

Clark County Family Childcare Association Newsletter

Printed July 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

July 13th Providers in the Park
July 19th Board Meeting @Boppin

Bo's Malt Shop & Grill

August 2nd Regular Meeting
STARS training: "Extended Sand & Water Play"
With trainer Lydia Rich



Letter from the President

From Wendy Patterson



I'd like to say how honored I am to be the new President of CCFCCA. I'm fortunate to be backed up by fellow executive board members **Cindy Perez, Nancy Lycklama, and Lari Piel.** As well as having the skilled members of our standing committees, **Leasa Ripplinger, Sandi Brinley, Judy Peters,**

Deborah Rosser, Melba Halgren, Terri Lehman, Carol Chandler, Tina VanBuskirk, and Peggy Corcoran to take on needed tasks. Each of these talented ladies has committed to putting time and energy into keeping our association one that we can depend on for encouragement, educational trainings, referrals, and business support.

My daycare children and I have been eagerly awaiting the opportunity to partake in more outdoor discovery play now that summer is here. I'm not surprised they chose "water" from my long list as our summer theme this year, with their vivid memories of last summer's activities. They got to roll

in the mud playing "pig sty" while learning about farm animals during our "animals" 2010 summer theme. Not to mention last summer's trip to Blue Lake Park's water spray ground

<http://www.oregonmetro.gov/index.cfm/go/by.web/id=19432> and pumping their own syrup on their snow cones.



We've already started making our rain sticks, took a field trip to Blue Lake Park to play at the new natural playground, and began planning our pegboard water feature. We have also begun collecting materials for our mini oceans, sink/float kit, and

rain gutter play. I'm also going to try to be brave as we are going to be doing full-body artwork. I'm also excited to get to tie dye backpacks and play in the mud again this summer.

I think it's important to recognize the significance of exploratory play for children's



development and offer them numerous opportunities. I try to make positive additions to my child care spaces by creating more hands-on learning experiences for the children. I love sharing these kinds of opportunities with them while creating some remarkable memories.

Now if I could only get over my fear of glitter...



Keep 'em Reading

Tie fun activities into your reading routine by either visiting a place in the book being read or doing an activity mentioned in the book. You might also consider a craft or making cookies shaped like a character or image in the book

July Meeting Report

By Melba Halgren

The July 5th CCFCCA member meeting was a nice evening out, a chance to visit with fellow providers, and an opportunity to learn some important tips from our STARS training on “Taking Charge of the Interview.”



Sandi Brinley had again worked her magic with the red, white & blue decorations around the room giving us a patriotic reminder of the 4th of July we just celebrated the day before. A nice personal touch were the mints wrapped in red, white and blue paper and set on the tables for members to enjoy.

President, Wendy Patterson announced the coming of a **new website for CCFCCA**. Wendy had won a Website start-up package worth \$695 at an Evergreen High School Band auction which she won for \$35. Our new website should be up and running by the end of summer. Judy Peters will be manning the website when it is complete.



We celebrated two **July birthdays**—Wendy Patterson and Denise Hertz. Each received a nice birthday gift from the Welcome Committee. Leasa Ripplinger won the 50/50 raffle of \$15. Leasa was surprised to win two months in a row! Other raffle prize winners were Denise Hertz, Sandi Brinley and Melba Halgren,

who each won beautiful metal flower garden decorations. Helene Padget was sitting in the lucky chair with a flag taped to it and won a red, white and blue decorated tote bag.

CCFCCA will be having another **PROVIDER IN THE PARK** on



Wednesday, July 13th at Esther Short Park. We will meet around 6:00 p.m. at the clock tower. Bring a camp chair, snacks and another provider friend. All

providers in Clark County are invited to attend. The more, the merrier!

Wendy assessed if providers were interested in having another **group field trip to Wendel’s Animal Museum**. Last year, CCFCCA arranged this event and kept cost down to \$2 per participant. Several providers were interested, so we will announce a date at our August 2nd meeting. Also, we may still have a CCFCCA garage sale, possible in early September at the home of Kasey Tanner. This will be firmed up by our August member meeting.



Following our business meeting, members were treated to an excellent **STARS Training, “Taking Charge of the Interview”** by Wendy Patterson, Deborah Rosser, Judy Peters, and Cindy Perez.

