



# Centreville Labor Resource Center

YEAR 2, VOLUME 11

NOVEMBER 2013

## Reminders-Upcoming Events

- December 7 Anniversary Open House 1-3PM
- End-of-year donations to CLRC can be made online; go to [www.centrevilleimmigrationforum.org](http://www.centrevilleimmigrationforum.org)

### **Open House Announcement:**

A special message from Alice Foltz, CIF board President:

We are grateful for your support for the Centreville Labor Resource Center during the past year, and we want to invite you to our 2<sup>nd</sup> anniversary celebration. You are a very important part of our story!

The Labor Resource Center will host our **2nd Anniversary Open House on Saturday, December 7, 1-3 pm.**

There will be light refreshments and opportunity to talk to Center staff, volunteers, and participants about our work. At 2 pm, there will be special awards for key volunteer-supporters during the past year. Fairfax County officials including Chairman Sharon Bulova and Sully District Supervisor Michael Frey will be present for special presentations.

We hope that you will join us to see new projects at the Center, and to see first-hand

how lives are being changed. Please bring other friends to learn more about the service opportunities that the Center provides. During the winter, when jobs for day laborers are scarce, the Center's skills-training and community-building are more important than ever!

Warm regards,

Alice Foltz  
President, Centreville Immigration Forum Board of Directors.

## **Holiday Ornaments**

Do you want to give a meaningful gift this year?

Do you want to support a local non-profit with your holiday giving?

Or do you simply have that one relative that always says "I have everything I could possibly want, I don't need gifts!" but you know that you can't NOT get them something?

We have just the thing for you! Beautiful handmade ornaments with photos from the best moments at the CLRC from the last two years!



Holiday Ornaments

They come in 4 colors, each representing a different monetary donation from \$10 to \$50.

The back has the message "This ornament represents a donation given in your honor to support programs at the Centreville Labor Resource Center. Happy Holidays!"

If you're interested in an ornament, please contact Roberto or Molly at [contact@centrevillelrc.org](mailto:contact@centrevillelrc.org) or at 703 543 6272.

**Roberto Fernández– Director**

**Molly Maddra– Coordinator**

5956 Centreville Crest Lane, Centreville, VA 20121  
703.543.6272 (phone) 703.543.6274 (fax)



**Thanksgiving 2013 Spread**

## Thanksgiving Feast

On Sunday, November 24<sup>th</sup>, the CLRC celebrated Thanksgiving with workers, volunteers and community supporters. The potluck style dinner highlighted flavors from diverse cultures and made it a especially delicious feast! There were traditional North American staples like turkey, stuffing, mashed potatoes and gravy, Central American dishes like *tamales*, *chuchitos* and fresh, handmade *tortillas*, Korean dishes like *bulgogi* and *kimchi* and a few dishes from other parts of the world.

Volunteers were recognized for their work supporting us throughout the year and many won gift cards to Jireh Bakery and Starbucks in the volunteer raffle.

The CLRC would not be able to operate without the continued support of our dedicated volunteers and we cannot thank them enough. **THANK YOU!**

## Health Workshops- *Stephanie Carpio*

I am currently a nursing school student at Northern Virginia Community College and will be graduating this coming May. A couple times a week I talk to the day laborers both in the Center and out on the street. The purpose of this outreach was for me to get to know the community of workers, find out what occupational health concerns came up, what health concerns and interests the workers wanted to know about, and what treatment methods the workers used when they are sick.

Besides the Emergency rooms at a hospital, immigrant workers have a limited amount of choices to go to when they need healthcare.



**Health workshop led by Stephanie Carpio**

Transportation plays a big factor when workers are trying to get to medical appointments. A lot of the workers do not have any form of transportation and there is currently no bus system through Centreville that doesn't have you going all the way to Vienna to catch a bus for Chantilly. With these factors in mind I partnered up with the Centreville Labor Resource Center to provide health prevention classes to the workers.

After my initial needs assessment, I started by planning out specialized lessons covering topics such as, back pain, blood pressure, tetanus, infection prevention, to name a few. Every Wednesday or Thursday morning I come in to set up. Before I begin a lesson I ask the class what they know about topic we will talk about or the illness for that day's lesson. I've come to find that visuals and hands on activities not only peaks their interest but also empowers the workers to care more about health. For example, one of the classes had to do with the cardiovascular system and the effect cholesterol has on blood vessels. In order for the class to understand the cardiovascular systems adaptation to physical activity I had them count their pulse for one minute (while resting) then I had them do jumping jacks or high knees for another minute, after that they had to count their pulse again and we would talk about what caused the change.

When there are health matters that go beyond discussion during the health talks, I encourage the workers to utilize a new resource available here in Centreville. Grace Community clinic just off Stone Road (In the same building as Dunkin Donuts) has been open every Sunday for the last month to provide healthcare to the uninsured and low income community of Centreville. Every lesson raises new questions about how the body works but they also bring understanding and cultural awareness of this community.

