

# Clark County Family Childcare Association Newsletter

Printed November 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.

**Merit/STARS** classes begin at 8 p.m.

Meetings are held at Pied Piper Pizza

12300 N.E. Fourth Plain Blvd. Vancouver 98682

## Upcoming Events

|                           |                           |
|---------------------------|---------------------------|
| November 15 <sup>th</sup> | Board Meeting/Round Table |
| November 24 <sup>th</sup> | Happy Thanksgiving        |
| December 6 <sup>th</sup>  | CCFCCA Christmas Party    |



## Letter from the President

Oh my goodness, can you believe it's already November? This past month has been another exciting one with my groups Halloween field trips. We were able to venture out twice last month. We went to *Bi-Zi Farms* pumpkin patch and *Merrill Gardens at Orchards Village* assisted living center for Trick or Treating. What great memories we made!



As this is the Thanksgiving month, I'm reminded how lucky I am to have my husband and three beautiful adult daughters. Professionally, I'm so grateful to have a full daycare and wonderful clients. It's also gratifying that there are so many wonderful CCFCCA members that support each other and are constantly improving the care they provide their day care children. I'd also like to thank all the board and committee members who facilitate the daily responsibilities, monthly meetings and newsletter, and special activities/events that make CCFCCA so special.

I am getting excited about the holiday season, although it is rapidly approaching. Before we know it, December will be here and I have to admit that I haven't even started thinking about shopping and planning for my family's Christmas. But you'll be glad to know that we have been busy planning the details for the upcoming Annual CCFCCA Christmas Party that will be held "for members only" on Tuesday, December 6<sup>th</sup> in place of our monthly Association meeting. If you haven't already turned in your membership application, please do so. Looking back on last year's party and the amount of sheer laughter, I'm reminiscent of how much fun we had. If you celebrate holidays, you won't want to miss this party; it'll be the highlight of your holiday season.

Wendy Patterson



## It's Christmas Party Time

Mark your calendar for: **Tuesday, December 6<sup>th</sup>**, from **6:30 to 9:00pm** for our annual Christmas Party. This "member's only" event will be held at the home of CCFCCA member, **Hannele LaFrance**. We will have a gift exchange (with a fun surprise twist) for those that wish to participate. If you choose to be a part of the gift exchange, bring a *newly purchased* wrapped gift valued at \$10 to \$15 dollars. Our rule of thumb is to bring a gift that you would have liked to receive. (Hint) Black Friday is a great day to get **more** for your money.

Again this year, the dinner, dessert and refreshments will be 100% supplied by the Christmas Party Committee and CCFCCA. You may dress casual or dress up if you like. We have an awesome evening planned, focused on you and not your profession. Be prepared to have a fun and relaxing evening of music, delicious food, conversation, and a lot of laughter. The "Evite" with the details will be coming to you soon!





# November Meeting Report

The CCFCCA met on November 1st at the Pied Piper Restaurant. The room was decorated in autumn decor with beautiful autumn floral arrangements,



orange table coverings and candy at each table for providers to enjoy. This month we ended our annual coat drive with Vicky from Open House Ministries arriving at 7:00 p.m. to pick up donations from providers. Vicky informed us that Open House Ministries serves up to 30 families or a maximum of 107 individuals. She was grateful for our generous donations.

Our membership chair, Judy Peters, reported that our association is still thriving with our membership at 43 members so far. Following her report, Judy handed out the new laminated membership cards to all members present. Following her report, Judy surprised everyone by reading her resignation from her volunteer positions at CCFCCA. Judy will remain an associate member but will pass on her volunteer jobs that she has been doing for us. We wish Judy well in her retirement.

Our union representative, Melba Halgren, gave the union report and encouraged everyone who has not yet voted, to vote in the November 8th election. Melba also informed us that the International President Mary Kate Henry and our Washington State President Karen Hart have both encouraged SEIU members to get involved in an Occupy Wall Street event happening in our area. See the union report in this newsletter for more information.

President Wendy Patterson announced that our annual Christmas Party will be held on December 6th at the home of member Hannele LaFrance this year. This party will take the place of our regular meeting at Pied Piper. There will be a gift exchange that night. Eleven providers signed up to serve on the Christmas Party Planning Committee and more details will be forthcoming on the provider support line. Wendy also asked members if they knew of a family to nominate for assistance for Christmas. You

can submit the names by contacting Wendy at [wpatter320@hotmail.com](mailto:wpatter320@hotmail.com) as soon as possible. Be sure to give names and ages of children so the board and committees can vote to select the recipients. Wendy next reported on the very successful October 8th Tour of Homes held at the *Evergreen Early Learning Center* (article included in the newsletter). Wendy then reported on the two successful field trips held in October. Providers and their children visited *Bi-Zi Farms* on October 14th and the Trick-or-Treat field trip on Halloween morning.

