

Clark County Family Childcare Association Newsletter

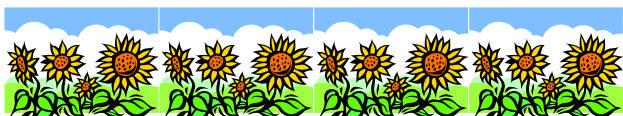
Printed August 2011

Meeting Times

Association meetings are held on the
First Tuesday of each month
Social time is 5:30 to 6:30 p.m.
Meetings begin at 6:30 p.m.
STARS classes begin at 8 p.m.
Meetings are held at Pied Piper Pizza
12300 N.E. Fourth Plain Blvd. Vancouver 98682

Upcoming Events

August 9 th	Web site planning meeting
August 10 th	Providers in the Park
August 12 th	Kusler closing business sale
August 23 rd	Board Meeting
August 27 th	CCFCCA Yard Sale
September 6 th	Regular Member Meeting
	STARS training: "Love and Logic"
	With trainer Bobby Bellomy 7:30 to 9:30
September 10 th	Self Defense Class
September 17 th	End of Summer Picnic
September 18 th	Komen Race for the Cure



Letter from the President

I hope all of you have been able to take some time away from your home businesses to really enjoy yourselves this summer. A little or big getaway can really help decrease the effects of stress and restore our outlook of life. It's so easy to let our busy days run into each other as we tend to our daycare children and family. We, as caregivers have the tendency to put our needs last and not take the time to rejuvenate our minds and bodies. It is important to our mental and emotional health to make a conscious effort to reduce the stress on our obviously hectic lives.

A few years ago, I failed to take a vacation all year. I soon realized that it was necessary to assert my need for a customary paid vacation. With a milestone 50th birthday last week, I planned my first motorcycle trip.

I decided last year that I was going to learn to ride my own bike because I always fall asleep riding on the back. That really isn't safe to be asleep or fun to only see the back of your husband's helmet when we live in the beautiful Pacific Northwest.



My husband, Roger and I rode over 1200 miles visiting Whistler, Victoria, and Vancouver, B.C. as well as Lynden and Leavenworth, WA. We took the gondola at Whistler, saw a pod of Orca Whales on the ferry from Victoria, and rode on some great roads along the Klickitat River and the Yakima Canyon highway. I learned a lot about riding and especially learned how important it is to get good footing and keep your balance while stopping.

It was a great trip and I loved the solitude and scenery, although I had to get used to the strength of the wind. With a couple of boo boos, I think my bike will like me more next time.

There are some great "staycations" in the area if you can't manage a big trip.

<http://www.frugallivingnw.com/local-events/year-of-the-staycation-portland/>

I hope you can take time for yourself. Those around you will appreciate your renewed attitude and remember that you deserve it. Wendy Patterson



*The more you read the more things
you will know. The more you learn the
more places you'll go.*
Dr. Seuss

August Meeting Report

By Melba Halgren

Our August 2nd meeting was used to enthusiastically kick off our 5th year for CCFCCA to sponsor “The Second Mamas” Race for the Cure team. In honor of the September 18th, 2011 Komen walk, pink was the focus color of our meeting room at the Pied Piper Restaurant.



Each Provider that had joined “The Second Mamas” team by or at our meeting was presented with a special “pink pampering” gift by our co-captains Tina VanBuskirk and Judy Peters. Tina and Judy offered up some good information on how the Komen Race for the Cure helps local woman through free screenings for those with no insurance or are underinsured. The *pretty in pink* meeting room helped to set the mood. As usual, Sandi Brinley and Judy Peters had the room brightly decorated. Pale pink tablecloths and dark pink streamers along with pink candy at each place setting made the room look festive. Several fun posters created by member Emily Gruenberg decorated the walls. The tables also held small gifts of Race for the Cure writing pins and small tablets, pink bracelets and pink “I Promise” badges for all members. If anyone still wants to join the team, contact Judy at 693-5245 or Tina at 882-4420 or go on line at http://race.komenoregon.org/site/TR/Race/PortlandRacefortheCure/459672243?pg=team&fr_id=1150&team_id=56456

Several committee reports were given. Wendy Patterson announced that Discovery Kits would no longer be available to check out at our monthly meetings. The kits will soon be available at the new Vancouver Community Library in smaller bags. Melba Halgren gave an important SEIU 925 report

including information about the raise in licensing fees to \$30 and the \$45 one-time only background check fee. So be sure to check out the SEIU News article in this newsletter. Lari Piel reported on our treasury, which is still very healthy.



