

# Clark County Family Childcare Association Newsletter

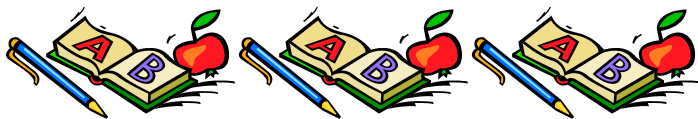
Printed September 2011

## 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

September 17 <sup>th</sup>	End of Summer Picnic
September 18 <sup>th</sup>	Komen Race for the Cure
September 20 <sup>th</sup>	Board meeting/Rosser
October 6 <sup>th</sup>	CCFCCA Meeting w/STARS training "Embedding Language & Speech into the Curriculum" w/ trainers Teresa Ryan & Mary Lavasseur



## Letter from the President

Dear Provider Friends,  
Can you believe it is September already? Here we are at the beginning of fall wondering where our summer has gone. I hope you didn't make the same proverbial blunder I did. I spent too much time waiting for the weather to improve. When it finally did, the summer was almost over. Even though I did go on a landmark motorcycle trip, it was a shame we didn't get out on our boat more than once. Oh well, the sun has done enough damage to my skin over the summers, back before SPF, when we used to use Baby Oil to help our tans.

Now, here we all are in transition mode. To the relief of some providers with school-aged children in care, school has begun. I'll say it for you, "Yippee." Getting back on a set routine can be comforting and takes the pressure off of having to plan and carry out enough activities to entertain a wider age range. It is so much easier to provide interesting materials and activities for fewer ages. With school starting, some of us have openings to fill and some others who have

clients who work as teachers with children returning to us.

A new year will soon also be starting for CCFCCA. The 2011/2012 Child Care Association fiscal year begins on October 1<sup>st</sup>. Next month will be the time to renew membership with your source of peer support, professional free trainings, local community donations, great monthly newsletters, biannual facility tour, provider appreciation events, and a new and improved website.

I am so excited about the path our Association has taken and the direction it is heading. We continue to thrive without affiliation with the State. For the past three years, we have been independent of a State agency that automatically took more than 60% of your membership dues. Since 2008 we have been able to keep the full \$45.00 with our association. This money helps us to reach our goal of providing information and outreach to assist you directly with your day care business. With the continuing support of our members, we can continue to provide consistent services, professional trainings, peer social events and more.

**Wendy Patterson**

## End of Summer Picnic

It has become a tradition for our association to host a family picnic at the end of each summer. Our "End of Summer Picnic" gives us the opportunity to bring out our own families and share a pot luck barbeque dinner with other Providers and their families. As in years past, we will gather at the covered picnic area next to the Fort Vancouver Historical Museum on the Evergreen Hwy across from Officers Row. The picnic is scheduled for Saturday, September 17<sup>th</sup>, from 5 to 7:30pm.



CCFCCA will bring the hamburgers and hot dogs with all the fixings. We will also supply the plates, napkins and forks. All you need to bring is your family and a dish of any kind of food to contribute to the pot luck meal and whatever your family wants to drink. (No alcohol please)

The covered picnic area has bathrooms, a water fountain, and a play area for the children as well as plenty of tables and benches. We invite all of our provider friends to join us for this fun and relaxing "End of Summer Picnic" family event.

# September Meeting Report

The “Back to School” theme chosen by the Welcome Committee fit in perfectly with our member meeting on Tuesday, September 6<sup>th</sup>. For many providers, it was the night before their children went back to school. Despite this hectic time, we had a very good turnout. Sandi and Judy had the room decorated with back-to-school decorations and supplies.



We sang Happy Birthday to Tina VanBuskirk at our meeting. Raffle prize winners were Deborah Rosser, Helene Padget, Nancy Dickinson, and Nancy Lycklama with each winning a bag of school supplies. A moment that brought some hardy laughter was when Melba Halgren (who had just complained

about NEVER winning the 50/50 raffle) was asked by Carol Chandler to draw out the winning raffle ticket for the 50/50 raffle. As Melba looked away and rummaged around in the basket for a ticket, she kidded that she felt she had found “the one.” As Carol called out the winning numbers, Melba realized she had the winning ticket. What are the odds!! Melba’s lucky draw won her \$25.00 in cash. Congratulations to all of our winners.