Terri Lehman reported on our Scrip Fundraiser. Safeway is back on the list of places that take scrip. Buffalo Wild Wings is on but their percentages have changed. Papa Murphy's and Regal Cinema also accept scrip cards. Terri will be turning in her next order by Monday, November 8th, so get your orders in soon. You can contact Terri at [lehman4@comcast.net](mailto:lehman4@comcast.net)

We had a wonderful 50/50 raffle. Helene Padget won \$33.50. Other raffle winners were Nancy Dickinson (won a photo album), Lari Piel (won a pumpkin candle holder), Melba Halgren (won a photo album), and Shahna Arrebollo (won a pumpkin candle holder). Sheri Wiley was our November birthday lady.

Debra Gault brought pumpkin cookies to share with providers. During the break, providers were able to check out books from the Professional Library and get handouts available on the back table. Following the member meeting, our STARS training was on "Non-Expiring Licenses and Other Updates" by DEL Licensing Supervisor Darcy Taylor. Twenty three providers stayed for the training.



## Happy Birthday to You....

### November Birthdays:

|               |       |
|---------------|-------|
| Cindy Perez   | 11/2  |
| Cindy Cooper  | 11/6  |
| Krista Newton | 11/15 |
| Kesha Fisher  | 11/25 |
| Sheri Wiley   | 11/29 |

### December Birthdays:

|              |       |
|--------------|-------|
| Kasey Tanner | 12/12 |
| Terri Lehman | 12/18 |
| Terri Bruhn  | 12/26 |

# SEIU 925 NEWS



## REPORT ON OCTOBER 13<sup>TH</sup> UNION MEETING:

We met at Round Table Pizza and the meeting was packed full of great information. Sherry Schleufer gave out a dozen handouts which included our 2011-2013 new contract (3<sup>rd</sup>), update on Negotiated Rule Making and new WAC rules, Non-expiring License

Fast Facts, Declaration of Compliance for the one-year visit on non-expiring license, Special Needs Child Care Rate Request form, and the two-page Family Home Monitoring Checklist used by licensors when making unannounced drop-in visit (just to name a few).

## REPORT ON THE LEADERSHIP ASSEMBLY OCTOBER 15<sup>TH</sup>:

This training took place in Tukwila, Washington on Saturday, October 15<sup>th</sup>. One of the highlights of this training was a visit from Representative Jay Inslee, Democrat, who is running for Governor in 2012. Rob McKenna, the Republican also running for Governor declined our invitation to attend this meeting. SEIU is in the middle of our endorsement process and I will let you know which candidate we will choose to endorse when and if Rob McKenna fills out a questionnaire or allows us to interview him. We also explored what a just society would look like and our role in creating it. SEIU is working toward forming new relationships and new collaborations with other community organizations as we fight for a Fair Economy.

## OCCUPY WALL STREET:

SEIU International president Mary Kay Henry and our Washington State SEIU president Karen Hart have both encouraged our members to get involved in an Occupy event. October 6<sup>th</sup> drew 10,000 protestors in Portland. On October 15<sup>th</sup> 3,000 protestors joined together in Seattle for an Occupy Seattle event. The same day about 700 protestors participated in Occupy Vancouver at Esther Short Park. Occupy events have now spread to countries around the world. The protests are meant to draw attention to the great divide between the wealthiest 1% and the rest of the 99%. SEIU is supporting these Occupy events by donating port-a-potties, food, canopies and supplies. If you want to find an Occupy event near

you, go to <http://action.seiu.org/occupy-wall-street> and get involved.

## FIGHT FOR THE FAIR ECONOMY:

This is a national SEIU movement. All over America, SEIU is supporting community events (like Occupy events). This is all about fighting to save the middle class. Those who are killing it have homes and addresses. We need to hold them accountable. SEIU is all about helping to get people jobs with fair pay and some benefits like affordable health care. America needs a strong middle class. Democracy can't survive in a climate where there is a great divide between the rich and the poor.

## SEIU ENCOURAGES MEMBERS TO VOTE IN THE NOVEMBER 8<sup>TH</sup> ELECTION:

Let your voices be heard. The union has made some recommendations about some important initiatives. For your information unions in Washington are encouraging members to vote:

- No on Initiative 1125 – to allow the legislature to set tolls.
- No on Initiative 1183 – to allow the privatizing of liquor stores
- Yes on Initiative 1163 - to require long-term care workers to get training & certification.
- Yes on Proposition 1 – to save bus service from being cut by 35%
- SEIU endorses Sharon Wylie for State Representative in the 49<sup>th</sup> District.

