

# Clark County Family Childcare Association Newsletter

Printed February 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

February 15<sup>th</sup> Board Meeting-Rosser

February 19<sup>th</sup> CPR/First Aid Class

March 1<sup>st</sup> CCFCCA meeting

Training: "Eco Friendly Daycare by trainer Kath Sherman

March 5<sup>th</sup> Self Defense Workshop

March 19<sup>th</sup> Tapestry Conference

April 16<sup>th</sup> Spring Tour of Homes



## Letter from the President

Dear Providers & Friends:

Just recently, I witnessed a great out-pouring of love in my life. My oldest grandson, Austin, was leaving for his mission to Brazil on January 25<sup>th</sup>. The Sunday before he left, we held an Open House for him at our home. We counted 83 people who showed up to express their love, support and say farewell. So many words of encouragement were expressed. I overheard conversations about good times they had shared. There were lots of handshakes, hugs, laughter and even some tears. It is moments like this that really epitomizes what a great outpouring of love looks like. Later I thought about how each and every one of those people had touched his life in some way.

I have also witnessed many times at our association meetings and events where providers have shown their love and support for one another. I think about the love and caring that Sandi Brinley and Judy Peters show to members as they decorate and

prepare our meeting room each month. As members arrive, they are warmly greeted with smiles and friendship. CCFCCA has truly been a place for providers to come together and share their struggles and joys. We have met together, shared together, learned together, eaten together, and laughed together. We have truly grown to love one another. Just a recent example of this was when Judy took a beautiful bouquet of flowers from CCFCCA to the hospital to give to Cindy Cooper and her husband who had suffered a heart attack. It makes me so happy to see the wonderful things our members do for one another.

I love the way we have been there for one another through sickness, surgeries, and even the death of loved ones. We have been there for each other in good times like births of our children & grandchildren, weddings, graduations, or just congratulating someone for getting through another relicensing.

February is a great month to remember those we love and remember how blessed we are to have family and good friends in our lives. I pray that each of you will feel an abundance of love this year. I want to encourage you to tell those special people around you how much you love and appreciate them. Have a fabulous February.

--Melba Halgren



## Happy Birthday to You....



### *February Birthdays:*

Jennifer Goodale	2/10
Kathy Johnson	2/16
Kathy Viers	2/23
Karen Wulf	2/27

### *March Birthdays:*

Nancy Lycklama	3/2
Diane Janini	3/2
Carol Chandler	3/15
Kelly LeCount	3/15
Betty Matz	3/24
Hannele LeFrance	3/28



# February Meeting Report

On Tuesday, February 1st, thirty five CCFCCA members and guests were greeted by our Welcome committee of **Carol Chandler** and **Sandi Brinley** at our monthly association meeting. Sandi and **President Melba Halgren** had set up the tables earlier in the day and they decorated in a Valentine's Day theme with splashes of color throughout the room.



The business meeting included reports from Treasurer **Nancy Lycklama**, President and union representative, **Melba Halgren**, STARS person **Leasa Ripplinger**, Vice President **Wendy Patterson** and our SCRIP person, **Terri Lehman**. **Deborah Rosser** of APRE shared her concerns about the January 14<sup>th</sup> 2011 DEL report to Washington State Legislators. Deborah spoke specifically about her concern regarding the proposed perpetual licensing plan. The report can be found on the DEL home page.



During the break in the meeting, Carol and Sandi led the group in singing happy birthday to member **Jennifer Goodale**. After Jennifer was given her birthday gift, Sandi and Carol drew the 50/50 raffle tickets. **Wendy Patterson** held the first winning ticket giving her a cash prize of \$33.00. The following Providers won prizes of planning calendars and office supply gift bags; **Judy Peters** and **Terri Braun**,(not in photo) and **Helene Padget**, **Leasa**

**Ripplinger**, **Robin Hefely**, **Melba Halgren**, **Kasey Tanner** and **Carol Chandler**.

In further business, members were reminded of the up-coming CPR/First Aid class and the Self Defense workshop that is scheduled for March. Additional information on these classes is in this newsletter. VP Wendy also announced the startup of our new Professional Lending Library that will be available each month beginning at our March meeting. See more about this new service further on in this newsletter.