50/50 winner, Cindy Perez

Judy Peters announced a CCFCCA Website planning meeting on August 9th at 6:00 p.m. at the Peach Tree Restaurant in Garrison Square. Interested members are invited to attend. Let Wendy or Judy know if you will be there so we can plan for enough seating. CCFCCA’s bi-annual CPR/First Aid class was held on July 29th at the Pied Piper Restaurant. It was excellent! Nancy Dickinson said that this training was the best she had ever attended. Wendy Patterson reported that the Wendel Animal Museum would not be offering group daycare tours this year. Our Scrip fundraiser is going well. If you would like to place an order, contact Terri Lehman at 260-9884.



We celebrated the August birthdays of members, Sandi Brinley and Shahna Arrebollo.

The 50/50 raffle winnings of \$36 went to Cindy Perez. Raffle prizes were decorative photo boxes and photo albums won by Melba Halgren, Kathy Ramey, Nancy Dickinson and Terri Lehman. Melba also won a big box of *Melissa and Doug* building blocks.

Please join us for our September meeting.

August STARS Training

“Extended Sand and Water Play”

Following our August 2nd member meeting, we had a fun and very informative STARS training on “Extended Sand & Water Play.” The trainer was retired Portland School teacher, Lydia Rich. Lydia was assisted by Ruth Shafer from Vancouver Community Library. The training was held in the back parking lot of Pied Piper Restaurant. Providers had the chance to see many displays of sand and water play. Each provider won a display item to take home at the end. I am including some of the great ideas from the training:



- * Mud is a great medium for kids. Discuss words like “saturation” and “consistency”.
- * Use a spray bottle to add water to dry dirt or sand. Add water in small amounts to see how consistency changes.
- * Use an ice cream scooper in the wet sand to make pretend ice cream cones.
- * Coordinate buying items

in large quantities and share with other providers. You can get up to a 10% - 20% discount by buying in bulk.

- * Look for items at garage sales, Dollar Store or second hand stores for creative play.
- * Extend play whenever you can. Don’t just create something with play dough. Pretend to bake it too. Or start a project one day and continue it for the next few days (i.e. a painted picture can have sand or glitter glued to it the next day, then framed the 3rd day.
- * Use an old plastic tub for cleaning baby dolls. Use sponges, brushes, soap, and drying rags.
- * Get a tub of water and add paint to it. Watch as it disperses through the water.
- * Use funnels, tubes and all sizes of containers in water play. Add food coloring for variety.
- * Place a small table over a container and put things on it. It gives a sense of order.
- * If you find a dirty toy at a garage sale, let your daycare kids clean it up.
- * Run a toy truck through mud. Then make tires tracks across a piece of newspaper.
- * You can get a package of 16 different food colors at a cake-decorating store.
- * Put potting soil in a round container and use a variety of plastic flowers to practice flower arranging.
- * Cut up paper sacks for artwork. You don’t need clean white paper all the time.

- * Use two tubs. Put water and food coloring in one tub and place it up high. Put water in the other tub on the ground. Run a cloth from one tub to another and watch the colored water flow down from the cloth. Or reverse and put food coloring in the lower tub and watch the colored water travel upward. (This is a good science project)
- * Dip chalk in buttermilk before using. See and feel the difference.
- * Fill a tub with water and all sizes and shapes of cork for fun play.
- * Use all different sizes and shapes of cookie cutters in mud.
- * Collect Mr. Potato Head parts and use in mud play.
- * Put sand in a plastic tub and use different sizes of salt and peppershakers, empty salt containers and a funnel for fun sand play.
- * Collect plastic critters and creatures such as turtles, lizards, frogs, snakes dinosaurs etc. along with greenery and add to a tub of mud, soil or sand.
- * Kids love to play with paintbrushes and water.
- * Use spray bottles to mist around a child lying on the ground. Then look at the silhouette when the child stands up.
- * Create your own “stove” out of an old box. Spray paint it and paint circles for burners along the top of the box. Create your own shelves. Then pretend to bake your food you created out of mud or sand.
- * Remember the mantra: “It’s the process, not the product.”