## COMMUNITY BRIDGE BUILDING:

SEIU is getting involved in projects to help our communities. In October and November, SEIU members will be collecting school supplies, box tops, and a DVD player for Roosevelt Elementary and new adult and child shoes, new and like-new adult and child coats in good condition. For collection pick up call Maryjane Shearer at (360) 693-7806 or Sherry Schleufer at (509) 710-7904.

## NEXT STEERING COUNCIL MEETING:

This will be held in Ellensburg on November 5<sup>th</sup>. The next newsletter will contain a report on this meeting. Melba Halgren, Lead Activist for SW Washington, & Member Political Organizer (MPO)

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



# Tour of Homes

The October 8th, CCFCCA Fall Tour of Homes was a little different this year. Instead of visiting the home of a fellow provider, we were able to tour the Evergreen Early Learning Center. The 18 child care providers that attended the tour were able to earn three STARS training hours. Our tour was followed by a delicious luncheon of soups, salads and desserts.

Gaelynn Mills was our trainer. Gaelynn is the coordinator of the Early Childhood Program at Evergreen Public Schools and the Director of the Childcare Center. She is a pillar of wisdom and a very enjoyable trainer.



Gaelynn led the tour around the campus, which consisted of many different modules. Each module was a little unique and suited for a particular purpose. Some areas served as sensory rooms, others were areas for large motor skills. Other modules served as classrooms for different age children or children with particular needs. We learned that this facility serves anywhere from 130 to 200 children. Many are in the autism spectrum, are globally delayed or even blind. The center takes many children who are “hell on wheels” who have to be taught how to be safe with other children. The center has 12 teachers, three speech and language therapists, an assessment teacher and a part time nurse. Together they work miracles with challenged children. One of the reasons for their success is the very rich learning environment.



As we toured the campus, many of the providers took pictures so they could bring new ideas back to their own daycares. We visited a motor room, a sensory room, a library, a playroom, a gym and many different classrooms. It was impressive how the supplies were neatly stored in organized, labeled

drawers. In one room a coat rack was used to store

drawstring bags full of similar items. Another room had large mat blocks that fit together like a puzzle that could be used for a reading nook. Completed craft and art projects were displayed in every classroom. Providers came away with so many ideas that it would be hard to list them all.



After touring the facility, we met back in a large meeting room where Gaelynn gave an excellent training on: "How Changes in Family Structure Affect Children." Gaelynn reviewed all kinds of traumatic changes that children go through such as; sexual abuse, violent crime, forced displacement, physical abuse, school violence, emotional abuse, neglect, crisis, terrorism, political violence, serious accident, serious illness, natural disaster, or traumatic grief. We were taught how to recognize the signs that a child is suffering from some type of trauma, change or crisis. Gaelynn reminded us that something is traumatic to a child *when the child perceives it as traumatic*.



The teachers at the Evergreen Early Learning Center work with children who are facing all kinds of changes and challenges. They teach children how to name their feelings and talk about their feelings. Even one supportive person in a child's life can make all the difference.

There is a statement by William H. Gates, Sr. that states, "The first five years has so much to do with how the next 60 turns out." The Evergreen Learning Center is helping to make those first five years count. We were blessed to have had this opportunity to tour a learning facility that is making good things happen for children.

By Melba Halgren

# The Surprising Power of Happiness



If you had to choose a theme song for your life, would it be, "I Can't Get No Satisfaction" or "Don't Worry, Be Happy"? Great news if you picked the latter: You're less likely to have a heart attack.

New British research has found that the more satisfied you are with your life, the lower your danger of coronary heart disease. If you stay positive and increase your happiness, you will have a healthy heart. Happy Life, Happy Heart

While it's long been known that negative emotions such as depression and anxiety put you at risk for heart disease, there's been surprisingly little research on whether positive emotions prevent coronary trouble. To find out, scientists asked nearly 8,000 people to rate their satisfaction in seven key areas of life: jobs, family, love, leisure, standard of living, sex, and self. Those who scored higher than average satisfaction in all categories had up to 13 percent less risk of heart disease, heart attacks, and [angina](#). That's major.

People who were happier in four areas -- jobs, families, sex lives, and selves -- also had healthier hearts. But feeling contented in just the other three areas -- leisure activities, love relationships, and standard of living - - didn't have a significant impact.