During the second half of the meeting, information was shared about the MERIT program that is an update to the old STARS registry system and the updated background check and fingerprint process.

Providers were also reminded of Children's Dental Health Day, the Tapestry Conference, The Spring Tour of Homes, Provider Appreciation Day and more.

The Board announced kick-off of the election of officers'. Nominations for future officers will begin at the March meeting for the four executive board positions. As to our bylaws, the executive board can only serve two consecutive terms in any office. Our devoted treasurer has been serving in her position on the board since June of 2007 so this is the year that she will take a break and another member will fill the treasurer position. The other board members could serve one more 2 year term but nominations will be taken for all four board positions even if those



members choose to run for a second term. At the meeting, President Melba encouraged all of our members to consider stepping up to take her turn at serving in one of the Board positions. The executive board joins 8 full time committee members each month in brain storming new ideas, and making all decisions regarding CCFCCA business. New Board members will be assisted by the outgoing board members and supported by the committee members. The board and committees work as a strong team for CCFCCA taking advantage of the diversity of ideas that come from the collective group.

Following the business meeting, tax consultant Lisa Christie presented the members with a one hour STARS training on "All about Taxes" See a report on this class on page # 10 of this newsletter.

# A Closer Look

## “The Power of Words”



They say a woman can move a mountain to save her child. More impressive than that is a woman who can move her entire family, which consists of four children, her honey, Art and a daycare business in just one weekend. That woman is named Cindy Perez. She is one of us and she is strong.

The first conversation I ever had with her took place well after we knew our families were connected. Our daughters called each other friends before I knew her as a colleague. Her daughter, Maya was one of those girls I encountered in my daughter’s group.

Something about her confidence and ability to strike up a conversation with me caught my attention. As all mothers do when alone with our own children, I asked my daughter about her new friends. As the dots began to connect themselves, I went on the provider line and asked Cindy if Maya was hers. That affirmation made me chuckle to myself about the irony of life and the small world we all live in. I had been feeling bad about not having the time to get to know my daughter’s friend’s parents but as it turns out, I knew a lot more about Cindy before I could introduce myself to her.

We have shared clients and a former State. She used to live in California and longs for its sunny days when our Northwest skies remain drenched and cloudy for much of the year. She began her daycare business twelve years ago and enjoys her job. “I can’t imagine doing anything else in the world,” she had said when I asked her why she had stayed so long. Then, she remarked jokingly, “I’d rather stick needles in my eyes than work with adults.” I laughed and felt solidarity for her statement because many of us often say the hardest part of the daycare business is usually dealing with the unpredictable adults.

With the business’s enduring pull from every part of her being, Cindy was still able to provide a great service to our community while becoming one of the few accreditation programs around. Cindy credits

“Doing a great job,” for the retention of her clients. Families bring their babies to her and usually stay until they are ready for school, which Cindy makes possible with her preschool program. In her own life, education has made her a better provider and she willingly passes the torch to each child she encounters knowing her contribution to our very small world will be felt long after her doors are closed.

A step into her home feels light and the energy is welcoming to children. Art greeted from the kitchen as he helped her clean up after lunch. Their story is beautiful, and with her permission, I will share a very lovely one.

Cindy took a special needs class, and met Art when she was partnered with him for a hearing impaired project. She knew nothing about sign language so she communicated with him entirely on paper. *The power of words* connected these two, and an unspoken bond was created. As minutes blended themselves into hours and weeks, they learned to communicate effortlessly as long as there was a pen and pad. One day as she tried to ask him to lunch and he asked her to sign it instead. She decided to mouth her words hoping he would read her lips and said, “Let’s go to the Olive Garden.”

In return, he replied, “I love you too.”

Four years later they have a blended family with Jonathan who is fifteen, the ever confident Maya is twelve, Emma is nine and their baby girl, Rosie is eighteen months old. Through it all, they are connected by their love for each other and the silent presence of an Angel baby who didn’t get to stay too long after his birth.

