

# Clark County Family Childcare Association Newsletter

Printed July 2010

## 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

July 10<sup>th</sup> Yard Sale planning meeting

July 20<sup>th</sup> Board Meeting-Patterson

July 23<sup>rd</sup> Yard Sale set up

July 24<sup>th</sup> Yard Sale

August 3<sup>rd</sup> CCFCCA Meeting

STARS- Communicable Disease /Anne Johnston

August 14<sup>th</sup> CPR/First Aid Class

August 24<sup>th</sup> Mini Workshop

Preschool Curriculum Made Easy w/Sarah Theburge



## Letter from the President

Dear Providers & Friends:

July is the month we celebrate our “independence” as a country. Think about all of the freedoms we enjoy. Each of us chose a career in childcare. We are each “independent” small business owners. We are free to use our creativity in our businesses. Each daycare is unique in its own way. We choose the children we care for. We choose our assistants. We choose whether we do a preschool program or not. We choose what kinds of activities we do. We choose what we charge. Just think about all the choices we have because we live in the United States of America. This is the greatest country on earth.

I celebrate my chosen career as a childcare provider. Caring for children is one of the most rewarding things I have done with my life. I find great joy in teaching children and watching them grow. Each child, no matter how challenging, is precious and of infinite worth.

I also celebrate our childcare association, CCFCCA. We have been through some challenging times with the increasing regulation but I love the bonds we have formed through our support line, activities, trainings, and events that we share together. Our association is growing, thriving and stronger than ever. I hope each of you take time to ponder and appreciate all of the freedoms that we enjoy. I hope that you and your family enjoyed a happy and safe Independence Day. I wish you all a joyful July filled with a wealth of choices.

--Melba Halgren

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## Lending Library

Beginning at our July 2010 CCFCCA meeting, Providers were introduced to our new “Lending Library”

This idea came from our own Debra Gault who has found that reading has enlightened her life in many ways. Debra would like to help other Providers have access to a variety of reading material without having to purchase the books.

Debra’s goal is to build up a good variety of books that can be made available to Providers at our monthly meetings. The donated books will be logged in and made available for checking out for a month at a time.

Debra has agreed to take responsibility for transporting the books to each meeting and to track the checking in and out of the books.

We are excited about having this new service and we hope that many Providers will take advantage of it.

Debra has suggested that the books not be daycare related material but rather books that are for the joy of reading and maybe self improvement kind of books.

Thank you to Debra Gault for her willingness to offer us this lending library. It will be a nice addition to the services that are offered to Providers at our monthly meetings. If you wish to donate a book or check a book out, see Debra at the lending library table at our next regular meeting on August 3<sup>rd</sup>.





## July Meeting Report

Once upon a time, there were no child care association meetings during the summer months. The thinking behind no

meetings was that Providers were too busy with having the school kids in care all day and with vacations and events going on all summer.

Thank goodness things have changed.

On Tuesday, July 6<sup>th</sup>, 20 busy and overworked child care Providers came out to Pied Piper Pizza to enjoy a very busy and eventful meeting.

The red, white and blue room looked very patriotic and welcoming as Providers began to arrive at 5:45pm. It was great to see all of the sharing that Providers did before and after the meeting. Kasey Tanner brought in about twenty brand new iPod Sport suit cases to give to Providers. She also donated a very cute trundle bed to the yard sale. Barbara Dixon brought several boxes of wonderful toys to donate to the yard sale. Karen Wulf donated a large bag of Duplos that were given away as a lottery drawing. They were happily taken home by Provider, Cindy Perez (Layman). Peggy Corcoran gave away jelly jars, Family Fun magazines and project paper that other Providers were happy to take home. Peggy also donated another half dozen bottles of hand soap. Thank you ladies, for your generosity.

The business meeting offered up a variety of information. See the full union report in this newsletter. Debra Gault introduced the new "Lending Library" that will offer up a variety of books that Providers can check out at our monthly meetings. Wendy reported that the Discover Kits will continue to be available through the summer. Seven Kits were checked in and out by Providers. Nancy reported that our treasury is in good shape after spending slightly under our budget to put on the Provider Appreciation Day Event in May. The SCRIP fundraiser is going well and has contributed to our treasury each month since Terri Lehman introduced it to us. Judy reported that we still need more volunteers to help with the July 24<sup>th</sup> yard sale.