## C'mon, Get Happy

While it's not yet clear exactly how feeling good about your life helps your heart, it's well established that happiness is vital to your health. Studies have repeatedly found that happy people produce fewer stress-related hormones, have stronger immune systems, and live longer. Now it's clear that one reason is their hearts. Ready to turn that frown upside down?

[Here are seven ways to increase happiness and stay positive. Learn how to train your brain to be happier, starting today!](#)

1. **Talk nice to yourself.** Is your inner voice quick to snap out things like, "How could you forget that, you idiot?" Trade put-downs for encouraging words; they set you up for success.

2. **Connect.** Talk -- really talk -- to people you care about; you'll both benefit by connecting. Get physical, too; hugs stimulate oxytocin, the "cuddle hormone," spreading a feel-good boost. Lovemaking does too; in steady relationships (those couples report the highest happiness levels).
3. **Keep a gratitude journal.** Simply writing down what you're thankful for makes you healthier and more optimistic.
4. **Don't sit around.** Physical activity is a significant happiness booster. Get moving for 30 minutes a day -- you'll also make your RealAge more than 7 years younger.
5. **Meditate.** We do. It eases stress, improves sleep, strengthens immunity, and measurably increases happiness (in one study, by 20 points on a scale of 100).
6. **Help others.** Volunteer at a soup kitchen, hospital, or shelter. Giving back adds more meaning which is essential to happiness in your life.
7. **Go outside.** Spending time with awesome Mom Nature makes you feel alert, enthusiastic, energetic, and, simply happy.



## Five Little Turkeys

Five little turkeys standing at the door,  
One waddled off, and then there were four.

Four little turkeys sitting near a tree,  
One waddled off, and then there were three.

Three little turkeys with nothing to do,  
One waddled off, and then there were two.

Two little turkeys in the morning sun,  
One waddled off, and then there was one.

One little turkey better run away,  
For soon it will be Thanksgiving Day.

# The time has come...

## Spiced Pumpkin Bread

*Dessert to Warm the Heart*



Dear Providers,  
At our November 1<sup>st</sup> meeting, I announced my retirement as a volunteer for the Clark County Family Child Care Association. It has been my privilege and pleasure to serve as a full time volunteer for this wonderful organization

for nearly a decade. For a multitude of reasons, I felt that it was time to explore other areas of interest in my constantly changing life. I will continue to be a proud associate member of our association. I am confident our association will continue to flourish under the capable direction of the current and all future Boards and Committees.

Any of the jobs that I have been doing can be done by others. If the newsletter is important to the group, someone will take on the job as editor. It will be different but it will be great. Someone else will handle the membership job and others will share the other little things that I have been doing. It will work out just fine.

My immediate plan is to secure a part time job. Once that is done, I may sign up to do some volunteer work for either the CERT group and or my neighborhood association.

I want to tell you all one more time how grateful I am to you for saving my life. You gave me something to hold onto when I lost my business and my reputation was stomped on. You fed me and bought my medicine when I had my knees replaced and you let me stay when I was not always good company. I will be forever grateful.

Thank you and God bless you. Judy



## Newsletter Staff

|               |                 |
|---------------|-----------------|
| Editor/Writer | Judy Peters     |
| Writer        | Melba Halgren   |
| Writer        | Wendy Patterson |
| Writer        | Cindy Perez     |
| Health News   | Anne Johnston   |
| Proofreader   | Kathy Viers     |

### Ingredients List:

**1 cup flour**  
**1 teaspoon baking powder**  
**¼ teaspoon baking soda**  
**¼ teaspoon salt**  
**½ cup firmly packed brown sugar**  
**1 teaspoon ground cinnamon**  
**¼ teaspoon ground ginger**  
**¼ teaspoon ground cloves**  
**1 cup canned pumpkin**  
**¼ cup unsweetened applesauce**  
**3 tablespoons vegetable oil**  
**1 egg, lightly beaten**  
**1 teaspoon vanilla extract**  
**Cooking spray**



Combine first 8 ingredients in a medium bowl: make a well in center of mixture. Combine pumpkin and next 4 ingredients: add to flour mixture, stirring just until dry ingredients are moistened. Spoon batter into a 9x5x3 inch loaf pan coated with cooking spray. Bake at 350\* for 45 minutes or until a wooden pick inserted in center comes out clean. Cool in a pan on a wire rack for 10 minutes: remove from pan, and let cool completely on wire rack. Makes 18 servings

Nutrition information per serving: 103 calories, 1 g fiber, 3g fat (sat .6g) 25mg cholesterol, 1.9g protein, 115mg sodium, 17.2g carbohydrates.