Book Drop Bins



Waste Connections has partnered with Reading Tree to help support literacy by reusing unwanted books. Drop boxes for used books have recently been placed at all three of the local transfer stations (see below for location info.) Now, when a community member is visiting one of the transfer stations to bring in other materials, they can also donate books. Each station has an area for recyclable items—books are just the latest in the long list of items that are accepted. Depending on quality, the books will be reused or recycled, instead of clogging a landfill.

- **Central Transfer Station: 11034 NE 117th Ave. Vancouver, WA 98662 360-256-8492**
- **West Van Materials Recovery Center: 6601 NW Old Lower River Rd. Vancouver, WA. 360-737-1727**
- **Washougal Transfer Station: 4020 South Grant Street, Washougal, WA 98671 360-835-2500**

SEIU 925 NEWS



NEW SEIU 925 CONTRACT BEGINS JULY 1st Check out the April CCFCCA newsletter under “SEIU 925 News” for a summary of the Family Child Care Provider Contract Summary for July 1, 2011 to June 30, 2013. I won’t repeat them here. Don’t forget that as of July 1st absent days may be billed regardless of the number

of half or full days authorized. Licensed providers may bill an absent day for more than one authorization, such as special needs. (Article 16.2).

LEGISLATIVE VICTORIES for Child Care

Providers: You may have heard about some of these, so here is a list for your reference:

SB 5625 Non-Expiring License: With the passage of this bill, fully licensed childcare providers are no longer required to reapply for license every three years. Instead, full licenses will remain valid so long as licensees submit routine information to DEL each year. This bill will improve efficiency so that we can focus on providing the highest quality care to children. Nothing has changed in terms of the number of required monitoring visits. The requirement is still at least once every 18 months, (but may be once a year, so keep everything up to date).

SB 5504 Illegal (“Craig’s list Care”) Child Care Bill.

We have worked for years to crack down on illegal childcare like those commonly listed on Craig’s List and to keep children from ending up in unsafe conditions. At last, we have put in law that DEL is required to pursue unlicensed care providers. This bill also provides DEL with stronger tools to crack down on unlicensed providers—stiffer financial penalties, and public listing on the DEL website of unlicensed facilities.

HB 1903 Background Checks. Portable credentials.

This bill improves safety for children. This makes childcare provider and assistant background checks more affordable and improves efficiency by making the check individual focused instead of location focused. This means if a provider or assistant changes locations, they will not need to redo their background check.

Working Connections: The budget is not finalized; however, it looks promising that we are going to keep the eligibility at 175% of the Federal Poverty Level for WCCC. There will still be a cap. And, authorizations will be at least 3 to 6 months.

Other Interesting Developments: The I-Pads are being used by licensors. If you are cited, they pull up the actual WAC, they automatically file a supervisor review if you checked the box, there is a new “If you don’t see, you don’t cite it” policy. They track the time in and out of your home. If the licensors arrives without the I-pad and working printer, please call Gilda Turner at SEIU: 866-734-8925 or 253-740-3326 (her cell) to report it.

PUBLIC FORUM on the New WACS was held June 15th at the ESD-112 building. Debra Gault, Leasa Ripplinger, Nancy Lycklama, Deborah Rosser, Angela Taylor, Nancy Dickinson, Wendy Patterson, Debbie Hayford, Kath Sherman and I attended. The comments were varied, well thought out and researched. Examples were powerful because they let DEL know how these WACS will affect real providers and families. I wanted to give Deborah Rosser standing ovations when she finished. I was very impressed with Kath Sherman who came with a copy of the new WACS, tabbed and well researched. Kath explained that it is against our civil liberties to require a provider’s child between the ages of 13 and 16 years old to have to have evaluations for suitability and compatibility. Kath noted that children’s records are kept sealed for a reason. Wendy gave a heart-wrenching example of how her infant son died of SIDS while the licensed provider was right in the same room. Wendy explained that SIDS can occur no matter how much precaution the provider takes. She related a story of a mother whose child died of SIDS while breastfeeding the infant. Debra Gault also had some well-thought out comments. Overall, the providers in Vancouver and Tumwater covered a variety of WACS that still need to be changed before the final version is in print. Time will tell if our voices were heard and mattered.