Wendy and Judy talked about the Mini Workshop on Preschool Programs that will be held at Pied Piper Pizza on Tuesday, August 24<sup>th</sup>. See page 10 to register for the workshop.

Providers sang happy birthday and presented gifts to Wendy Patterson and Denise Hertz. There were a lot of winners at the meeting beginning with Helene Padget who won the \$31.50 from the 50/50 raffle drawing. Deborah Rosser won dinner for two at Sweet Tomato and Jeanna Wardell won a manicure that was donated by Priscilla's Nail Hut. Tsai Spring won a gift certificate from Ruby Tuesdays and Peggy Corcoran

won a pretty candle set. Deborah Rosser donated two beautiful, cuddly bear sets which were won by Cindy Perez and Denise Hertz. Lari Piel won a very nice beach mat that fold up for easy carrying. President Melba Halgren won a file box that was full of great office supplies.

Several Providers joined the CCFCCA Second Mamas team that will walk in the Komen Race for the Cure. New team members are Tsai Spring and her assistant, Samantha Giering and Melba Halgren. Wendy Patterson will sign up herself and four members of her family as well as several of her daycare parents and children.



Provider, Jeanna Wardell was the first CCFCCA member to join the team this year and was rewarded with a gift bag from the Komen Foundation. Jeanna has already raised \$135.00 in donations. All new team members' names were put into a drawing and Wendy Patterson was the winner of a \$20.00 gift certificate at the Olive Garden. There will be another Olive Garden winner at the

August meeting for those that have signed up to the Second Mamas team.

The evening was extra warm and most everyone was still recovering from a busy July 4<sup>th</sup> weekend but for those of us that were able to get to this meeting, it was worth the effort.

The meeting was followed by a STARS training on Manners with Barbara Ross. Barbara has re-published the Goops series of books on manners, originally written 100 years ago. The poem below is from Barbara's book.

### TABLE MANNERS

*The Goops they lick their fingers,  
And the Goops they lick their knives,  
They spill their broth on the tablecloth-  
Oh, they lead disgusting lives!*

*The Goops they talk while eating,  
And loud and fast they chew,  
And that is why I'm glad that I  
Am not a Goop-are you?*

[www.familyacademyonline.com](http://www.familyacademyonline.com)

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The next CPR/First aid class will be held on August 14<sup>th</sup>, 2010 at Pied Piper Pizza. The cost is \$25.00 for CCFCCA members and \$35.00 for non members. Register @ [boogiepeters@aol.com](mailto:boogiepeters@aol.com) or call Judy @ 693-5245.

# Provider Showcase

by Sue Pederson



Relicensing is one of the necessary evils of our job. With all of the stress, the fuss, and the waiting, can you imagine becoming relicensed for the 5<sup>th</sup> time? That is what our featured provider, Nancy Dickenson is preparing to do next month. That amounts to nearly 18 years of experience in licensed care in our state. In reality, Nancy was

babysitting at an early age, earning all of 35 cents an hour. She also cared for children in California before moving to Battle Ground where she cares for children in the Glenwood Heights Elementary area. Every day, Nancy walks her group of children down her long driveway to catch the bus for school. Nancy loves to be outdoors which she regards as one of the bonuses of doing child care, even in this unpredictable Washington weather. Nancy reports that watching the children grow up and develop their distinct personalities is a source of joy for her.

Nancy has 4 grown children of her own. Two of her children live in Arizona with 5 of her grandchildren. Another lives in Reno and her fourth child resides in Battle Ground with the other 3 of Nancy's eight grandchildren. Summers are a treasured time because the grandchildren can spend more time with her.

Nancy, like so many of us, began doing child care when her own children were little and she has never stopped. Nancy has taken advantage of the Washington State scholarship program and has completed most of the schooling necessary to earn an Early Childhood Education (ECE) degree. She took some of the ECE classes on-line and some were evening classes at Clark College. The remainder of the classes will have to be taken during the day which will require Nancy to hire an assistant to fill in while she is in class. Nancy has chosen not to do that at this time but may be able to take the last remaining classes sometime in the future.