* Two great places to pick up odds and ends for creative play are:

SCRAP, 2915 NE MLK Blvd., Portland OR and **The Title Wave Bookstore** at 216 NE Knott Street (right off MLK Blvd), Portland, OR 97212. Both are 2 blocks



apart.

Two gifts were raffled off at our STARS training. Barb Dixon won the pegboard water wall and Tsai Spring won the water/sand table giveaway.

The links below will take you to some ideas on how to put together a water wall pegboard.

<http://progressiveearlychildhoodeducation.blogspot.com/search/label/water%20play>

<http://progressiveearlychildhoodeducation.blogspot.com/2011/02/planning-new-water-wall-for-water-play.html>

SEIU 925 NEWS



RECENT TRAININGS:

Two outstanding leadership trainings have taken place in July. The **Southwest Washington's Member Development Workshop** was held on Saturday, July 9th from 6:00-8:00 p.m. at the Clark Public Utilities Building. Sherry Schleufer put together a terrific training. The purpose of this meeting was to train

members to be leaders. Every member who attended had a part in the training. Each participant got a great Resource notebook and a gift bag. Each participant agreed to mentor two other union members to help grow our union. We also enjoyed a great potluck dinner.

Imagine 925 was a super training event held in Tacoma on July 15th, 16th, and 17th at the Hotel Murano in Tacoma, Washington. I was able to attend this fantastic 3-day training. It was one of the best I have ever attended. We discussed how the middle class and unions are under attack in this country and what our strategy is for fighting back. We brainstormed on how we can grow our union. SEIU will focus on building new leaders, reaching out to our community allies, educating the public about important issues, using more music and art in our messages, educating elected officials, mobilizing an army of volunteers, raising the level of COPE contributions, and building hope for the future. We will be working hard to win the governor's race and supporting local candidates who are fighting for working families. We will be working to have better communication with all union members and building stronger relationships. I see some really exciting things happening this coming year. Stay tuned.

ADDRESSING THE \$45 ONE-TIME ONLY

BACKGROUND CHECK FEE: According to our SW Washington Rep., Sherry Schleufer, all the money being raised by paying this \$45 fee will go into a general fund. Part of this fund will pay for the cost of building and maintaining a "portable" background clearance registry. The problem is that the state needs money but cannot raise taxes because of the Eyman Initiative that got voted in that prevents the legislature from increasing taxes without a two-thirds super majority vote. The state has had to resort to raising revenue by raising fees. These fees are not going to change. If you are upset about

these fees, you can write or call your legislators and lodge your complaint. You can also participate in Lobby Day early next year and talk to your legislators face-to-face.

LICENSING FEES HAVE INCREASED FROM \$24 TO \$30.

If your license expires after July 1st, 2011 and you have already paid your \$24 fee, you will need to pay an additional \$6. If your license expired before July 1st, 2011 and you completed all your re-licensing requirements, you probably will not have to pay this additional \$6.

NON-EXPIRING LICENSE ISSUES: Now that the non-expiring license has been signed into law, you will be required to sign a compliance agreement that you will comply with all WACS. There was some language in this agreement that angered some providers. The phrase "under penalty of perjury of law" had been added. Providers voiced their strong concern and opposition to this phrase. Our SEIU 925 President Karen Hart was able to meet with DEL Director Betty Hyde and discuss this issue. Betty Hyde said that the old form and the new form would both stand up in a court of law. Karen Hart suggested that we should go back to the language of the old form then. Betty Hyde agreed and so this change has been made. This is a great example of how our union can work for members.

If there is any issue that providers are upset about, please let your local SEIU leaders know so we can take the issues back to our state leadership. You can also call your legislators and let them know your concerns.

SEIU 925 IS NOW 10 YEARS OLD. This union used to be called SEIU 9 to 5, but 10 years ago it was changed to SEIU 925. We celebrated this 10-year anniversary on July 16th, 2011 at the Hotel Murano in Tacoma, Washington. Kim Cook was honored for serving as the president of SEIU Local 925 for 10 years. Kim is now working on the international level and Karen Hart is serving as the present president.