Melba Halgren, 27-year Provider
Lead Activist for SW Washington



Fun Facts

“Did you know that there are 206 bones in the adult human body and there are 300 in children (as they grow some of the bones fuse together)?”



“Rats multiply so quickly that in 18 months, two rats could have over 1 million descendants.”

For your Health

Running in a Group Is Better



Many people claim that running solo gives them much-needed alone time to sort out their problems, and if you're uber-stressed, then maybe some meditative alone time is just what you think you need. But if you're running to improve your

health and de-stress, experts think you might actually receive more benefits from making running more of a social occasion.

One animal study showed that rats who run in isolation don't receive the same neurological benefits as rats who are allowed to run in groups. The rats who exercised in a social environment not only received the physical benefits of running, they also stimulated the growth of new brain neurons. In comparison, the rats who exercised in isolation didn't produce as many new brain neurons and also exhibited higher levels of stress hormones.

In other words, running with companions may offer another avenue for stress reduction in addition to the benefits of regular exercise. Ask a buddy to join you for a jog, or sign up for a local running group where you can meet new people who are also interested in the pursuit of better health.



Drink This Juice for Better Energy



For easier workouts that leave you with energy to spare, pour yourself a glass of this popular breakfast beverage: orange juice. In a small study, regularly drinking the juice seemed to diminish muscle fatigue and boost exercise endurance in a group of sedentary, overweight women who took up exercise.

Glass Half Full

In the study, both the OJ drinkers and a control group enjoyed improvements in fitness thanks to their new workout routines. But the improvement was smaller in the women who didn't drink orange juice. Specifically, the juice drinkers enjoyed a dramatic 27 percent dip in their blood levels of lactic acid -- the stuff that builds up quickly in unfit

muscles and makes them feel tired. But the women who didn't drink OJ? Their blood lactate levels dipped only 17 percent during the study period.

Boost Brain Power with a Power Walk



Playing Sudoku and solving Rubik's cubes isn't the only way to boost **brain power**. A little exercise will go a long way too. According to a *Journal of the American Medical Association* report, walking for just

1.5 hours a week can help ward off dementia as you get older. Break that down into daily walks, and you'll only have to stroll for 13 minutes each day.

Walking improves your cardiovascular **health**, gives muscle definition and tone for sexy legs and is also a great tool for slimming down. So keep the car in the garage and look to your sneakers as your best means of transportation. Walk to work, school or the grocery store if they're within a doable distance. Spend a day at the beach or lake and don't just idly soak up the sun -- take a long walk down the shoreline and soak in some exercise, too.

Get your friends and family in on the action too. You can gather up co-workers during your lunch break for a walking gab session, or walk with your family before dinner to work up a **healthy** appetite. You always have time for a quick walk. And remember: Burn up extra calories with daily exercise and your brain will never burn out on you.

Check out **Health Bistro** for more healthy **food** for thought. See what Lifescript editors are talking about and get the skinny on latest news. Share it with your friends (it's free to sign up!), and bookmark it so you don't miss a single juicy post!



Washington Health Program

From Terri Lehman

Don't have insurance? Here is an option for you. It is based on your age, the age of family members applying for coverage, the annual benefit limit, if you use tobacco products and the county you reside in. Although you would not be able to use your primary physician, it is some coverage should you need it.

Click on the link below to find out more about it. It does give some piece of mind.

<http://www.washingtonhealth.hca.wa.gov/>

July STARS Training

“Taking Charge of the Interview”

This month’s STARS training was presented by Wendy Patterson, Cindy Perez and Deborah Rosser. Our Judy Peters was ill so Cindy presented Judy’s section of the training.

The training was broken into four sections beginning with what potential clients are looking for when they contact our referral service. If parents do not know what they are looking for Judy gives them a list of questions to ask a potential provider. Judy is also well versed on why parents change childcares.

The initial phone interview is vital to convey right from the beginning that Providers are business owners and if done correctly sets the boundaries and expectations for a long term business relationship or instantly identify that the family will not be a good fit.

The home visit(s) are where the exchange of expectation takes place and can make or break the possibility of contracting with a new family. This is the time to listen and follow your instincts.

