

**January 2009**

**El Frío extremo...Extreme cold can be fatal**

It is important to inform oneself about the dangers associated with exposure to cold temperatures below zero, especially for immigrants who come from areas that are warmer. Note that in this country temperature is measured in Fahrenheit, and many times they give two temperatures. One with wind chill, one without. It is important to take special care with children when temperatures are below freezing to make sure their bodies can maintain a normal temperature. Being exposed to temperatures below zero can lead to frostbite or hypothermia. Take precautions to make sure you and your loved ones enjoy winter.

**Notarios Fraudes... Fraudulent Notaries**

With help from the Carnegie Corporation of New York there is a campaign to protect immigrants from notary fraud. There are some notaries who are making false claims and placing false advertising that they can help immigrants to obtain legal status. At times they charge large amounts of money for services that they never provide. Many times the immigrants lose the opportunity to ever obtain legal status because the case has been mishandled by a notary. The Commission is working to get information about this dangerous practice to the immigrant communities and to the defenders who represent the victims. Contact the YWCA Janesville with questions. 608-752-5445

**Fort HealthCare ofrece... Fort HealthCare offers a new service for patients who don't speak English.** A telephone line in Spanish is now available where you can leave a message in Spanish and within 24 hours an interpreter will return the call. The number for this new service is 920-568-5001.

**Certificado para Conducir...Forklift Driving Certificate**

OSHA and the Latino Chamber of Commerce in Madison join forces to offer training in Spanish to forklift drivers. OSHA estimates that there are 680,400 accidents related to forklift driving per year that cause 90,000 workers to be injured. One out of every four accidents is due to lack of training. 25% of the work force of Chicago is of Hispanic origin and nearly 40% don't speak English well. Because of this there is a clear need to develop bilingual training programs aimed at this labor force. Contact the number listed for more information. 608-712-3522

**Información para empleados...Information for employees about the Wisconsin Worker's Compensation Program.**

Worker's Comp is a benefit program that pays for medical treatment and lost wages due to an injury or illness that occurred in your job. The article tells what to do if you are injured, what is paid by Worker's Compensation, what happens when you file a claim and what can happen if you file a fraudulent claim. For more information call the numbers listed or visit the web-site.

**Señales de advertencia...Warning signs of a foreclosure**

Unexpected life changes, especially those that affect your finances, can be contributing factors in a foreclosure. These include: Job loss or a reduction in work hours, a serious injury or illness, divorce or separation, death of a

spouse. There doesn't have to be a drastic change in your life to warn you of potential problems. You may not be handling your finances as you should. Don't kid yourself if you think problems with your credit cards won't affect your mortgage. These include: your interest rate on your mortgage is rising or is ready to change, maxing out your credit cards, using credit to pay for daily expenses like food, public services or your mortgage, paying only the minimum balance required on your credit card, applying for new loans or credit cards after maxing out the ones you have, having to choose which bills you're going to pay. Speak immediately with a HUD-certified counselor and they can help you put your finances in order and avoid a foreclosure. HBC Services is a non-profit agency that will help you negotiate with your bank to resolve problems if you get behind in your payments. Don't let time pass since it's important that you call today. The service is completely free. Call 800-687-1680 and ask for Rocio.

**En el mes...**In the October newsletter, some readers had the opportunity to fill out a survey and have a chance to win a gas card worth \$25. Congratulations to Bernardo Tovar. The information from the surveys will help us plan for the future of Conexiones Latinas. Thanks to all who filled out and returned the surveys.

### **Corrección – Correction**

In the October 2008 issue, there was an error in the schedule for the Latino Services Providers Coalition in Beloit. The correct schedule is Monday, Wednesday and Friday from 9:00 am – 1:00 pm and Tuesday from 5:00 pm – 8:00 pm. The address is 822 Broad St., Beloit, WI 53511.

### **Actividades divertidas...Fun winter activities**

#### **HOW TO BUILD A SNOWMAN**

Building a snowman provides a way to get some exercise with your family that is fun for everyone.. You'll need a few inches of snow on the ground; wear gloves or mittens.

##### Step 1

Test to see if you have 'packing snow,' which clumps together easily and isn't too wet. There are some days that the snow is too wet to make a snowman; the snow must pack to make a snowman.

##### Step 2

Make a ball in your hands with some snow. Continue adding more snow and packing the ball until it's about 8-10 inches.

##### Step 3

Place the ball on the snow in front of you and slowly roll it away from you. Pack the snow by pressing with your hands as it rolls and picks up more snow. Do this until the ball is the size you want for the bottom of the snowman's body.

##### Step 5

Repeat for two more balls, each a little smaller than the first.

##### Step 6

Put the balls on top of each other with the biggest on the bottom and the smallest on top. Pack some extra snow between the layers to make them stick together.

##### Step 7

Give the snowman a face. Use coal, rocks, or anything dark and round for the eyes. A horizontal stick or twig will make a good mouth, and a carrot is a good nose. If you don't have a carrot, a banana or a stick will do the job.

#### Step 8

Put some rocks or charcoal on the body for buttons. Cover the top of his head with an old hat. Add a stick on each side of the body for arms and put old mittens on the ends. You can add a scarf around the neck, have him holding a shovel or broom if you want.

#### **Receta para play dough... Play dough recipe**

1 ½ cups flour

¼ cup salt

1 ½ tablespoons oil

1 pkg Kool-Aid

1 cup boiling water

Knead all the ingredients and let it cool. Kids can make figures or use cookie cutters to make different shapes.

#### **Nuevo sitio en el internet... new Internet site**

The U.S. Department of Education (ED) launched a [free Web site](#) to help immigrants learn English.

Among the features of USALearns.org are:

An easily accessible Internet learning tool;

Simple directions;

Free instructional materials developed primarily with public funds to teach basic English skills and help adults improve their English proficiency; and

Learning modules that can be used inside or outside a traditional classroom.

Users can click on directions in either English or Spanish and choose which English level they need -- beginner, low-intermediate or intermediate. Instruction in the modules is almost exclusively in English. In the beginner course, 20 units are offered in such areas as numbers, the calendar, places to go, families, schools, clothes, money and shopping. For intermediate students, more challenging exercises can help polish existing English reading and writing skills.