Melba Halgren, 27-year provider
SW Washington Lead Activist



Reading aloud to children is known to be the single most important activity for building the knowledge and skills they will eventually require for learning to read-

Marilyn Jager Adams

August Gardening Tips



water once a week (or as needed) and let the water soak into the ground. This encourages deep root growth and much stronger plants.

Fertilizing

Be careful when fertilizing in the heat. **Dry plants/soil should never be fertilized!** Always make sure your plants are properly hydrated BEFORE fertilizing so that you do not burn your plants. What happens is that the plant is so thirsty, that it takes up too much and that causes problems.

Harvesting Vegetables: Keep up with the harvest from your vegetable garden. Be sure to pick small and often.

Don't let veggies get to large, like cucumbers, zucchini, squash, etc. Large veggies drain the plant of energy and ultimately shorten the harvest season.

However, you can plant more lettuce, chard and spinach if it goes to seed or starts to become bitter.



To have veggies ready for a fall harvest, **start planting transplants.**

For winter harvest crops, now is the time to start sowing seeds. There is a good selection of Territorial Seeds Fall/Winter Vegetable seed in stock now.

Deadheading-Keeping up with deadheading keeps your garden tidy and attractive. And do it daily to get the most flowers out of the plants.

Most all flowering plants benefit from cleaning. A little deadheading goes a long way for productivity of blooms. As the bloom starts to fade, brown or just not look as beautiful as it should, trim it off. This simple effort lets the other flowers shine. Snip, pinch or simply break off the dead ends. You won't kill it.

Happy Gardening



August in the Pacific Northwest is primarily a maintenance month of watering, deadheading and feeding.

However, your primary concern is to make sure your plants do not stress out and die due to a lack of water.

Deep watering of your plants and vegetables is still essential. By driving water into the soil slowly, it can merge with the deeper soil moisture and naturally encourage roots to follow downward.

We touched on this briefly in July, but it is still extremely important to ensure your plants survival. In addition to our July Gardening Tips, try some of these **deep watering ideas:**

- **Use a soaker hose around trees and large shrubs.** Turn it on at a very slow rate and allow it to run as long as overnight. Using a timer is a great idea to make sure you don't forget. Also, cover hose with mulch to stop evaporation and to help conserve moisture when the sun is out.
- **Wrap a cotton sock on the end of a hose, connected with a rubber band.** Only turn the water on a slow trickle and place it near the drip line of the tree. Allow it to run several hours, and then move it a quarter of the way around the drip line.
- **Flowering annuals like marigolds and petunias need deep watering also.** Dig out an earthen bowl around the plant. Fill it with

Mind in the Making

Introducing WAEYC's Virtual Book-Club An Early Learning Community Around *"Mind in the Making"*

The Washington Association for the Education of Young Children (WAEYC) is kicking off our Early Learning Community around [Ellen Galinsky's](#) book, *Mind in the Making*. *Mind in the Making* is a powerful new resource that brings the science of early learning to families and to the professionals who work with children. Author Ellen Galinsky has spent her entire career studying early childhood development. She has visited leading research centers, met with the top child experts and researchers, filmed their experiments and studied their results. *Mind in the Making* shows parents and professionals how to use this research with their children.

Galinsky, co-founder of the Families and Work Institute and former NAEYC President, has subtitled her book "The Seven Essential Life Skills Every Child Needs." Each chapter of the book is dedicated to one of the seven skills — "Focus and Self Control," "Perspective Taking," "Communicating," "Making Connections," "Critical Thinking," "Taking on Challenges," "Self-Directed Engaged Learning" — and outlines the activities of everyday life which foster those skills.

WAEYC will engage the Early Learning Community in an on-going, interactive dialogue about each of the seven essential life skills through the use of technology and social media. Join us each month as we introduce one of the seven skills by writing a [blog post](#) that summarizes the chapter from the book. The blog post will introduce key concepts and will outline our perspective as well as discuss questions that arose for participants while reading the text. WAEYC will then host a virtual book-club discussion via webinar. The Early Learning Community will be able to continue their conversation after each webinar on [WAEYC's Facebook page](#). The *Mind in the Making* blog posts, webinars and Facebook discussions will begin in August 2011 and wrap up in May 2012.