The BIG news of the evening was the announcement that CCFCCA is launching our new website. With the help of a web designer, CCFCCA is now able to offer some exciting features for our members. Each member will be able to have her own page to advertise her business. CCFCCA still has the same web address: [www.ccfccaweb.org](http://www.ccfccaweb.org) so check it out!

Other exciting news is the development of our own “Discovery Kits.” Providers were given a copy of the 12 “themes” and encouraged to donate good, quality items to fill each of the 12 storage tubs. The kits will be stored at the home of Kasey Tanner and available for check out at our regular monthly meetings.

CCFCCA kicked off our annual coat drive at our September meeting. Donations of coats, hats, sweaters, and other winter accessories can be brought to our October and November meetings and then all will be presented to Open House Ministries in November.

All members are encouraged to attend our “End of Summer Picnic” which will be held at the covered picnic area on the east end of the Fort Vancouver Historical Museum. The date is Saturday, September 17<sup>th</sup>, from 5:00 to 7:30pm.

Our “Second Mamas” Race for the Cure team has 35 members this year. To offer support to our team, please make a cancer-fighting donation. You can make our donation on the team page at: [http://race.komenoregon.org/site/TR/Race/PortlandRacefortheCure/459672243?pg=team&fr\\_id=1150&team\\_id=56456](http://race.komenoregon.org/site/TR/Race/PortlandRacefortheCure/459672243?pg=team&fr_id=1150&team_id=56456)

Our annual Fundraiser Yard Sale was a success. Thank you to Kasey Tanner for offering your home and thanks to everyone who donated items and worked at the sale. With the proceeds of this sale, we are able to help two struggling single-parent families (4 children) with school supplies this year.

President Wendy announced that there would be a change in the Executive Board. Cindy Perez has stepped down as Vice President. Cindy and her family may be moving out of state. We will miss you Cindy! Wendy opened the meeting with nominations to fill the VP position. Judy Peters nominated Melba Halgren. No other nominations were made. The membership unanimously voted Melba in as our new Vice President. She will be officially sworn in at the next Board Meeting.

It’s great to be a member of CCFCCA. Our new membership year begins October 1<sup>st</sup> so it’s time to renew your membership. CCFCCA is a professional association that offers: great meetings, quality STARS trainings, helpful community projects, fun events, great parties, a support line, a referral service, monthly newsletters, bi-annual Tour of Homes, networking, good friends and just a whole lot of fun! Members can renew for \$45 and associate members for \$35. Please join us at our next member meeting on Tuesday, October 4<sup>th</sup>.

Following our shortened meeting, most providers stayed for our excellent two-hour STARS Training on “Love & Logic” by Bobbi Bellomy.





## Welcome to our New Web Site

We have made a lot of changes on our web site in order that our members can more easily access business information and resources. This new site will be faster and easier to open and read our monthly newsletter. It will make it easier for our members to be found by parents looking for care.

On this new site, each CCFCCA member will have her own page. You can design your page as you like and personalize it to reflect your daycare business.

By using operative words on your page, it will make it easier for parents to find you with the word search, based on what you have to offer or what elementary you serve or what neighborhood you live in. Some examples of operative words are: preschool program, weekend care, infant care, late hour care, Orchards, Salmon Creek, Heights, Camas, Marshall Elementary, Helen Baller Elementary, etc.

We also have a "Members Only" page that can be accessed by a pass word only available to our members. This page will offer even more resources to use in your daycare business.

For now, each current member is listed on the new site with the basic information that was on the old CCFCCA site in the "Membership Directory." Members will be able to build their own personal page or hire our web builder to create a page for you for a fee of \$25.00. Once your page is built and loaded onto our site, you will be able to access it to make changes at any time.

We welcome your comments and suggestions on our new web site.

## Membership Renewal

Being a licensed Family Child Care Provider is a rewarding but challenging career. It is one of the few professions that is isolating because each Provider works in their own home and seldom has the opportunity to socialize during the work day.

CCFCCA is nearing our 40<sup>th</sup> year of offering support, trainings and social events to the child care providers of Clark County. Our independent, nonprofit, association has been able to expand on our long list of benefits making membership dues all the more valuable an investment.

The membership year goes from October 1<sup>st</sup> to September 31<sup>st</sup> of each year. To read the growing list of member benefits and to find the membership application, see the "Membership" page on this website.

CCFCCA has been able to keep our yearly dues at a low \$45.00 a year which is a tax deductible business expense. We sincerely hope that you will support the CCFCCA through your membership so that we can continue offering support to you.