## CCFCCA Board and Committees:

President: **Wendy Patterson**  
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\*Historian/Scrapbook Committee:  
**Tina VanBuskirk & Peggy Corcoran**  
\*SEIU Representative: **Melba Halgren**  
\*CCFCCA Consultant: **Deborah Rosser**  
\*Newsletter Editor: **Judy Peters**

# What in the World is a GMO?

By Cindy Perez



Living a green lifestyle is about treating the planet and the life it supports with respect. Genetic modification (GM) generally runs opposite to a green lifestyle, especially when it comes to food. Genetically modified organisms (GMOs) (also known as genetically engineered organisms) are living things whose genetic

makeup has been changed by the addition of genes from another living thing. This is done with the justification of making plants and animals more useful in food production. Human intervention in this way carries with it some major concerns that, for the green community, outweigh the benefits.

Crops can be genetically modified so that they resist insects, herbicides, and disease or so that they contain extra nutrients or even vaccines. Animals can be genetically modified to produce lower-fat meat, resist certain diseases, or create less waste. Food producers are the primary beneficiaries of GM due to the higher production capacities and increased disease or pest resistance.

In my opinion, one of the biggest issues about GM practices in the food chain is the fact that it's relatively new. Scientific discoveries in the 1950s through 1970s led to modern genetic engineering, and long-term effects have not been determined. Given the amount of time usually needed to link cause and effect, it's likely that these consequences won't be identified for years or even generations to come. However, some short-term effects have been observed, including the potential of GM seeds growing in non-GM areas, meaning that the non-GM crops would no longer be considered free of GM material. This is a HUGE issue for organic growers who would suddenly be prevented from labeling their crops as organic. Other concerns include the possibility for insects and viruses to evolve and become more powerful and overcome the resistant GM animals and plants. Some scientists also are concerned that GM ingredients may cause reduced fertility, toxic poisoning, allergic reactions, antibiotic resistance, and even cancer in humans. Research hasn't proven all of the concerns, but there's enough evidence to warrant concern.

GM crops are common in the United States, and no labeling is required! In fact, it's believed that more than 70% of foods in U.S. supermarkets contain some

component of genetic engineering. It's VERY likely that you're eating GM ingredients in your food without even realizing it. Some of the foods and ingredients currently subject to genetic modification are:

- **Soybeans:** Soy is one of the main sources of genetically modified ingredients in food and can be found in everything from chocolate to potato chips, margarine to mayonnaise, and biscuits to bread.
- **Canola:** Canola oil comes from certain types of canola plants. GM canola may be used for oils in making potato chips and animal feed.
- **Corn:** GM corn is used as cattle feed (animals we then consume) but also is used to create high fructose corn syrup which is used in all sorts of packaged food, such as breakfast cereal, bread, corn chips, gravy mixes, and soft drinks.
- **Milk:** Cows are injected with a genetically engineered growth hormone to increase milk production. Then the milk is used for so called "All natural" products.

The best way to find out whether your food choices contain genetically engineered ingredients is to choose local options so that you can talk to the producers and find out from them exactly what went into the food. If you can't do that, then try talking to the managers or owners of local grocery stores — they may not be able to tell you about production methods, but the fact that you even asked them may help to convince them that they should pay more attention to this problem. If you can't buy the groceries you need from your community, try contacting food manufacturers directly. Their web sites often contain information about production methods and a consumer telephone or e-mail hotline for questions. If companies aren't able to positively deny that they use GM ingredients, chances are good that they use these products.



## Thanksgiving

The year has turned its circle,  
The seasons come and go.  
The harvest is all gathered in  
And chilly north winds blow.

Orchards have shared their treasures,  
The fields, their yellow grain.  
So open wide the doorway-  
Thanksgiving comes again!

## You can add a “Healthy Habit” This Month

Adding a new healthy habit might seem like a distant and lofty goal. But it’s one you can achieve easily---if you break it down into smaller steps.

First set your target. For best results, pick a goal you’d like to accomplish. For instance, can you imagine feeling strong because you started working out? Inspired by learning new, healthy recipes? You’ll be more likely to strive for goals that are meaningful.

Then break your goal down into smaller steps. Here are three health goals to consider, and steps to take each week of the month to bring these healthy habits closer to reality.

### Goal: Eat more fiber



- **Why you should consider it:** you might give your longevity a boost. One study found that people who ate more fiber were less likely to die from heart disease, infections, or lung diseases.
- **What you should aim for:** Men 50 and over should aim for at least 30 grams per day, while women the same age should get at least 21 grams.