Nancy joined CCFCCA in order to stay connected to the community of fellow providers and to stay informed of important issues in the child care arena.

In the past few years Nancy has volunteered to work on several committees for CCFCCA, most recently having a large part in our 50's Sock Hop night for our Provider Appreciation Day Event.

In her spare time, Nancy enjoys traveling with friends in her GTO. She also loves to sew, knit, scrapbook and work in her yard and gardens. Nancy says, "If only there were more time in the day to enjoy these things." Nancy, your presence in our Association is much appreciated.

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## ORDER YOUR SCRIP



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 out [www.shopwithscrip.com](http://www.shopwithscrip.com) and I guarantee you will find "something" that you could use. When you go online, 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 be less than a week to receive your SCRIP cards. In order that CCFCCA get the %, you will need to use this code: [LFBF445424118](https://www.shopwithscrip.com/offer/LFBF445424118).

If you have any questions, please feel free to call me @ 260-9884.

Make checks payable to: CCFCCA

Please mail to: Terri Lehman

13203 NE 91st St.

Vancouver, WA 98682

**Summer vacations are a perfect time to plan ahead to buy and use SCRIP.**

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# The Healthy Provider

## Sleep Off the Extra Weight



When you get enough sleep, you wake up rested and ready for your day. But that's not the only reason to get adequate sleep. Research has found that getting too few zzz's may be a major reason why so many of us overeat and end up overweight. When you don't get enough sleep, it's more difficult for your body to burn fat and sugar for energy.

Repeated lack of sleep can actually raise the stress hormone cortisol, which brings on a pre-diabetic state. Inadequate sleep also lowers your levels of leptin, the hormone that works to decrease your appetite. As leptin production is blocked, your brain receives familiar signals telling you to eat. You feel hungry and have intense cravings for sweets and starches. Too bad your body doesn't actually need food – what it needs is a nap!

But cravings are hard to ignore. And once you give in to them, your insulin levels soar and then quickly crash. This amounts to mood swings, stress, sadness, impatience, aggravation, and, ultimately, another food binge. Why do this to your body? Forgo the confusion by getting plenty of sleep – 7-8 hours – every night.

### Creating Your Sleep Cave



Could a poor sleep environment be costing you a good night's rest? If your sheets are awash in bills, newspapers, and magazines or you fall asleep clutching your cell phone, it's time to tweak your nighttime routine. "Most insomnia problems stem from using the

bedroom for more than just sleep," says David Davila, MD, board member of the National Sleep Foundation. Here's his advice on how to make your bedroom into the sanctuary of your dreams:

- **SLEEP STEALER:** Your bedroom is bright and buzzing. Lights from digital clocks and outdoor lights, as well as noises produced by fans, television sets, VCRs, and computers, can all disrupt sleep. Plus, staring at the TV or a computer monitor, or doing paperwork close to bedtime and in your bedroom can make it tough to transition into sleep mode.

- **THE FIX:** Dim the light on your alarm clock or put the clock in your nightstand drawer. Wear an eye mask, or install light-blocking curtains or heavy drapes to minimize exposure to light during the night.

Avoid using electronics for at least 30 minutes prior to turning in. Instead, establish a regular, calming bedtime routine, such as reading a book or listening to soft music. During the daytime, though, get out into bright, natural light. This improves circadian rhythms (i.e., your body clock) and may reduce daytime sleepiness.

- **SLEEP STEALER:** Your bedroom feels like a sauna—or the inside of a freezer. Temperatures that are too hot or too cold can adversely affect sleep.

- **THE FIX:** Most people snooze more peacefully in a cool environment since body temperature drops slowly throughout the night. But set the thermostat based on your personal preference. One way to regulate your body temperature is to exercise about three to five hours before sleep. A warm bath or shower may also help.

### In conclusion: If You're Not Getting a Good Night's Sleep.....



Set a sleep schedule. Go to bed and get up at the same time each day, even on weekends.