The women behind the “provider” label come from so many varying backgrounds and Cindy’s strength, and willingness to be the best at what she does makes me proud to tell her story. It is no small feat to mother our own as we all know, but the ability to do so while improving herself through education and giving back to the community in any way possible is what makes Cindy Perez’s story unique and sweet.

Cindy has agreed to host our Spring Tour of Homes that has been scheduled for Saturday, April 16<sup>th</sup>. Sign-up to attend this event will begin at our March meeting.



The “A Closer Look” column is written by CCFCCA member Keshia Fisher

# SEIU 925 News



**LOCAL UNION MEETING** was held on January 20<sup>th</sup> at the Clark Regional Waste Water Facility at 8000 NE 52<sup>nd</sup> Court. The meeting was well attended and those present enjoyed a spacious room with tables. Sherry Schleufer discussed the Merit System, DEL's new background check forms, the TANF

program and the devastating cuts to Working Connections. Now, as of February 1<sup>st</sup>, the only families allowed on WCCC will be those who are TANF eligible. We had a very excellent 1.5 hour STARS training on "Marketing Your Business" taught by Sherry. I wish I had space to tell you everything I learned.

**DUES FOR 2010:** SEIU is not planning to send out a letter with your total dues paid in 2011. So, you will need to check your monthly warrants and add up all dues paid in 2011. Some providers had too much taken out of their January subsidy check. If the error was over \$5, you will be repaid right away. If the error was under \$5, you will be repaid on your February check.

**LOBBY DAY is Monday, February 21<sup>st</sup>** on President's Day. We will be leaving from the 134<sup>th</sup> Street park N Ride at 7:00 a.m. sharp. Dress warm, wear PURPLE and comfortable shoes. Box lunches will be available. You can bring your own snacks too if you like. Buses will reload and return about 4:30 p.m.

We need providers, parents and children to go up to Olympia and speak to our legislators. We are looking for real stories of how real people are affected by the devastating cuts to Working Connections (WCCC). Real life stories are very effective in persuading legislators to stop any more cuts. If you are not able to go on Lobby day due to work, write a letter or have a parent write a letter specifying how they have been negatively impacted by these cuts. Send all stories to Sherry Schleufer at [sschleufer@seiu925.org](mailto:sschleufer@seiu925.org) or call her at 1-509-710-7904.

## **HOW ARE YOU WILLING TO HELP?**

- You can make calls to other providers – to keep them informed.
- You can go to Lobby Day. Speak for yourself and the children you care for.
- You can get a parent to go to Lobby Day and speak for herself.

- You can get to one or more hearings in Olympia.
- You can get a parent to go to the Olympia Hearings, the legislators want to hear from them and they have such a powerful story to tell.
- You can collect parent letters about the cuts to WCCC.
- You can respond to email alerts as they come out, some things are time sensitive and this is something you can do from home!
- You can make calls to legislators when asked. They are making decisions that affect you. They need to know your thoughts!
- You can contribute to COPE. It is the single best thing you can do to make our union strong!

Melba Halgren, 27-year Provider  
SEIU 925 SW Washington Lead Activist



## **State Board of Health Adopts Revised Polio Requirements**

Small changes to the polio vaccination requirements for school and child care will start July 1, 2011. The changes apply to kids in child care and those entering kindergarten in 2011-2012. The Advisory Committee on Immunization Practices updated polio vaccine recommendations in August 2009. The update includes:

Children continue to need four doses of polio given at:

- 2 months
- 4 months
- 6 to 18 months
- 4 to 6 years

The final dose of polio should be given on or after the 4th birthday regardless of the number of previous doses.

The minimum time between dose 3 and dose 4 is now 6 months.

The minimum time between dose 1 to dose 2 and between dose 2 to dose 3 remains at 4 weeks.

The minimum age for dose 1 remains at age 6 weeks.

The State Board of Health agreed to the changes at a meeting on November 10th. They also agreed to replace the 2008 Immunization Schedule with the 2010 schedule, effective July 1, 2011. This requirement will also apply to all children in child care and those entering kindergarten in 2011-2012.