Add each of the following steps this month to make getting more fiber a daily habit:

- **Week 1:** Get familiar with nutritional labels and ingredients lists. Choose foods with words like whole wheat, wild rice, and oatmeal first on the ingredients list. Make a goal of eating 5 grams of fiber per serving.
- **Week 2:** Swap one refined grain—such as white bread or rice—for a whole grain, like brown rice or whole-wheat bread. Over time, make half you grains whole.
- **Weeks 3 and 4:** Add one fruit or veggie to your diet. Eventually, you should eat 2 cups of fruits and 2.5 cups of vegetables per day. High-fiber picks include beans, sweet potatoes, pears, and berries.

### Goal: Deepen your social ties



- **Why you should consider it:** You know friends can make your life better. Close social ties also make it longer, finds a recent research review.

- **What you should aim for:** A strong social network that can support you when times are tough.

Add each of the following steps this month to make connecting with family, friends and new acquaintances a daily habit.

- **Week 1:** Call one friend or family member. Share a piece of good news. Then, ask to hear about a good thing happening in his or her life.
- **Week 2:** Do something nice for someone else. Stumped? Think of someone who’s helped you recently, and return the favor.
- **Week 3 and 4:** Seek out a new group. Find one of people with similar interests, like politics, sewing, art, or child care.

### Goal: Add more activity



- **Why you should consider it:** Physical activity benefits body and mind. It prevents or delays chronic conditions like heart disease, boosts your mood, and helps you stay independent.
- **What you should aim for:** A half hour of exercise daily that makes you breath heavily—but not so hard you can’t talk at all.

Add each of the following steps this month to make exercise a daily habit.

- **Week 1:** Record how you spend your time this week. Then pick out three, 30 minute slots for the week that could be used for exercise.
- **Week 2:** Look over the list of things you do. How can you make them more active? Try doing balance exercises while watching TV or park farther away from the store.
- **Week 3 and 4:** Think of a new activity you’ve always wanted to try. Square dancing or swimming, perhaps? Locate a class in your area and sign up.

**You can use this step by step plan to add whatever type of healthy habit you may want to add to your life. This plan also works when you want to make slow, steady improvements to your business like better record keeping habits or becoming more organized. Small, well planned steps can make a giant difference.**

*From fall 2011 STRIVE for Healthy Living*

## Things you should know about:

# Merit / STARS

*Read this carefully. Technology is helping big brother watch you even more closely now.*

DEL is pleased to announce a new release of our state registry, MERIT. In this release, we focused on building elements that are core to the work of child care licensing and collecting valuable data on our workforce of professionals to help with state planning. Here are new features that are available in MERIT:

1. **Facility Registration** – This feature allows administrators such as center directors and **family home licensees** to create an employee roster in MERIT. The benefits include allowing administrators to keep a current and accurate list of employees and enter and verify information on compliance with health, safety and training requirements. This will be a helpful tool for administrators to track staff compliance with training requirements. Administrators must apply through MERIT to access this feature. DEL will be offering statewide training on this feature.
2. **Licensing View Screen** – DEL licensors can now access a designated MERIT tab and access a licensing view screen for any licensed facility. Within that screen, licensors are able to view any individual within the facility and the individual's status with licensing requirements that align with the Washington Administrative Code (WAC). **Items in the view screen will be flagged when individuals have reached an out of compliance status.** This feature will help licensors to target technical assistance efforts more effectively.
3. **Workforce Data** – All MERIT users will be required to complete a survey on an annual basis. This survey will collect confidential workforce data that will assist with statewide professional development planning. This information is critical to professionalizing the field and ensuring that state resources are targeted toward areas of need.



## 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



## 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](http://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



## The Core of Love and Logic: Empathy

In all of our packages, you'll see how providing genuine empathy before delivering a consequence can make the difference between a child learning responsibility or learning resentment.

People who're successful with this skill make it easier by using just one empathetic statement that fits their personality, their culture, etc.

\*This is so sad.

\*What a bummer.

\*Oh man. That's too bad.

\*That's never good.

\* Dang. That's awful.

\* This stinks.

# SAFE SLEEP GUIDELINES UPDATED

In an updated policy statement and technical report, the AAP is expanding its guidelines on safe sleep for babies, with additional information for parents on creating a safe environment for their babies to sleep.