Avoid napping in the late afternoon or evening  
Wind down before lying down. Spend pre-bedtime each night relaxing-with a book, soft music, or a soothing bath.

Set the scene. Make your bedroom an oasis for sleep, and use it only for sleep. Make sure the room is quiet, dark, and not too hot or cold. Furnish it with whatever type of mattress, pillows, and bedding you find comfortable.

Schedule active time well before bedtime. Exercise can help, but don't do it within three hours of bedtime. Expose yourself to daylight. Try to get outside in the sunlight each day.

Be mindful about eating and drinking. A light evening snack can help you get a good night's sleep, but large meal near bedtime can keep you awake. Avoid caffeine late in the day. In fact, avoid drinking too much beverages of any kind in the evening: they can cause you to wake up to go to the bathroom. As for alcohol, even small amounts can make it harder to stay asleep.

Finally, don't spend time in bed tossing and turning. After you go to bed, give yourself about 20 minutes to fall asleep. If you're still not sleepy, get up. Then go back to bed when you start to feel drowsy.

When we are well rested, we are happier, healthier, slimmer, more energetic, more creative, a better companion and we can enjoy life to its fullest. Sweet dreams everyone. ZZZZZZZZZZ

## "Second Mamas"



On Saturday, June 26<sup>th</sup> Deborah Rosser and I represented the CCFCCA "Second Mamas" team by attending the Race for the Cure team captain's luncheon at the Old Spaghetti Factory in Portland. Below are a few of the things we learned.

\* In 2009, our team was one of the 100 teams that helped to raise 2.2 million dollars for the Komen foundation. 75% of the money raised stays in the community with 25% going to research. Our team has raised a total of \$3,615.00 in the four years of our participation in the Race for the Cure.

\* It takes \$89.00 to pay for one mammogram. In Washington State, 86 women are diagnosed with breast cancer each week. Of those, 15 will die. Early detection gives a 98% recovery rate.

CCFCCA member Jeanna Wardell was the first Provider to sign up as a "Second Mamas" team member. Jeanna has already raised \$135.00 in donations. For being the first team member to sign up, Jeanna was awarded a Race for the Cure bag filled with goodies. Way to go Jeanna!

Team members can sign up to walk or to sleep in for the cure. This year, Tina VanBuskirk and I will be co-captains for our "Second Mamas" team. The link below will take you to our team page where you can join the team or make a donation. Tina and I hope that this will be our best year yet. Judy Peters  
[http://race.komenoregon.org/site/TR/Race/PortlandRacefortheCure?team\\_id=52812&pg=team&fr\\_id=1130](http://race.komenoregon.org/site/TR/Race/PortlandRacefortheCure?team_id=52812&pg=team&fr_id=1130)

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## M.E.R.I.T

What is MERIT? It stands for the **M**anaged **E**ducation **R**egistry and **I**nformation **T**ool, which was released by DEL on a limited basis late last month. Recently, STARS trainers and training organizations were invited to listen in on a webinar that introduced this new web-based tool. CCFCCA is now able to input past, present and future STARS trainings. In a later release, STARS hours will be tracked for all who attend these trainings. Providers will be able to search for up-and-coming trainings in the state, and to view their STARS history. DEL hopes that this will be a user-friendly, robust tool for trainers and providers alike. **By Sue Pederson**

## Operation Reaching Out

By Carol Chandler



We still have some items left to send to our troops. I was speaking to my daughter a few days ago and she suggested that we donate what is left to the troops who have returned and are having a hard time. The unit that Carla is in has been donating items of food, toiletries, candy etc. What ever is donated to them is passed on to those in need.

I spoke with the board at our last meeting and we decided that to would be a good cause and we wouldn't have to pay for any shipping. My daughter came and picked up everything that had been donated and took it to her unit. They were very happy to receive the goods and sent a big Thank You for everything we has been donated and sent.

Thank you again to everyone that helped to make this a successful project!!!  
Carol

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## July 24 Yard Sale

By Judy Peters



Donations have been steadily coming in for the July 24<sup>th</sup> fundraiser Yard Sale.