# Professional Resource Library

## A New CCFCCA Member Service



CCFCCA has purchased books that will be made available to our members to check out at our monthly meetings. These books are directly related to Child Care. Vice

President Wendy Patterson selected the first groups that will be the base of our new “Professional Resource Library”. The investment in these books is another way that the association can assist our Provider Members. We hope that you will take advantage to these books by checking one out at our next meeting.

The list of books is categorized in relationship to our core competency areas to cover different topics.

### ***Child Growth, Development & Learning***

*Developmental Milestones of Young Children*; Find descriptions of the typical physical, social, emotional, language, and cognitive milestones that young children reach, as well as strategies for observing, recording and communicating milestones to families.

### ***Child Guidance***

*Is Everybody Ready for Kindergarten*

*This guide provides you with information and practical advice as you help children and their families prepare for the transition and then successfully begin kindergarten. Behavioral Challenges in Early Childhood Settings*  
*This book will help you remain a model of self-control in times of conflict and frustration, providing tactics to help bring calm to the storm.*

### ***Communication***

*The Baby Signing Book*; Includes 350 ASL Signs for Babies and Toddlers

*Use Your Words*; *How Teacher Talk Helps Children Learn*  
*This humorous, thoughtful guide will help you look closely at commonly missed opportunities to support cognitive development through meaningful conversation, develop receptive and expressive language, and address behavioral issues*

### ***Curriculum Development***

*Do-It-Yourself Early Learning*

*Create affordable, durable learning toys from materials found in your home or a local hardware store.*

### ***Environmental Design***

*Designs for Living and Learning*; *Transforming Early Childhood Environments*

*Create the setting of your dreams and develop magical environments that support learning and nurture children and families. This book includes hundreds of full-color photos of real child care settings.*

### ***Health, Safety, & Nutrition***

*GOOPS Cookbook*

### ***Professionalism***

*Finding your Smile Again*; *A Child Care Professional’s Guide to Reducing Stress and Avoiding Burnout. Dozens of proven techniques for coping with stressful situations and diagnosing and preventing burnout!*

*Don’t Get So Upset!* *Help Young Children Manage Their Feelings by Understanding Your Own*  
*Your emotions can have a domino effect on the children in your care. Learn how to express yourself in appropriate ways so that children will learn to do the same.*



## Peanut Butter and Jelly Baked Oatmeal

This is a new (to me) recipe I wanted to share with my provider friends. It was a hit! Although, next time, I think I’ll reduce the amount of sugar.

3 cups quick cooking oats

- 1/2 cup brown sugar
- 1 cup milk
- 2 tablespoons butter, melted
- 2 eggs
- 2 teaspoons baking powder
- 3/4 teaspoon salt
- 2 teaspoons vanilla
- 1/2 cup peanut butter

(This works well with soy butter or other peanut butter alternatives)

- 1/2 -3/4 cup jelly

Mix all ingredients together and stir well. Spread in a greased 9×13 pan.

Randomly drop spoonfuls of jelly on top of the oatmeal.

This way the jelly softens and melts into the oatmeal mixture as it cooks. But if you prefer you can mix it all together.

Bake at 350 for 20-25 minutes. If you like it a little crunchy on top, cook for a few minutes longer.

Serve with warm milk poured over top. Enjoy!

Wendy Patterson



# From the Advocate

*Hold on tight to your dreams...*



As a licensed Provider, the way to hold on tight to your dream is by assuring that you do not fall victim to a licensing action, or minimize any Facility Compliance write-up. The issues that continue to come across my desk are:

1. Fire drills not being practiced and/or recorded
2. Failure to have parents sign their children in/out
3. Failure to have a land line telephone
4. DEL requirement to sign recall statement (No WAC/do not sign)
5. Writing out a plan of correction
6. "Filling in the blanks" when being interviewed by licenser.

Being in compliance with all the WACs is the key to holding on to your dreams. Being aware that there is risk even if you are in full compliance will serve you well. Remembering that licensers are regulators and not in a partnership with you and that parents are your clients and not your friends will also solidify the foundation for your dreams to flourish.