WAEYC is excited about this opportunity to provide participants with a forum for listening, connecting and sharing about how to create meaningful learning opportunities for children and how to best prepare our young children for the world we live in. Be part of one or all seven life skills conversations!

For more information, to see how to earn STARS hours or OSPI Clock hours, and to register for our first webinar on August 16th, please visit <http://www.waeyc.org/mitm.htm>.

Special August Events.....

Wednesday, August 18th, at 6:00 p.m.
"PROVIDER IN THE PARK" at Esther Short Park. Meet at the Clock Tower. Bring a camp chair, snacks or dinner, and other provider friends. All providers are invited.

Friday, August 12th from 5:00 p.m. – 9:00 p.m. and Saturday, August 13th, 8:00 a.m. – 5:00 p.m. **"Daycare Closing Sale"** at the home of Judy Kusler, 1296 NE 22nd Street, Vancouver 98684 in the Landover Hills neighborhood near Evergreen high School. Call 360-892-7304 w/ questions

Saturday, August 27th and Sunday, August 28th **CCFCCA Yard Sale** at the home of Kasey Tanner. You may start bringing items as early as Tuesday, August 23rd. Contact Kasey at 433-9907



August 27th and 28th is the weekend that the CCFCCA will have our annual fundraiser Yard Sale. This year the sale will be held at the home of Kasey Tanner.

Donations can be delivered to Kasey's home at 13217 NE 98th Street, Vancouver, WA 98682.

Please make sure that your donations are clean and ready to sale. We are looking for donations of any kind.

You can bring your donations to Kasey's house beginning on August 23rd.

If you would like to volunteer to help at the sale, call Kasey @ 433-9907.

Health Advisory

Dear Clark County Provider,

In February, we informed you of changes in reporting due to the Washington Administrative Code revision. A major change was in reporting animal bites. The old code required all animal bites be reported; this resulted in many unnecessary reports where rabies risk was negligible. The new rule requires that only **suspected rabies exposure** be immediately reported to local health jurisdictions (LHJ). However, we continue to receive animal bite reports that are not required to be reported. This letter provides additional information regarding the new requirements.



To report a suspected rabies exposure, contact us (Clark County Public Health) at 360-397-8182. We are available 24/7 for consultation by calling the public health answering service 1-888-727-6230, outside of regular business hours. We can also facilitate animal testing when deemed necessary.

You should ALWAYS report bites where there is a potential risk for human rabies. These include human exposures to bites from:

- ✓ Any rabid-acting mammal
- ✓ Bats (known bites, scratches, or possible sleep exposures)
- ✓ Wild carnivores (e.g., skunks, foxes, coyotes), and hybrid carnivores (e.g., wolf-dog, coyotedog, many domestic cat-wild cat hybrids).
- ✓

Categories of Health Alert messages:

Health Alert: conveys the highest level of importance; warrants immediate action or attention.

Health Advisory: provides important information for specific incident for situation; may not require immediate action.

Health Update: provides updated information regarding an incident or situation; no immediate action necessary.

Questions about new licensing laws?

Several new child care licensing laws went into effect on July 22. Find out more about:

Non-expiring licenses

www.del.wa.gov/requirements/info/

Portable background checks

www.del.wa.gov/requirements/new/background.nd.aspx

Immunization exemption requirements

www.doh.wa.gov/cfh/Immunize/schools/exemption-info.htm

You also can watch a recording of DEL's Legislative Session Wrap-Up webinar with providers on DEL's YouTube channel:

www.youtube.com/user/DeptOfEarlyLearning



This beautiful back yard view is at the home of Provider Patti Willis. Patti has created a serene atmosphere for her family and her daycare children.



Proud Grandma, Debra Gault reports that her beautiful granddaughter Grace Lynn will be 1 year old on 8/7/11. Oh how quickly they grow up.

USDA's Advice for Eating Right Is Hard On the Wallet



There are myriad reasons why it's tough to follow a healthy diet in this day and age, and the formidable obesity epidemic in this country is a testament to the fact that too many of us simply can't do it.