We have a wide variety of items so far. Some of the donations include a piano, an entertainment center, several lamps and a variety of other

household furniture. We also have a good amount of daycare toys, large and small. There a books, games, and lots of cloths in our collection.

If you have items to donate, you can bring them to my home at 7210 Tennessee Lane, 98664.

We still need many more volunteers to manage this sale so PLEASE consider pitching in to share the work.

With the abundance of items to sell, we will need to begin setting it out on Friday evening, July 23<sup>rd</sup>. We need volunteers to: set up tables, put out signs, carry items from the garage to the tables, clean some items, take money, go get food for the workers, go after change when it is needed, and then to clean up after the sale.

We will need a volunteer with a pickup truck that will take a load to the dump after the sale.

We still need long tables to set sale items on. If you have a table to loan us, or you want to volunteer to help with the sale, please call 693-5245.

# From the Advocate

~Field trip fun while staying in compliance~



[WAC 170-296-0520 \(7\)](#) requires that Providers acquire written parental permission for field trips. This WAC requires that parents are notified in advance when you plan to use vehicles to transport children. Parents may grant general authorization for walking field trips.

[WAC 170-296-0830](#) addresses the first-aid kit required for field trips whether transported by vehicle or walking to the neighborhood park. The first-aid kit must include everything you have in your child care first-aid kit at home.

[WAC 170-296-1250](#) covers the requirements surrounding transporting children. I am listing the WAC in its entirety. When you transport children under your care, you must follow these requirements.

- (1) You must keep the vehicle in a safe operating condition;
- (2) The driver must have a valid driver's license;
- (3) There must be at least one staff person other than the driver in a vehicle when:
  - (a) Staff-to-child ratio guidelines require a second staff person (see [WAC 170-296-1350\(3\)](#)); o
  - (b) The child's specific needs require a second staff person.
- (4) The driver or owner of the vehicle must be covered under an automobile liability insurance policy;
- (5) The number of passengers must not exceed the vehicle's seat belts;
- (6) All persons in the vehicle must use seat belts or approved child passenger restraint systems, as required by law, whenever the vehicle is in motion;
- (7) You must have a first-aid kit and a copy of the child's completed enrollment form in the vehicle; and
- (8) You must perform an attendance count of children when getting in and out of the vehicle to prevent accidentally leaving a child in the vehicle. There is every indication that this summer is going to be great.



Have fun! Stay safe!  
Stay in compliance!  
[www.apreweb.com](http://www.apreweb.com)  
Deborah



## Butterfly Bungalow with Live Butterflies-to-Be!

School's out, but now's a great time to keep the kids in educational mode with our cute Butterfly Bungalow kit. Raise 3 Painted lady butterflies from tiny caterpillars over the course of 3 weeks, and then release them into the summertime skies! The Bungalow "tent" habitat is perfect for the sunroom, bedroom or playroom countertop, and raising your butterflies is easy. Copy and paste this link to find all that Insect Lore has to offer.

<http://www.shop-insectlore.com/Butterflies/Butterfly+Bungalow+with+Live+Caterpillars.axd>

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## Providers in the Park

by Judy Peters

On Tuesday, June 22<sup>nd</sup>, a group of about 30 Providers representing two local child care associations, gathered together at Esther Short Park. This social gathering had no agenda except to take advantage of the opportunity to offer our best regards to Karen Wulf and Peggy Corcoran as they both have ended their careers in Home Daycare.



The evening could not have been more perfect. Mother Nature took a break from the rain and offered up sunny skies, warm evening temperatures and a pleasant light breeze. Some Providers brought lawn chairs while others sat on the rocks or spread out blankets to sit on.

For nearly 3 hours, the air was a buzz with the chatter of happily visiting voices as Providers mingled and took the time to visit with new friends and old.

Rumor has it that there will be more of these "Providers in the Park" gatherings this summer, so watch the chat lines for dates and times.

# Get Excited About Books

## Don't Teach Reading-Teach Them to Love Books!

As a family child care provider, it's not your job to teach reading to the children you care for. However, because you spend so much time with these very young children, you CAN make an important contribution to their success and enjoyment of reading. I believe with all of my heart that the single most important thing that you can do for a young child is to read and enjoy books with him or her every day. Be excited about books and reading. Teach them to treasure books and to know the joy of losing themselves in a good story.