Dream BIG.  
Deborah



**Saturday, February 12** is Second Saturday at the Water Resource Education Center. This month: *Be a Scientist*. Family activities 1-3pm, free admission. Details call 360-487-7115, [www.cityofvancouver.us/watercenter](http://www.cityofvancouver.us/watercenter). The Water Center is located at 4600 SE Columbia Way.

**Tuesday, February 15**, Food & Film: A Series on Water. This month's film: "Water Before Anything". 6 - 9pm. Unitarian Universalist Church of Vancouver, 4505 E 18th Street. Series continues on the 3rd Tuesday of each month through June. For more info visit [www.vancouverwatersheds.org](http://www.vancouverwatersheds.org) or email [blake.jones@clark.wa.gov](mailto:blake.jones@clark.wa.gov).



## The Power of Love.....

In late January, Provider Cindy Cooper drove her husband Wayne to the Doctor only to find that he was having a heart attack. That is a nightmare that no one wants to experience. During the next few



stressful days, Wayne was stabilized and then was taken into surgery where the doctors inserted two stents into the lower valve of his heart.

This is just the latest life threatening incident that Wayne and Cindy have had to face

together. In the past few years, they have each been diagnosed with cancer and beat it. Wayne nearly lost his hand in an accident but he managed to keep the hand and heal from that devastating accident. Wayne and Cindy are a couple that share a strong love and devotion for one another and they use that love and a healthy sense of humor to get through difficult times.

Now Wayne is at home recovering from his heart attack and Cindy is recovering from stress of nearly losing her Prince Charming.

Cindy sent me the following message a few days ago:

*"Wayne is home and doing as well as can be expected...my superman is moving a bit slow...but at night when I lay next to him I am so thankful that I still have him here. He is the most amazing man in the world. I really mean that too!!! I am doing well now too...keep us in your prayers, we may need them for a while. Love you all...Cindy"*



On January 7<sup>th</sup>, Governor Gregoire held a press conference announcing her plans for the creation of a state Department of Education. Under her proposal, the Department of Early Learning would be folded into a Department of Education as a division along with separate divisions for K-12 education, community and technical colleges, and higher education. All four divisions would report to an appointed Secretary of Education.

## Developmental Screenings in Early Childhood Settings



As a child care provider, you see lots of different children and become very familiar with normal child growth and development. Based on your knowledge of child growth and development and your experiences with children, you are often the first one to notice a developmental delay in children that you care for.

An estimated 10% of children have developmental delays. However, only 2.3% of children under the age of 3 years and only 20% to 30% of children with disabilities are identified before entering school.

If a child is showing developmental delays, early intervention is important. Early intervention programs aim to help children develop skills that are lagging. Early intervention programs can screen children to see if they need further testing for possible developmental delays or disorders. After screening, children that are identified as having a developmental delay or disorder are then connected with community resources that can help them gain skills. These resources can also help parents, caregivers, and teachers learn what children need to help them develop to their potential.

If you have concerns about children ages 0 to 3, please refer the family to Early Support for Infants and Toddlers (360) 896-9912 x463. They can arrange for a developmental screening with the parents. They can even come to child care to do the screening if that is more convenient to the parent.

Sometimes, it may be difficult to approach parents with your concerns. Here are some tips to help your conversation go well:

- Highlight some of the child's strengths, letting the parent know what the child does well.
- Use materials such as the "Learn the Signs. Act Early" fact sheets. This will help the parent know that you are basing your comments of facts and not just feelings.  
<http://www.cdc.gov/ncbddd/actearly/ccp/index.html>
- Talk about specific behaviors that you have observed in caring for the child. Use the milestones fact sheets as a guide. Example: If you are telling the parent "I have noticed that Taylor does not play pretend games with

other children", you could show the parent the line on the milestones fact sheet for a 4 year old that says that a child that age "engages in fantasy play".

- Try to make it a discussion. Pause a lot, giving the parent time to think and to respond.
- Expect that if the child is the oldest in the family, the parent might not have experience to know the milestones the child should be reaching.
- Listen to and watch the parent to decide how to proceed. Pay attention to tone of voice and body language.
- This might be the first time the parent has become aware that the child might have a delay. Give the parent time to think about this and even speak with the child's other caregivers.
- Let the parent know that he or she should talk with the child's health care professional soon if there are any concerns or more information needed.
- Remind the parent that you do your job because you love and care for children, and that you want to make sure that the child does his or her very best. It is also okay to say that you "may be overly concerned", but that it is best to check with the child's doctor to be sure because early action is so important if there really is a delay.



