reality by taking some positive action.

Use your imagination to perceive your reality,

Even when it is not fully materialized.

You must first see it clearly in your mind BEFORE you can do it.

First VISUALIZE and then ACTUALIZE your way to success.

You really can live your dreams.

All you need to do is TRY.

-Berton Brayley

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On this day we commemorate Dr. King's great dream of a vibrant, multiracial nation united in justice, peace and reconciliation; a nation that has a place at the table for children of every race and room at the inn for every needy child. We are called on this holiday, not merely to honor, but to celebrate the values of equality, tolerance and interracial sister and brotherhood he so compellingly expressed in his great dream for America.

It is a day of interracial and intercultural cooperation and sharing. No other day of the year brings so many peoples from different cultural backgrounds together in such a vibrant spirit of brother and sisterhood. Whether you are African-American, Hispanic or Native American, whether you are Caucasian or Asian-American, you are part of the great dream Martin Luther King, Jr. had for America. This is not a black holiday; it is a peoples' holiday. And it is the young people of all races and religions who hold the keys to the fulfillment of his dream.

The King Holiday celebrates Dr. King's global vision of the world house, a world whose people and nations had triumphed over poverty, racism, war and violence. The holiday celebrates his vision of ecumenical solidarity, his insistence that all faiths had something meaningful to contribute to building the beloved community.

Dr. Martin Luther King Jr. once said, "Life's most persistent and urgent question is: What are you doing for others?" Across the country, Americans will answer that question by making the January 18, 2010 King Holiday a national day of service.

The OCBA Commissioners are asking all community members to think about how they can help serve others on the King Holiday and throughout the year.

What is Domestic Violence?

By Commissioner Stephenson, MPH

Domestic violence is a pattern of behavior used to establish power and control over another through emotional attack, fear, and intimidation. Domestic violence can affect anyone. Domestic violence or battering, often, includes the threat or use of violence; this violence is a crime. Battering occurs when one person believes that he or she is entitled to control another. Domestic violence affects people in all social, economic, racial, religious, and ethnic groups; whether the couple is married, divorced, or living together.

Violence develops from verbal, physical, emotional, financial, and sexual abuse. Most domestic violence victims are women by men, but that doesn't suggest that others cannot be battered or are perpetrators of abuse -- such as women on men.

Disagreements arise occasionally in all relationships, but battering involves every aspect of a relationship. While physical violence is the "enforcer" or the criminal act, other behaviors erode the partner or victim's sense of self, self-determination, and free will; this is ultimately lethal for many women.

Often batterers possess a low self-esteem and gain a sense of power by means of humiliating and controlling their partner. Control techniques can include verbal insults intended to bring down the partner's self-esteem, threats meant to scare the partner into obedience, or mind games aimed at making the victim feel unsure and weak. Batterer's who use physical abuse push, slap, pinch, grab, or use other demonstrations of physical strength to show that they have power in the relationship and to keep the partner from exercising control over their own life.

Abusers often show extreme possessiveness of their partner, wanting their partner to account for time spent away from home or on the phone. Furthermore, sexual abuse further serves to weaken the spirit of the victim and to show that the abuser has total authority. These forms of abuse are but a fraction of the tactics used by batterers to dominate the partner.

Over the past month Oregon and southwest Washington have lost 18 people in the most horrible way imaginable. Men killed women. Fathers shot children. Then, six times over the past month the attackers turned the gun around and shot themselves.

It is difficult to conceive the sheer number of tragedies caused by this string of domestic violence.

I personally commit that I will never stay silent if I think that, through my words or deeds, I can do something to make a difference, whether that means offering personal help to friends or family or assisting community groups with education and awareness efforts to increase positive attitudes toward nonviolence and encourage individuals to report family violence. I will also work with advocates against domestic violence to support policies and laws that protect women and children, prevent violence and stop these tragedies.

If you or someone you know needs help, there are resources available. Please visit the online resources at <http://www.oregon.gov/DHS/abuse/domestic/index.shtml> to learn more.

"Courage is rightly esteemed the first of human qualities because, as has been said, it is the quality which guarantees all others".

-Winston Churchill

Community Resource Links

Job Training and Educational Opportunities

Studies have shown individuals with more education and training have more secure jobs and higher wages.

Federal Pell grants help cover education and training expenses. Nearly all universities and community colleges and many trade and technical schools accept these grants. Even if you do not qualify for a Pell grant, you may be eligible for other financial aid.

It is not difficult to find training or apply for financial aid. The U.S. Departments of Education and Labor created a web site, www.opportunity.gov where information is available.

If you want to pursue these opportunities, take the steps below:

- Decide what type of training best meets your needs. You can visit www.careeronestop.org or your local community college or WorkSource Oregon Center for help identifying potential education and training opportunities. To locate the nearest WorkSource Oregon Center, call toll free 1-877-872-5627 or visit www.worksourceoregon.org.
- Colleges or WorkSource Oregon Centers can help you apply for Pell Grants and other financial aid. Applications are also available by calling 1-800-4FEDAID, or online at www.fafsa.gov. The web page allows you to "Fill Out Your FAFSA" and submit it electronically, which has a much faster turnaround time than mailed applications. You will need your prior year's tax return and documentation of other income in order to complete the application. Once your FAFSA has been sent to the college(s) of your choice, you can request a "Professional Judgment" from the college(s) to consider your current income. You need to report last year's income when applying, but your school may adjust your eligibility to reflect your current income. Check with your chosen school(s) to find out the timeliness and policies for income adjustments. You are subject to all rules regarding any loans or grants you receive for school.

Remember that both age and capacity are a "State of Mind" and you're never too old to learn.

Internships and Work Experience Options

High School Students

Are you a future scientist or engineer? Saturday Academy's ASE Program offers 9-11 grade students the opportunity to work with scientists and engineers for eight weeks, full-time, during the summer. Internships are available in: Chemistry, Biomedicine, Engineering, Biology, Computer Science, Physics, Earth Science, Web Design, and more! In some cases, students may be eligible to receive a \$1,000 stipend. For more information and to complete an online application, please go to www.saturdayacademy.org/ase or call (503)200-5861. Deadline to submit application is January 15, 2010.

Are you interested in getting a jump on your future? You can do so by exploring your interests, finding out what careers they point to, and making a plan to get the education and training you need to pursue your chosen field. For more information go to <http://cte.ed.gov/acrn/students.aspx>

High School and College Students

Oregon state government offers a variety of internship programs both paid and unpaid primarily for college and university students, however, opportunities do exist for high school students. For additional information on the internship programs offered through various state agencies visit the Oregon.gov Human Resource Services web site at <http://www.oregon.gov/DAS/HR/intern.shtml>

The Oregon Business Leadership Network consists of employers committed to the inclusion of qualified people with disabilities in the competitive workplace and as consumers. For information on the Summer 2010 internships for high school and college students with disabilities, please go to <http://www.obln.org/internstud.htm>

America's Career Resource Network (ACRN) consists of state and federal organizations that provide information, resources and training on career and education exploration. The network's national activities are funded by a grant from the U.S. Department of Education. For more information go to <http://cte.ed.gov/acrn/about.htm>

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OCBA Public Meeting Dates

<http://www.oregon.gov/OCBA/meetings.shtml>