Sharing books with young children helps them to develop language concepts, to become aware of beginnings and endings, to learn that words are read from left to right, and to learn that books can provide a wealth of information as well as a good deal of fun. They learn to make books a part of their lives as they see you go to a book to look for a picture of the butterfly or bird you've seen in the backyard, or reading as a way to relax or for the pleasure it gives you.



## Have A Daily Group Story Time

Story time should be a special fun time when children can share their thoughts and feelings about the books you read, as well as just listen and enjoy. It's more important to enjoy the story as you progress through it than it is to necessarily reach the ending. In other words, the process of "devouring and enjoying" the book is more important than finishing it. If the children have enjoyed a special part of the story and want to read it again, then go for it.

You can begin your story time before the actual telling or reading of the story by showing the children the book that you'll be reading "tomorrow." Then stand it up on a shelf or windowsill where it will invite anticipation and interest.

You might want to have a special signal for story time, such as a special song that you play or a song that you can all sing together. You might make up some words for a song that the children know, and sing that song each day when it's time for the children to gather for story time.

Before you begin the story, look over the book with the children. If it has a jacket, remove it and let the children see if the cover of the book is the same as the jacket. Page through the book so that the children can see the pictures and wonder about them. Talk about the person who wrote the book. Maybe it was written

for that person's child. The children will be interested to know that. Share all parts of the book and you'll be helping your children to develop and interest in the hows and whys of things.

## Stories for Toddlers and Infants

No child is too young for books. While the infant is too young to lift its head, stand books at the side or head of the crib. There are some black and white picture books with simple, large pictures or designs that are perfect for newborns. They should be part of your infant equipment. You can also recite or sing simple nursery rhymes or other rhymes to even the very youngest infant. Show them pictures as you sing or recite. There are some great board books with simple pictures that work well for these special times.

## Other Storytelling Activities

### Flannel boards or magnetic boards.

These are great fun for children and can help hold their interest as you're telling a story, or allow them to participate as they listen to a recorded story. Put your flannel board pictures for recorded stories in small boxes with pictures on the boxes to let the children know which story is in each box.

Also provide a box of miscellaneous flannel board pictures so that the children can use them for making up their own stories.

## Create Your Own Stories

The children will especially love hearing and participation in stories that they've helped to create. Begin a story by giving the children the first sentence. Then encourage them to build on that first sentence. Write the story that you create on a large sheet of tag board and have the children create illustrations for it.

## Choosing Books for Young Children

Look for books that relate to the children's own experiences. They can have imaginary characters or real characters doing things that children can relate to. They should relate to the emotions and occurrences in the children's everyday life. Use the stories to lead in to discussions and experiences that enhance the story and help the children understand feelings and events in their own lives.

Remember that a love of books is often something that is "contagious" rather than something that has to be learned or taught. Be infectious! Spread the love of books!

From: Funsteps, Inc. March 2010 [www.funsteps.com](http://www.funsteps.com)

# Swimming season to open with dangerous waters “need for caution”

Vancouver, WA – Warm weather predicted for this weekend is sure to boost attendance at Clark County’s regional parks, where residents and visitors go to swim, boat and enjoy the water.

Many Clark County beaches are currently underwater as a result of recent rains, snowmelt and water released from dams. The Columbia River is running cold and fast, and recreationists are urged to check conditions before swimming or boating. (For the latest water conditions, see links provided below.)



High and swift water can easily overwhelm strong swimmers. Cold water increases the risks of drowning and hypothermia, a condition that can become life threatening when the body temperature drops.