## Self Defense Workshop



CCFCCA has scheduled a 2 ½ hour self-defense training for **Saturday, March 5<sup>th</sup>** from 9:00 to 11:30am. This hands-on training will teach the skills needed to be more aware of dangerous situations and to protect you if needed. The trainer works at

Clark College and also gives classes for the City of Vancouver and WSU. The cost of the class is **\$25.00** per person. Attendees must be CCFCCA members or family or assistant of a member. Class attendees must be 13 years or older to attend. The class will be limited to 20 students. This is a "first come, first serve" class with advance registration and advance payment now being taken. To sign up for this class, email W. Patterson @ [wpatter320@hotmail.com](mailto:wpatter320@hotmail.com)

## DEL releases new phase of MERIT “A.K.A. STARS”



We are pleased to announce that on January 24, 2011 another phase of MERIT was released with new functions, including the ability for early learning professionals to establish and update their own profiles and track the trainings they have taken.

The Managed Education and Registry Information Tool (MERIT) is the statewide online training database for early learning professionals. It helps manage State Training and Registry System (STARS) training which is required for certain staff at licensed centers, family homes and school age facilities. Available 24 hours a day, 7 days a week to trainers and early learning professionals, MERIT is the warehouse for available trainings, training and educational completion records and the portal to various online applications and application tracking for trainers and early learning professionals.

As of January 24, 2011 the following functions are now available for:

### Early learning professionals:

- Apply online at [merit.del.wa.gov](http://merit.del.wa.gov) for a STARS ID number if they have NEVER had a STARS ID. The number is sent and received almost instantly if a valid e-mail address is included in the online application.\*
- Look up a STARS ID if it has been forgotten or misplaced. Early learning professionals who had a STARS ID before will continue to have the SAME ID in MERIT.
- View and print full training history contained in the old STARS database.
- Update online basic personal information including name changes, address, place of employment, contact information and other required training such as CPR/first aid.\*
- Begin an application to update education, certification/endorsement information and training profile; additional documentation may still need to be sent to DEL for verification and approval.\*
- A process for submitting this information offline (hard copy paper form) is also available. All forms are available at the MERIT homepage [merit.del.wa.gov](http://merit.del.wa.gov).

### Training organizations and trainers:

- Enter into MERIT the names, training status, and payment amount (if any) for those early learning professionals who attended trainings. Once the early learning professional is listed as attending the training, his or her training history is automatically updated. Trainers are now recording attendance for trainings taken since the beginning of 2010. They have not been able to enter this information until now. Early learning professionals are encouraged to wait to call or e-mail DEL about missing trainings in their accounts until after June 1, 2011. Trainers need time to enter the information in MERIT.
- Several online webinars will be held for trainers and organizations as training opportunities to learn how to complete attendance lists and close out trainings.

### Additional Information:

- Both early learning professionals and trainers will receive specific directions about how they can use the new functionality in MERIT.

This new tool will help you keep accurate records, as well as help DEL create a stronger statewide professional development system. DEL has several resources to guide you through using MERIT located on the homepage [merit.del.wa.gov](http://merit.del.wa.gov):

- Frequently asked questions page (FAQ)
- Early learning professional user manual

Thank you for all you do for children in our state!  
MERIT Support

Department of Early Learning

For more information: <http://merit.del.wa.gov> E-mail: [merit@del.wa.gov](mailto:merit@del.wa.gov) Phone: toll-free 1.866.482.4325, option 8



## Have a Heart for Kids Day, February 22nd



Your voice has never been more important. Join hundreds of advocates for kids in Olympia for Children's Alliance annual lobby day. Have a Heart for Kids Day features:

- Advocacy trainings and issue briefings, including early learning
  - Rally on the Capitol steps
  - Opportunities to speak to your legislators
- Registration will open soon. If you have questions please contact Emijah Smith, Community Organizer at the Children's Alliance, at 1.800.854.5437 x25 or email [Emijah@childrensalliance.org](mailto:Emijah@childrensalliance.org).