The government, in theory, wants to lead us down a healthier path, with tactics like the Dietary Guidelines, updated every five years with the latest nutritional science and suggestions for how to balance meals.

But fruits and veggies can be pricey relative to sugary, fatty foods, and the guidelines don't really help consumers on a tight budget figure out how to boost their intake of these healthy foods, public health experts say.



Today, researchers at the University of Washington published a study in *Health Affairs* that looked at four nutrients — potassium, fiber, Vitamin D and calcium — which the most recent set of guidelines (released in January) said we weren't eating enough of.

What they found among people they surveyed in the Seattle area was that consuming the recommended amounts of these four nutrients would make the average person's food bill go up — by as much as \$380 per year with just one of the nutrients (potassium). That is too much for some low-income families, they say.

"We're trying to understand the dietary imbalance, and our study shows there's an economic layer to it, which the Dietary Guidelines don't account for," Pablo Monsivais, an epidemiologist at the University of Washington and the lead author of the study, tells Shots. "In theory it's possible for people to meet the guidelines, but they would have to be reoriented towards the lowest-cost foods."



Monsivais and his colleagues conducted a random telephone survey of about 2,000 adults in King County, Wash., on what they ate and how much they spent on food. They followed up with a questionnaire in the mail to which about 1,300 people responded.

On the question of potassium, respondents said they consumed an average of 2,800 milligrams per day — 700 milligrams less than what the guidelines recommend. The researchers calculated that it would cost them an extra \$1.04 a day, or \$380 per year, to meet the guideline.

Potassium isn't inherently expensive, the study notes — bananas and potatoes are cheap ways to get it — but many people wouldn't necessarily go for those foods if they were trying to boost their potassium, based on what they currently eat.



Monsivais has an idea, though, of what an affordable "MyPlate" would look like: It would be filled with lentils, cabbage, eggs, and carrots. And for dessert? Oranges, apples or bananas — all nutritious and cheap.

Another way to get people to eat more nutritious food is to help families on food assistance shop at farmers' markets. The *Health Affairs* study references Boston Bounty Bucks, a program that makes it easier for food stamp users to go to 21 farmers markets around Boston. All purchases made at these markets with the federal government's Supplemental Nutrition Assistance Program, or SNAP, are matched up to \$10 by the BBB.



The Union of Concerned Scientists coincidentally released a report today also encouraging the government to do more to make the healthy fruits and vegetables at farmers' markets accessible to the poor.

"What we want to see are policies to allow low-income people to redeem their food assistance benefits at farmers markets," UCS economist and report author Jeffrey O'Hara tells Shots. "Some states don't even allow it, and there is evidence that these benefits work well for low-income people and actually help them increase their food and vegetable consumption."



*There is more treasure in books than in all the pirates' loot on Treasure Island.
Walt Disney*

Happy Birthday to You....



August Birthdays:

Sandi Brinley	8/5
Angela Haugen	8/6
Shahna Arrebollo	8/12
Jeannie Clark	8/14
Samantha Giering	8/14
Peggy Corcoran	8/16
Jessica Aguilar	8/24

September Birthdays:

Tina VanBuskirk	9/9
Patti Willis	9/12

SCRIP!!!!

By Terri Lehman



Order a gift card to a participating company for the denomination posted and a % will go to CCFCCA!! If you shop at a particular place or someone you know does, just order a gift card. It's just prepaying for a place you frequent. Check it out and I guarantee you will find "something" that you can use. When you go online at www.shopwithscrip.com you will find the list of companies and the denominations that are available with the % that goes to CCFCCA.

You will need to; set up an account, find what you want, print it out, send it with a check made out to CCFCCA. Once I have placed the order and I have all of the money, it should take less than a week to receive your SCRIP cards. In order that CCFCCA get the %, you will need to use this code: **LFBF445424118**. If you have any questions, please feel free to call me @ 260-9884. Make checks payable to: CCFCCA. Papa Murphy's is now available for scrip. Please mail to: Terri Lehman 13203 NE 91st St. Vancouver, WA 98682

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"Oh magic hour, when a child first knows she can read printed words."

A tree grows in Brooklyn

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