Retention of contracted families was also addressed in this training. We were given great ideas on how to keep our families once we have invested our time and emotional energy.

The training was excellent and it was great to hear firsthand from both active Providers and retired Providers.

Our August STARS training will be “Extended Sand & Water Play” With trainer Lydia Rich

We now wait and see if commenting on the proposed WACs makes any difference

The forums have been held. The online comments have been made. Providers have expressed their concerns and many are pondering their own futures. Will Washington State preserve family home childcare options for working families or continue to chip away at family home childcare and replace the home environment with State regulated (operated) centers? Time will tell...probably sooner than later.

Deborah Rosser, APRE

SUMMER MOVIE EXPRESS



Welcome to Regal's Summer Movie Express 2011. Moviegoers of all ages can climb aboard to enjoy a great selection of films. During

this 9-week festival, select Regal Cinemas, United Artists and Edwards Theatres will offer selected G or PG rated movies for only a dollar on Tuesdays and Wednesdays at 10:00am. <http://www.regmovies.com/summermovieexpress/default.aspx>

An Activity Idea.....

I want to share this fun and inexpensive activity that my daycare kids have been enjoying lately. I give the kids empty plastic cup to play with. They come up with some totally creative ways to build with them. They have made ships, castles, stores, and all sorts of things. I provide all kinds of different types of cups from the little 2 oz. to the bigger ones. They will spend hours working together on the projects and sometimes by themselves. We are going to try it outside as well this summer to see what we can come up with.



Tina Mann

Komen Race for the Cure



CCFCCA will be sponsoring our team “The Second Mamas” for the September 18th, 2011 Race for the Cure. Team Co-captains Tina VanBuskirk and Judy

Peters will be kicking this year’s team into gear at our August 2nd meeting. Our goal is to gather a large team and help to raise a record amount of money for the Komen foundation. Please plan to join us this year. It is a feel good commitment that will bring joy to your life. **Judy**

Community Events

Science in the Park Series Every Wednesday, join us before and during the Noon Concert Series for children's hands-on crafts and experiments, all designed for fun and learning about water, nature, and the environment. Join us at Esther Short Park (located at Eighth and Esther streets in downtown Vancouver) from 11am - 1pm.

Saturday, July 9

One Bug - Two Bugs - Three Bugs - Four! Some crawl, some fly, some are pretty, some are pests, some have wings, and some even help plants. And they are all bugs! Families are invited to join us from 1-3pm at the Water Center, 4600 SE Columbia Way. Look around the garden, identify various bugs and enjoy fun, hands-on activities. Children must be accompanied by a parent or guardian. Call 360-487-7111 or visit www.cityofvancouver.us/watercenter

REI Outdoor Fest, Vancouver Lake

July 10th, 10am - 3pm Come join us for a day of outdoor fun and try out 2011's hottest new boats and paddling accessories at our annual Outdoor Fest! There will be options to learn more about paddling activities from REI staff experts as well as opportunities to paddle with non-profit partners, get information about where to hike, bike and paddle in the area. Paddlers of all skill levels are invited to REGISTER for free boat demos. We will provide the boats, paddles and PFDs. To speed up your registration and check-in, if you have your own PFD and/or paddle, bring 'em! Register for a time slot on the REI Portland website: www.rei.com/portland. While the event is free, there is a \$2 parking fee.

Natural Gardening Tour Sunday, July 10

The event is free, but tickets are required. The tour will be 10 a.m. to 4 p.m. and visit private and public gardens in the Ridgefield, Brush Prairie and Vancouver areas. Participants will meet host gardeners and have a chance to gather ideas about beautifying their gardens and yards without chemicals. Among other things, visitors can see how to attract wildlife, encourage beneficial insects and create compost using various methods. They will see wine bottles recycled as a pathway border, a quarter-acre food bank garden and crops for pest control.

Free tickets are available until the event. They can be picked up at:

- Shorty's Nursery in Vancouver and Ridgefield
- Bird's English Garden & Nursery in Ridgefield
- The Reflector in Battle Ground
- Hidden Gardens Nursery in Camas

- 78th Street Heritage Farm at 1919 N.E. 78th St., Vancouver

July 15-17

Battle Ground Harvest Days The three day celebration will include concerts, food, a carnival, half marathon, family fun-run, and a classic car show.