The policy statement and technical report provide global recommendations for education and safety related to SIDS risk reduction. In addition, the AAP is providing recommendations on a safe sleeping environment that can reduce the risk of all sleep-related infant deaths, including SIDS. Three important additions to the recommendations include:

- **Breastfeeding** is recommended and is associated with a reduced risk of SIDS.
- Infants should be **immunized**. Evidence suggests that immunization reduces the risk of SIDS by 50 percent.
- Bumper pads should not be used in **cribs**. There is no evidence that bumper pads prevent injuries, and there is a potential risk of suffocation, strangulation or entrapment.
- For a look at the full policy statement, see <http://pediatrics.aappublications.org/content/early/2011/10/12/peds.2011-2284>



Sarah Remington, left, drops off her son, Jacob, 2, at Wendy's Teddy Bear Day Care in Vancouver last week. Remington, a

single mom, received a \$3,000 bill in the mail from the state saying it paid her for child care subsidies for which she was ineligible. The state approved Remington in error, and now the state says she's responsible for the bill, which Remington says she can't afford. **To read more of this story, go to:**

<http://www.columbian.com/news/2011/oct/13/aid-from-state-turns-to-debt-single-mom-owes-3000/>

The Columbian- Oct. 10, 2011 Photo by [Zachary Kaufman](#)

# Toasted Pumpkin Seeds

Don't toss those pumpkin seeds! They can be salted or spiced to suit your palate. The shells are edible and are a good source of fiber. Use this method with other seeds such as acorn squash and butternut squash. Pumpkin seeds are also known as *pepitas*.



Prep Time: 10 minutes  
Cook time: 1 hour

## Ingredients:

- Pumpkin seeds
- Cooking spray, olive oil, or butter
- Optional: Salt, garlic powder, onion powder, seasoned salt, or other seasoning of choice.

## Preparation:

Rinse pumpkin seeds. Use your fingers to remove all the pulp. Drain pumpkin seeds and discard pulp. Spread out on a cookie sheet to dry overnight.

Preheat oven to 250 F. Line a baking sheet with non-stick foil.

Toss pumpkin seeds in olive oil, butter, or spray with cooking spray. Sprinkle with salt, garlic powder, onion powder, seasoned salt, cayenne pepper, or your choice of seasonings. Toss to coat.

Bake about 1 hour, tossing every 15 to 20 minutes, until golden brown.

Cool pumpkin seeds before eating. Store in an airtight container at room temperature up to 3 months or refrigerate up to 1 year.

If you like your toasted pumpkin seeds extra-salty, soak overnight in a solution of ¼ cup salt to 2 cups of water. Dry an additional day, and then proceed as above.



# A Thanksgiving Prayer

Thank You, God, for everything ...

The big things and the small,

For "every good gift comes from God" ...

The Giver of them all.

~ Helen Steiner Rice ~

# Early Learning News

## Governor Announces All-Cuts Budget Plan

On Thursday, October 27th, Governor Gregoire held a press conference and released a list of possible budget reductions. The all-cuts budget plan couldn't come at a worse time, when tens of thousands of kids have fallen into poverty. The Governor included a long list of cuts, some with "alternatives," in her list. She also noted which items are likely to be included in the proposed budget she will release in late November, prior to Special Legislative Session. In early learning, the Governor indicated that her upcoming budget proposal will likely include:



- **\$50 million reduction to Working Connections Child Care, taking away child care to an estimated 4,000 children**
- **Elimination of state funding for Washington State Child Care Resource and Referral Network**
- **Elimination of state funding for Reach Out and Read**
- **Elimination of state funding for Family, Friend, and Neighbor Care**
- **Elimination of state funding for administering Seasonal Child Care in local communities**
- **\$950,000 reduction to the Department of Early Learning administration**

Many additional budget cuts are listed that would impact children and families across the state in health, education, and human services. Cuts of this magnitude will have far-reaching damage for kids in our community. This initial list also includes a 25% reduction in Washington's Early Childhood Education and Assistance Program (ECEAP) though she does not indicate that this drastic cut to the program will be included in her upcoming budget proposal. The Early Learning Action Alliance will be monitoring the Governor's budget proposal when it is available. In the meantime, we are gearing up our advocacy for the tough months ahead! Please contribute to our community survey to help take action and get more information on how to be involved!

# Halloween Trick or Treat

Oh what fun we had Trick or Treating at the "Merrill Gardens at Orchards Village."

The senior residents were ready and waiting to welcome our lovely group of preschool children all dressed in fun costumes. Those that were prepared to hand out treats marked their doors with a paper jack-o-lantern which quickly became familiar to the little ones that were on a "treat hunt." The children were very cute as they walked the halls of the luxurious three story senior living center.



We thank our hostess and event coordinator, Nancy Johnson for inviting us back again this year. Nancy does a wonderful job of putting this event together. It is a special time for the seniors to enjoy seeing the little ones and giving them Halloween treats.

The little ones love being able to get dressed up early in the day when they are filled with energy and best able to enjoy going door to door for treats. They also love seeing all of their daycare friends in costume.