There will be no lifeguards at the regional parks this summer, so swimmers should take extra precautions and children should be supervised at all times. Clark County Public Health and Vancouver-Clark Parks & Recreation urge people to observe the following water safety guidelines throughout the swimming season:

## Drowning prevention

- Know the water – Washington state waters are cold enough to cause hypothermia even on the hottest summer day. Hypothermia can weaken even the strongest swimmer.
- Know your limits – drowning often happens when a person tires while swimming.
- Wear a life jacket when swimming anywhere without lifeguards or whenever you boat, jet ski, go tubing or do other water sports.
- Ensure that children are wearing lifejackets. Inflatable toys and mattresses will not keep children safe.
- By law, children ages 12 or younger must wear a Coast Guard approved life jacket or vest on all vessels 18 feet or shorter.
- Never leave children unsupervised in or near the water, even for a minute. Drownings happen swiftly and silently.
- Always avoid alcohol when swimming or boating.

- Avoid swimming in potentially dangerous areas such as fast flowing rivers or ocean beaches with riptides.
- Don’t dive into shallow water or unfamiliar swimming holes.
- Cover your spa when not in use. Ponds, five-gallon buckets, and wading pools are also drowning hazards for young children.

## Additional information

- Local swimming areas:  
<http://www.cityofvancouver.us/parks-recreation/swimming.htm>.
- Boating safety:  
<http://www.cityofvancouver.us/parks-recreation/sports/aquatics/boating.htm>
- For river conditions in Southwest Washington, see <http://waterwatch.usgs.gov/?m=real&w=gmap&regions=wa>
- For Columbia River conditions at Vancouver, see [http://waterdata.usgs.gov/wa/nwis/uv/?site\\_no=14144700&PARAMeter\\_cd=00060,00065](http://waterdata.usgs.gov/wa/nwis/uv/?site_no=14144700&PARAMeter_cd=00060,00065)
- For East Fork Lewis River conditions, see [http://waterdata.usgs.gov/wa/nwis/uv/?site\\_no=14222500&PARAMeter\\_cd=00060,00065](http://waterdata.usgs.gov/wa/nwis/uv/?site_no=14222500&PARAMeter_cd=00060,00065)



Happy Birthday  
to You....

## *July Birthdays:*

Dorothy Muffett	7/5
Denise Hertz	7/14
Alexandra Batman	7/17
Wendy Patterson	7/29

## *August Birthdays:*

Sharon Williams	8/4
Sandi Brinley	8/5
Nemo Voogt	8/11
Jeannie Clark	8/14
Samantha Giering	8/14
Peggy Corcoran	8/16
Jessica Aguilar	8/24

# SEIU 925 News



## REGIONAL UNION MEETING

**REPORT:** The meeting was held on June 14<sup>th</sup> at our local union hall. It was a great success with fifteen union members attending. We had a table full of goodies to eat. We watched two videos and had updates on several topics. The members got to meet Sherry Schleufer, our new

SW Washington rep, who moved from Spokane to Longview. Some of the important information we need to pass on to all union members includes:

\* **Legal Fund Pilot Project:** This has been set up for union members to use. A sum of \$20,000 has been set aside to pay for 20 expedited stays and 30 supervisory reviews statewide. If this works well, it will be expanded in the future. If you are being challenged by the state to close down your daycare due to a false allegation, you may qualify for this help. You must contact Cindy in Member Support at 1-877-734-8623 so your case can be evaluated to see if you are eligible for assistance from the Legal Fund. If you are, someone from C.A.R.E. will contact you.

\* **Sherry Schleufer** reminded providers to be sure to claim absent days each month. If you have failed to do this in the past, you can still apply for payment and go back one year. Also, if a state subsidized child is in your care for more than 10 hours a day, you can claim 1 ½ days. If the care goes over 15 hours, you can claim two days.

\* **Health insurance premiums are increasing** to \$25 per months (instead of \$17). A provider can qualify for union health insurance as long as there is no other insurance available (through a spouse's insurance). The provider also must have at least two state-paid children in care with a total of 60 units combined.

\* **The latest draft of the new WACS** is on the DEL website at [www.del.wa.gov](http://www.del.wa.gov). You can also read comments on line. Check out the DEL website for the date and location of the next public forum. Encourage your daycare parents to attend. Their input can be very valuable.