Evening on the Row

Friday evenings beginning July 8 and running until September 9, Officer's Row will be hosting various events in commemoration of the 150th anniversary of the Civil War.

Butterfly Garden® w/ Coupon for Live Caterpillars

Watch them grow then let them go! Raise 3 to 5



Painted Lady butterflies while learning all about metamorphosis with this Oppenheim Best Toy Award-winning butterfly raising kit! See each

caterpillar's transition as it matures, changes into a chrysalid, and finally emerges as a Painted Lady butterfly! After observing your butterflies, experience the joy of releasing them into your backyard! Absolutely safe to release into the environment.

Includes: colorful pop-up habitat suitable for hanging or free-standing on a countertop, coupon for 3 to 5 butterfly larvae with special food, feeding kit and complete instructions.

Notice! This kit doesn't contain any live insects, but contains a mail-in coupon for the live critters. The kit with live insects is available elsewhere in the Insect Lore store.

Note! Please be advised that there is an additional \$5.00 required when redeeming your coupon for shipping and handling of your live larvae with this kit! Order the [Butterfly Garden Shipped with Live Caterpillars \(item #2221\)](#) to avoid this additional fee.

Three butterflies are guaranteed to be perfect specimens. Please allow approximately 3 weeks for your larvae to develop. During extremely hot or cold weather, delivery of live larvae may be delayed. www.shopinsectlore.com/.../Butterfly+Garden+Shipped+with+Live or **order by phone call 1-800-634-4298**

Our STARS Trainings Do Help.....



I am using the last Stars class trainers' "Outdoor Activities with Children" by trainer Ruth Laabs, from Clark College recommendation for making changes for our Summer time care kids. And it has worked great. I have a

few preschoolers and school age mixed with two infants and it can be tough to keep them from fighting and taking care of the infant's needs. The school kids can get bored easy.

We asked for donations of used old back packs, and then we went around the house and filled a box full of stuff to put in them. Then we divided them up for different themes; science, girl play stuff, misc. stuff, and one for younger kids as I have a three year old that doesn't like to be left out. Most all of them have note pads, pencils, stickers, books for reading. I never thought I would allow pencils on the playground.....

We collected magnifying glasses, compass, highlighters, felt pens, tweezers, card games, old cell phones, small plastic containers with lids for our specimens. etc. All 6 pack packs are full. I will assign a different back pack to the different children daily. They are responsible to keep the stuff in them when they are done. So far they are a big and they are a hit and I am asking for more back pack donations. (That part worked well because school is out and most people throw them away) carrying them on their backs all day long. Debra Gault

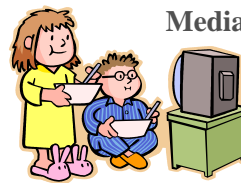


Congratulations!

On June 22nd Provider, Karen Ferguson and her family welcomed their third son, Ian Dereck Bresnahan. Baby Ian weighed in at 7lbs.14oz. and he was 20 3/4in. long. Karen said, "He's a duplicate to my other two boys, looks just like them."

Minimize Screen Time, Maximize Health – education and training materials from the University of Washington Center for Public Health Nutrition

I am a research coordinator with the University of Washington Center for Public Health Nutrition (CPHN) who has been working on various strategies to reduce screen time and increase media literacy among Washington States children. I am e-mailing you today to tell you about our free resources including training materials, parent handouts and curriculum for people working with children of all ages. These include:



Media Aware Child Care: What do we do about TV, DVDs and computer games?

Free STARS-approved online training course for early childhood professionals;

empowers providers to help reduce screen time in their programs and to also talk to parents about screen time at home.

www.waabam.org/media_aware_childcare.htm

this can also be offered as an in-service training at no cost to you or your providers.

Washington Active Bodies Active Minds

Extensive Web site geared for early childhood health and education professionals; provides background information about the importance of limiting screen time and encouraging physical activity for young children, and resources for limiting screen time and encouraging physical activity in child care settings and home.

www.waabam.org

PowerfulChoices: Healthy Living in a Media World Free media literacy curriculum geared toward 3rd-6th graders; developed especially for out-of-school program settings.

www.wapartnersinaction.org/powerful_choices/ free curriculum training is also available for instructional staff.