# February Tips for your yard and garden.....



The weather may still be cold and dreary, but here's how to get your garden moving for spring.

**Leaf Disposal and Tool Care --** Continue to clean up and fix up before plants really get growing. Rake leaves, pull obvious weeds, spruce up and sharpen hand tools, and power tools.

- Remove mulch from perennials and, especially, bulbs once they show signs of new growth.
- Cut back any perennials still standing as well as ornamental grasses. Be sure to leave any fresh green growth that might be starting at the base.

**Planting Bare-Root Plants --** As long as the soil is well-thawed, plant bare-root trees and shrubs as well as bare-root roses.

**When To Plant --** Wait to plant warm-season annual flowers and vegetables (tomatoes, peppers, basil, marigolds, petunias, and the like) until after the last frost.



But do shop around now. Prices can vary considerably and as long as they look stocky (as opposed to leggy) and healthy, they probably are.

**Houseplant Basics --** Houseplant growth this month continues to be slow, so don't fertilize and keep watering to a minimum. For more information, check out our houseplant basics.

- If you didn't fertilize your lawn last month, do so now either with an organic or a chemical product. (You can also simply rake a 1/2-inch of compost over your lawn.) This is also the time to apply crabgrass preventer, if you choose. Check out products that combine the two, saving application time.
- If moss or fungal diseases are a problem in your lawn, consider applying moss control or fungal control lawn products, available at your garden center. These can be applied nearly any time during the growing season.



- **Pruning Roses --** If you haven't already, prune deciduous fruit trees and also prune roses. Spray both of them with horticultural oil to prevent insect problems later.
- Prune your summer-blooming clematis.

- **Pruning Trees and Shrubs --** Prune trees and shrubs. Be careful with flowering trees and shrubs -- you don't want to trim off developing buds. In fact, as a rule of thumb, prune flowering shrubs and trees within a month after they stop blooming. But do trim late-summer or fall-blooming trees and shrubs, including abelia, mimosa, cassia, oleander, crape myrtle, princess flower (also called tibouchina), golden rain tree and hibiscus.



- **Start Seeds Indoors --** Keep an eye on any seeds started indoors. They need gentle, constant moisture but not too much or they'll get damping-off. (Running a fan in the room helps.) Also give them as much light as possible. Keep grow lights just an inch or two above the plants.



- Consider building a cold frame. You'll be able to plant radishes, spinach, lettuce and other cool-season crops in it this month and use it for fall planting as well.
- Wait to do any painting on outdoor structures until the temperature has hit at least 60 degrees F. Otherwise, the paint won't last as well.



## Become a Master Composter/Recycler Volunteer.

Be the Change! Join others in the community with a passion for sustainability. Register for the FREE training course and learn about composting, recycling, worm bins, and other ways to healthier, green living. Thursdays, 6-8:30pm, February 3 - April 7, 2011. Information and applications at [www.columbiasprings.org/mcr](http://www.columbiasprings.org/mcr) or call 360-882-0936 x224. The Master Composter/Recycler Program is sponsored by Clark County Department of Environmental Services and administered by Columbia Springs.

## February STARS Training



The February STARS Training was GREAT! We learned some very important things about taxes. We counted 21 providers who stayed for the training, so the room was full. Our trainer, Lisa Christie was very friendly, interesting to listen to, and very knowledgeable. I gave her all "4's" on my evaluation form. Here are some things I learned:

- Carry a mileage log in every car. Log in any mileage for daycare business. You can MapQuest distances for places you go to often and even note the mileage on your grocery receipt for another way to keep track of mileage.
- You can now deduct your cell phone bill as a business expense, but not your landline, which is considered "personal property."
- Be sure to depreciate not only your home, but furniture. The Salvation Army has a website with "values" on items. Even if you have not done it before you can depreciate now. It's not too late.
- You only have to keep receipts for the past 3 years
- The IRS says that this year you can keep everything on electronic records and don't need paper receipts. You can scan your receipts and put them on a disk.
- If you go out to lunch with another provider and spend time discussing daycare business, you can write off 50% of the bill. But if you attend a business meeting like we have at Pied piper, you can write off the entire meal as a business expense.
- Keep track of your mileage, you can claim 51 cents per mile OR you can choose to claim the actual cost of all expenses (repairs, oil changes, insurance, depreciation, etc.) The 51 cents per mile takes all these "expenses into consideration and is usually the best way to go.
- You can deduct interest on a car loan this year, even if you take mileage as a deduction. WOW.
- Once your home reverts back to personal use (when you quit daycare) you cannot take depreciation on furniture, etc.

Lisa gave us all a handout on "IRS Audit Guide" to help if we are ever audited. It includes things that the IRS looks for such as; does the provider have attendance records, does the provider have parent permission slips for field trips, does the provider receive payments from sources other than the parents (i.e. food program). The list included 24 items that the IRS looks for.

This was a very worthwhile STARS training.  
Melba Halgren



## Goops Books



Prepaid orders

Our Goops Fundraiser is now on a pre-pay basis only. At our monthly meeting, you may PRE-ORDER the books you want. Once you prepay, I will have the books for you at our next CCFCCA meeting. When you purchase the starter kit of 8 items, you are eligible to get all future books at the 60% discount. The starter kit is available for only \$36.59 and includes the following items (at a 65% discount & a *fabulous* deal):

### BOOK:

<u>Retail</u>	<u>60% discount</u>
Goops and How to be Them	
\$14.95	\$ 8.97
A Treasury of Goops	
\$19.95	\$11.97
Goops Tales	
\$14.95	\$ 8.97
The Goops Circus	
\$19.95	\$11.97
Baking with Friends	
\$19.95	\$11.97
Goops & Letters coloring book	
\$ 3.95	\$ 2.37
Goops & Numbers coloring book	
\$ 3.95	\$ 2.37
Goops Flashcards	
\$ 6.95	\$ 4.17



We now have 9 providers who have Goops books in their daycares.

My grandson's teacher uses these books in the classroom. It would be great to have them in every daycare! Your daycare parents may want to order some for their own use. I love these books and highly recommend them.

–Melba



# Read...Play...Discover!

## Daybreak Elementary

Fridays at 10:00am January 21<sup>st</sup> -June 10<sup>th</sup>  
No Story time March 18, 25, April 1, 8, 15, 22

## Eisenhower Elementary

Mondays at 10:00 am January 3-June 6  
No Story time Jan 17, Feb 21, April 4, May 30.

## Image Elementary

Thursday at 10 am January 6-June 9  
No Story time April 7<sup>th</sup>

## Mill Plain Elementary

Fridays at 9:15am January 7-June 10  
No Story time Jan. 28<sup>th</sup>, Feb.18<sup>th</sup>, April 8<sup>th</sup>

## Orchards Elementary

Thursdays at 10 am January 6-June 9  
No Story time April 7<sup>th</sup>

## Roosevelt Elementary

Tuesdays at 10 am January 18<sup>th</sup>-June 14<sup>th</sup>  
No Story time March 29<sup>th</sup>, April 5<sup>th</sup>, May 31<sup>st</sup>.

## Sacajawea Elementary

Tuesdays at 10 am January 4<sup>th</sup> -June 7  
No Story time April 5<sup>th</sup>

## Silver Star Elementary

Wednesdays at 10 am January 5-June 8  
No Story time April 6<sup>th</sup>

## Washington Elementary

Fridays at 10 am January 14<sup>th</sup> -June 17<sup>th</sup>  
No Story time March 25<sup>th</sup>, April 1<sup>st</sup>, 8<sup>th</sup>, May 27<sup>th</sup>.

## Marshall Elementary

Wednesday at 10 am

## CPR/First Aid Class

The next CPR/First Aid class will be held on Saturday, February 19<sup>th</sup>, 2011 at Pied Piper Pizza. The cost of the class is \$25.00 for CCFCCA members and \$35.00 to non-members. The class will cover Adult/Child/infant CPR and First Aid. To register for this class, call 693-5245



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