Our group was slightly smaller this year with about 30 children and some 10 to 12 adults. It was fun to see so many of the adults all dressed up. I dressed up as a gray haired

grandma. (Tee Hee!) Others that were a part of our group were Tracie Stout and her daughter, Wendy Patterson with daughters and parents, Sandi Brinley, Jessica and William Aguilar.

# Community Events Calendar

## EVENTS



### Wednesday, November 9 - **Art in the Barn - A Gardener's Craft Affair!**

4 pm - 8 pm, Vicki Swalling's Heated Barn (19332 NE 132nd Street, Brush Prairie, WA 98606). Local artists present their iron and clay works, their woodland holiday art, their glass and garden art, and much, much more! Come to the barn to enjoy complimentary soup, bread, and desserts, and to perhaps win a prize from the raffle. Put on by the Hardy Plant Society of Oregon. Contact Pam Skalicky at [slickpam@gmail.com](mailto:slickpam@gmail.com) or Linda Laughlin at [gardengirl502004@yahoo.com](mailto:gardengirl502004@yahoo.com) for more information.



### Saturday November 12 - **2nd Annual Check 'Em Off, Green Holiday Gift Event**

10 am - 3 pm, Marshall Community Center, 1009 E McLoughlin Blvd, Vancouver, WA. This holiday event is intended to be a one-stop shop for members of our community to check everyone off their list in an environmentally friendly way. You might purchase a tool caddy made from reclaimed fence wood or a handbag made from unrecyclable chip bags. This event will have a little something for everyone! Go to the site for more information: <http://reusing.blogspot.com/p/green-your-holiday.html>



### Saturday, November 12, 2011 - **American Indian Heritage Month**

1 pm - 3 pm, Water Resources Education Center (4600 SE Columbia Way, Vancouver, WA 98661). Observe American Indian Heritage Month with fun, hands-on crafts and activities. Families are invited to celebrate and learn more about native cultures. New this year - a special art show of canoes, drums and paddles carved and painted by Native American youth is on display in the downstairs gallery. Also, participate in activities that highlight some of the many contributions of Native cultures - pound nuts to make a Native American food staple, make a stick game and then learn to play it, twine cordage, make a drum and learn about canoes and paddles. Please note: Children must be accompanied by a parent or guardian. Call 360-487-7111 or visit [www.cityofvancouver.us/watercenter](http://www.cityofvancouver.us/watercenter) <<http://www.cityofvancouver.us/watercenter>> for more details.



### Tuesday, November 15 - **Grow Vancouver - Rainwater Collection System Design**

6:30 pm - 8 pm. Grow Vancouver meets the third Tuesday of the month and is a place for neighbors to meet and work together on urban

agriculture projects. The meetings are open to all and are a great opportunity to meet other people in Vancouver focused on urban agriculture. Half of each meeting is dedicated to an activity, presentation, or speaker. The other half is dedicated to breakout groups based on "hot topics" or garden project ideas brought by community members. Interested? Contact [info@myurbanabundance.com](mailto:info@myurbanabundance.com).



### Tuesday, November 22 - **Green Drinks** 6 pm. Check on their website,

<http://www.greendrinks.org/WA/Vancouver,%20WA>, for more information.

For more fun events be sure to check out: **Fort Vancouver National Historic Site** (lots and lots of events here): <http://www.fortvan.org/>

### **Urban Abundance:**

<http://www.myurbanabundance.org/>

### **Friends of the Columbia Gorge :**

[http://gorgefriends.org/event\\_calendar.php?event\\_type=hikes&brochure=true](http://gorgefriends.org/event_calendar.php?event_type=hikes&brochure=true)

## VOLUNTEER OPPORTUNITES



Every Wednesday - **78th Street Greenhouse** 9 am. Volunteers willing to help with the "dig team," please contact Julie Carlsen at [julimcarlsen\\_flora@msn.com](mailto:julimcarlsen_flora@msn.com).



Friday and Saturday, November 11 and 12 - **Vista Meadows Park Tree Planting** 9 am - 2 pm, NE 29th Street between 144th and 147th Avenue ([map](#)). At this event you will be working with Clark County's Public Works Department to plant trees at Vista Meadows Park. You should wear weather-appropriate clothing and bring water to drink, and snacks or a lunch if you would like.



Saturday, November 12 - **Second Saturdays at the Water Resources Education Center** 1 pm to 3 pm, 4600 SE Columbia Way, Vancouver, WA ([map](#)). Kids and their families are invited to explore a different topic through hands-on activities, games and stories. Create bird feeders and other crafts to welcome wildlife to your backyard! Learn about the amazing world of bubbles! Make a piece of art from reused materials! Phone: 360-487-7111.