If you have any questions regarding our screen-time reduction resources, or if you would like to discuss current or future projects, please do not hesitate to contact me.

Jennifer Tucci, MPH, RD
jennjt@u.washington.edu

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

July Gardening Tips



This month we saw the heat return. Our garden guru is still addressing lingering questions about the past 'wet' spring and its effects on the average gardener. We had heard from a viewer that she was replanting her garden on the 4th of July! This is nothing unusual; in fact if you picked the right varieties you can still have a great fall harvest. **Recommendations;** pick up vegetable starts (plants that are already growing) from your local garden center. If you want to start your plants from seed look for varieties that are quick maturing, 60 days or less. Or you can wait until August and plant your fall and winter garden. If you are going to use seeds make sure they are from a good vendor.

If you have fuchsias in hanging baskets you will notice that they form seed pods after the flowers have died off. By removing those seed pods you will get a quicker re-bloom and the plant will become more vigorous. All that energy goes back into the formation of new flowers. Also remember to feed your fuchsias often since they need lots of nutrients to continue blooming. More summer gardening tips can be found on the **OSU Extension website**.



If you've been on top of your gardening game, and have gotten out plenty of vegetable plants early enough, you should already be seeing some fruits on your tomato plants, some small broccoli, and baby carrots, along with radishes, peas, and many more.



Now is the time to offer your plants a good feeding, either with a side dressing of compost, or some time release fertilizer. Just use a balanced fertilizer, and stay clear of anything that says "bloom booster" or something of that nature. With these products, it is easy to toxify the soil by adding too much of any single component, which can make many of the nutrients that already exist, become unavailable to your plants.

This is a good time to get a second crop of your favorites either in the ground as seedlings, or planting seed directly in the garden, or you can even get some new plants going in starter pots... better yet, do all three!

Many gardens that you see growing in your neighborhood, will have all of the vegetables in nice tidy little rows, with plenty of space in between.

There are many things you can do to increase your harvest by making good use of the spaces in between the plants that are already growing.

Here are a few suggestions: Go out to your garden, and plant a batch of peas right in with your corn, so that they will grow right up the stalks.

Plant a batch of carrots in with your already established tomatoes.

Plant some cucumbers in with your lettuce and spinach.

Use your imagination... think about what will be coming out of the garden first, but will provide a nice shady location for seedlings that will take their place when you harvest them... take advantage of every bit of your available space.

As your plants grow, and join up, weeding will also be less of an issue.

Where your lawn is concerned, fertilize with summer formulas, and be sure to raise the height on your mower. Allowing the grass to stay a bit taller will help to keep it green, as well as conserve moisture. Remember that your lawn only needs about an inch of water per week, and that deep watering will encourage healthy root growth, whereas, frequent shallow watering wastes water through evaporation, and allows the soil to dry out faster.

Give your fruit trees a thorough watering once per week. Use your grass clippings under the trees as mulch, and create a berm around the tree line to help keep the water concentrated where it needs to be.

Examine your fruit trees carefully, and remove anything that looks sick, twisted, or diseased. Diseased materials should either be burned, or composted. If you burn, be sure to add the ash to your compost pile.



Additional things to do... Be sure to eliminate any standing water from your property so that you don't inadvertently create a breeding ground for mosquitos, keep your birdbath filled with fresh water so that the birds will find a refuge on your property, and assist you with bug control, make sure that your pets have a steady supply of fresh water as well as a place to get out of the hot sun and stay cool, (remember, they are wearing a fur coat all year long)... you might even go out in the afternoon, and do your dog a favor by hosing him or her down to help them cool off, as well as to help keep them clean, keep your compost pile moist and remember to turn it regularly, and if your pile is ready for use, don't just keep adding to it, start a new one for later in the year. If you are in need of new supplies for canning, start shopping now.

Happy Gardening

“Providers are gardening”

Deborah Rosser’s Secret Garden.....