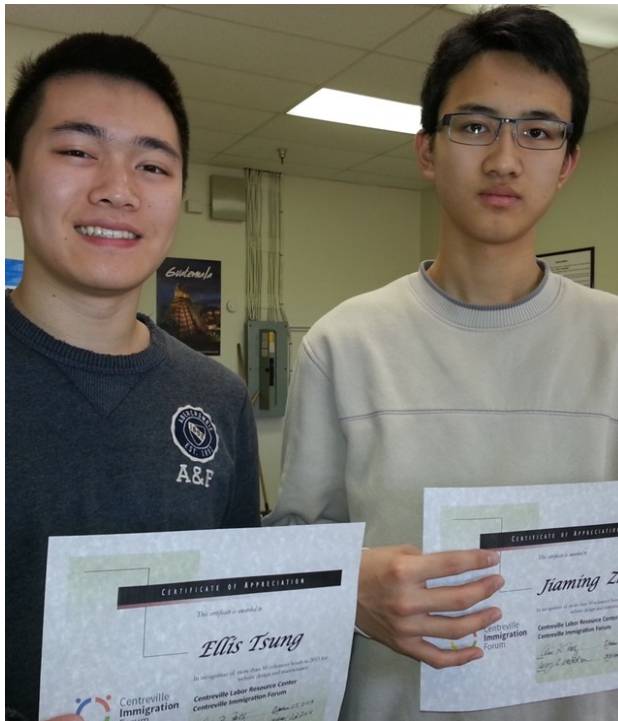
## Making a difference, with Technology

The CLRC recognizes and gives special thanks to Jiaming Zhao and Ellis Tsung for their dedication and hard work as our Web Master Volunteers.

As students at Battlefield High School and Thomas Jefferson High School for Science and Technology respectively, they have made time in their busy schedules to volunteer on Saturdays for the past year to assist in improving our web presence and redesigning the CLRC website.

As a direct result of their work, there has been a near 20% increase in employers reporting that they found the CLRC online. Jiaming and Ellis have worked on improving the layout, aesthetics and streamlining the website to make it more user friendly.

The CLRC has received much praise on the website and we feel proud and thankful for having Jiaming and Ellis leading this effort! THANK YOU!



Ellis Tsung and Jiaming Zhao

## CLRC Participates in Global Compact Symposium at George Mason University

CLRC education and outreach coordinator Molly Maddra participated in George Mason's United Nations Global Compact Symposium.

As an alumna of GMU, Ms. Maddra participated in a student panel representing Mason's commitment to fair labor practices both in its administrative and academic arenas.

The Center was presented as a model for the regulation of the causal labor market which is predicted to grow given the increasingly uncertain and globalizing economy. By ensuring fair for day labor, centers like the CLRC are essential to ensuring a fair labor market for all workers, not just day laborers.

The CLRC was well received by faculty and staff at the symposium and we look forward to the new partnerships that may grow from this visit. Special thanks to Dr. Al Fustes, professor at GMU, for inviting CLRC to participate. It was an honor to be part of this effort.



Participating at GMU



**TESTIMONIAL FROM A VERY HAPPY EMPLOYER**

“We are extremely pleased with Edward’s work. You can’t tell the holes from the fan installation were ever there and the painting job over the whole ceiling was excellent. Attached are some pictures of the ceiling and wall where he patched the drywall holes and also of the access door to the shutoff valve he installed for us.” (See Pictures below)

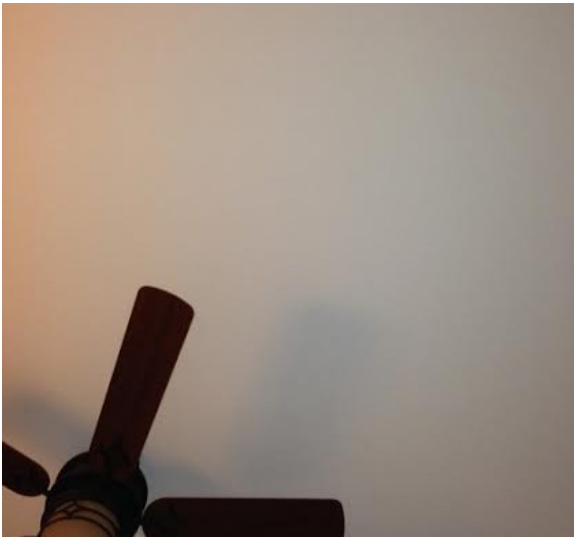
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**HOW TO HIRE A WORKER FROM THE CLRC**

If you have work you’d like some help on and would like to hire a worker, follow these simple steps:

1. Call us 703.543.6272 or visit us on the web at [www.centrevilleLRC.org](http://www.centrevilleLRC.org) and click on the “How to Hire” link.
2. Tell us what kind of work you need, how many workers you need and when you need them for.
3. We will match your needs to our registered workers skills and set up the job.
4. Negotiate the price for work.
5. Provide us with feedback after the job to ensure we’re doing great work, that you are satisfied and that our workers are fairly paid.

It’s that easy!!! The CLRC serves businesses and homeowners who need help with just about any home remodel or maintenance project.

**Featured Jobs of the Month**

**Drywall and fan Install**



**Shutoff valve access door install**

Available only at CLRC: **GARDEN BOXES** for raised beds or cold frames

All-natural chemical-free treated cedar.

Start your own organic garden, or give a special gift to a gardener!

Call [703-543-6272](tel:703-543-6272) for details or visit <http://www.centrevillelrc.org/p/green-garden-box-project.html>