\* **I-1098 is a top priority for SEIU.** Right now signatures are being collected to get this initiative on the November ballot. This initiative will raise \$1 billion per year that will go directly to help education and health care. This initiative would add a new

income tax on the top 3% of Washingtonians for couples making over \$400,000 and individuals making over \$200,000. Right now the wealthiest Washingtonians pay less in state and local taxes than residents of 43 other states. I-1098 will also lower state property taxes by 20% and exempt 80% of small business owners from paying B & O tax. Thanks to the 10 providers who agreed to help collect signatures for I-1098.

--Melba Halgren, Lead Activist for SW Washington

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## CCFCCA Board and Committees:

**President:** Melba Halgren [melbahalgren@aol.com](mailto:melbahalgren@aol.com)

**Vice President:** Wendy Patterson  
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**Secretary:** Sue Pederson [susanpederson@comcast.net](mailto:susanpederson@comcast.net)

**Treasurer:** Nancy Lycklama [NTLDC97@aol.com](mailto:NTLDC97@aol.com)

**STARS Training Coordinators:**  
Leasa Ripplinger & Sue Pederson

**Welcome Committee:** Sandi Brinley & Carol Chandler

**Historian/Scrapbook Committee:**  
Tina VanBuskirk & Peggy Corcoran

**CCFCCA Consultant:** Deborah Rosser  
**Newsletter Editor:** Judy Peters

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## Photography Fundraiser

Paolo Productions has offered CCFCCA \$20.00 for every daycare that books a photo session at their daycare. There is no cost to the daycare provider. Once you have booked a photo session, just let your parents know the date. Paul will send out informational packages ahead of time. Parents are under no obligation to buy pictures but they are hard to resist. The picture packages start at \$15.00 or \$6.00 for a group picture. Paolo's will be in town on the week of July 19 and has time to book two more sessions. Contact Paul at 541-279-0104



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**Disclaimer:** Any views or opinions presented in articles are solely those of the author of that article and do not necessarily represent those of CCFCCA

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# Preschool Program Workshop

Offering Simple ways to add a Preschool Program or improve on the one you have.

The CCFCCA is offering a Mini Workshop on developing or improving your preschool curriculum. This 2 ½ hour workshop will give Providers guidelines for how to add to or improve on a Preschool Program for your Daycare.

We feel that there is still a large number of Providers that have not integrated a Preschool Program or a structured learning environment into their daily activities for a variety of reasons. Others do offer learning activities but are looking for ways to improve on their program.

Our goal is to help Providers recognize how skilled they are and how to use their experience to put together an effective Preschool Program in their Home Daycare. This workshop will offer ideas on how to make teaching preschool inexpensive, fun and effective.

The goal of this workshop is to offer information on:

- Reasons to offer a Preschool Program
- What are the expectations of the state for preparing children for Kindergarten?
- Ideas for ways to integrate teaching into fun activities
- Ideas for structuring a Preschool Program into your day
- Ways to use circle time to enhance Preschool learning
- Pre-packaged Preschool Programs can be a big help
- Planning ahead makes it fun and easy
- How to encourage emergent reading
- Using your Preschool Program to market your Daycare business

- How to pass on the cost of Preschool supplies to the family
- Ways to encourage family involvement and partnership
- Using music as a teaching tool
- Which toys are a "must have" for a learning environment
- Using physical activities such as dance, yoga and other activities in Preschool
- The value of using formal education programs to keep up with future licensing requirements.

**Title:** Preschool Program Mini Workshop

**Trainer:** Sarah Theberge

**Date:** Tuesday, August 24<sup>th</sup>

**Time:** 6:00 to 8:30pm

**Place:** Pied Piper Pizza

**Cost:** \$10.00 for CCFCCA members and \$25.00 for non members.

**STARS Value:** 2.5 STARS hours



## Preschool Program Mini Workshop Registration Form

Name: \_\_\_\_\_

Address \_\_\_\_\_

Phone \_\_\_\_\_

Email \_\_\_\_\_

STARS# \_\_\_\_\_

Mail registration form with check made out to CCFCCA to Nancy Lycklama @ 6909 N.W. Dogwood Drive, Vancouver, WA 98663  
Non CCFCCA Members \$25.00  
CCFCCA Members \$10.00 **Class size is limited to room capacity. Early registration is encouraged.**