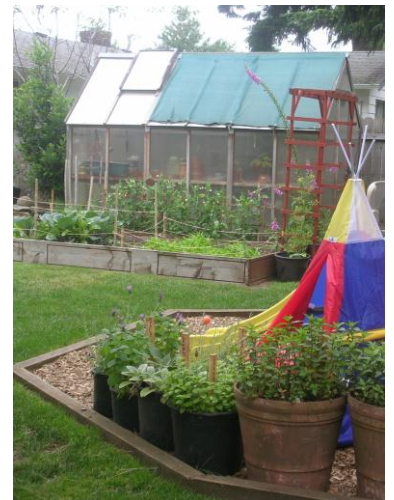
Barbara Dixon brings children to the garden.....



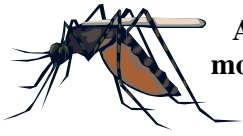
New knees put **Judy Peters** back in the Garden.....



Kath Sherman shows off her green thumb.....



Don't let mosquitoes make a meal of you!



As the weather warms, mosquitoes are announcing themselves. Our wet spring has created plenty of mosquito habitats. Avoiding mosquito bites and removing containers of standing water and other items that can become habitat for breeding mosquitoes is your best defense against West Nile Virus. The following prevention tips can reduce the risk of exposure to West Nile Virus:

Prevent mosquitoes from breeding.

The best way to reduce the mosquito population is to drain sources of standing water.

- ✓ Remove sources of standing water such as old tires, flower pots, wheelbarrows and other containers.
- ✓ Change water in bird baths, ponds, wading pools and pet and animal troughs twice a week.
- ✓ Repair leaking faucets and sprinklers.
- ✓ Clean clogged gutters.
- ✓ Cover trash containers so they don't accumulate water.
- ✓ Properly maintain swimming pools.
- ✓ Check for containers or trash in places that may be hard to see, such as under bushes.

Stocking ponds with *Gambusia affinis* (mosquito larvae-eating fish) is illegal in Washington because of concerns that the non-native species will become more widespread in local waterways and compete with native species for food. In Oregon, gambusia can be placed in closed system ponds. Contact your local vector control for information.

Avoid mosquito bites



- ✓ Use mosquito repellent when you are outdoors. Repellents with DEET, Picaridin or oil of lemon eucalyptus are recommended. Use according to directions, especially when applying to children.
- ✓ Install or repair screens on windows and doors so that mosquitoes cannot get indoors.

- ✓ Consider staying indoors at dawn, dusk, and early evening, when mosquitoes are most active.
- ✓ When possible, wear long-sleeved shirts, long pants, shoes and socks, and hats outside.
- ✓ Place mosquito netting over infant carriers when outdoors.

What is WNV?

West Nile Virus is a potentially serious illness that can affect people, horses, birds, and other animals. It is spread to people and animals by mosquitoes that have fed on infected birds. You cannot get the virus from another person or animal. Most people who are infected with WNV will not have any type of illness. About 20 percent of people infected will develop mild symptoms 3 to 14 days after the bite, such as fever, fatigue, headaches, and body aches. People with questions about WNV symptoms should call their health care provider.



An estimated one in 150 people infected will become seriously ill with neurological symptoms (e.g., muscle weakness, numbness, disorientation, convulsions, paralysis), that may be long-term or permanent. While anybody can become infected with WNV, adults 55 years of age and older who spend time outdoors are at increased risk for developing more severe symptoms.

There are no vaccinations for humans, but vaccinations are available for horses. Horse owners should contact their veterinarians for more information.

West Nile Virus has been present in Washington since 2002 and in Oregon since 2004. Its spread is unpredictable, but many areas of the country have shown a significant increase in cases years after the introduction of the virus.

Detecting West Nile Virus

Dead Corvid birds, such as crows, jays and magpies may indicate the presence of WNV in an area. You can help to monitor for WNV by calling your local county vector control or public health department to report a dead Corvid.

Happy Birthday to You....



July Birthdays:

Denise Hertz	7/14
Alexandra Batman	7/17
Wendy Patterson	7/29

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



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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Fun Facts

"The most dangerous animal in the world is the common housefly. Because of their habits of visiting animal waste, they transmit more diseases than any other animal."



"Nearly a third of all bottled drinking water purchased in the US is contaminated with bacteria."