### Brown Bag Dinner and Discussion Series

Tuesday, September 13, 2011 6:30-8:00 PM

Fort Vancouver Regional Library

Children's Program Room, 3<sup>rd</sup> Floor

901 C Street, Vancouver, Washington.

This event is for you if you are a: Child care provider, preschool teacher, K-3 teacher, pediatrician, child health specialist, early childhood mental health provider, early intervention provider, early childhood administrator, elementary school principal, home visitor, child social worker, ECE college instructor, or anyone else who works with children 0-5 years old.

Discussions will occur every 2<sup>nd</sup> Tuesday, September through June.

Locations will vary--come to one, come to all!

Brown bag: bring your own dinner or snacks

Sponsored by SELF Ready Professionals

# Praise vs. encouragement



When talking about praise vs. encouragement, they must first be defined and understood.

**Praise** is “conditional” based upon a behavior. Praise is given based on the praiser's opinion. Praise is usually given because; the praiser feels the need to acknowledge some behavior rather than a personal success of

some sort.

As adults, I think we don't understand that what is truly important to children is the completion of a task, independent of us. Praise not only feeds the child's "need to please" but helps us feel that we are part of their success. This only diminishes the child's success.

**Words of praise include:** "Good job. I like the way you're sitting. Your picture is pretty."

**As for encouragement**, although there is a fine line of distinction, it is an important one.

Encouragement only acknowledges accomplishment or the capability of the child. It appreciates the effort, regardless of the task or behavior, and the encouragement places all ownership on the child.

Often, we use too many words and not enough silence. Children often reflect on their own work and are satisfied and proud of their accomplishment. For a child, this may be a private experience. They are building their autonomy as a person and this should not be decreased by our words.

Encouragement can also be our repeating back to the child what they have said about their work. This helps the child hear what they have said about their own work...this can be very powerful in building a child's self-esteem and confidence.

**Words of encouragement include** “You used details in your drawing. I see that you worked a long time on that. Look at what you did. What do you think?”

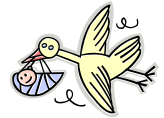
Maybe it is difficult to see the difference and it took me a long time to digest all the reading and observations I have made. One thing I do know is that children do not need (or want) praise from us as long as they feel they are independent, successful and thinking individuals. Praise does not build self-esteem or confidence. The only thing that does that is children experiencing success in their work. It's our

job to set up opportunities for them in order to gain the experience.

The difference between praise and encouragement is: praise is a judgment from the outside and encouragement is a judgment from the inside. Praise is OUR interpretation; encouragement is putting it back in the child's lap to allow them to evaluate and appreciate what they have accomplished.

By **Cindy Perez**

## Congratulations!



Hannele LaFrance proudly reported the birth of her latest grandchild. Hannele's daughter Stephanie gave birth to a little boy on August 5<sup>th</sup>. Baby Karter Deaghan Olesen weighed in at 5lbs, 3oz. He is the 15<sup>th</sup> grandchild for Hannele and her husband. Stephanie, her husband Jeff and baby Karter are at home and doing well.



## Coat Drive



Our annual coat drive was kicked off at our September 6th meeting. Our goal is to collect as many pieces of warm clothing of all sizes as possible. We are looking for: coats sweat shirts, gloves, scarves, warm hats and new socks. We will turn everything over to an Open House Ministries representative in November. They will see to it that our donations will be distributed to members of our community that are in need. The donations you bring in will be extremely helpful. Those in need come in all ages and sizes. We ask that all donated items are clean and in good repair. Please help by encouraging your families to bring in those items that their children have outgrown or are no longer being used.

You can bring your donations to our October or November meetings or send them in by way of another Provider. Please feel free to call any board or committee member (listed on the last page of this newsletter) for a pickup if you have collected items and cannot make it to the meeting to deliver them. Thank you for helping with this important community outreach project.

Judy

# September Gardening Tips

*It has been a pleasure to offer the gardening tips articles through the spring and summer months. This will be the last article until next spring. While our gardens are a fantastic teaching tool, they are also good for us. I hope that you have enjoyed the little bits of gardening advice as much as I have. Judy*



As September rolls around, and the growing season is on the downhill slide, canning your vegetables is probably an every weekend event. Just think though, how much gratification

you'll experience in the middle of winter, when you pull out jars of your own canned vegetables. It may seem like a lot of work now, but the payoff will be handsome.

Vegetables grown in your own garden, and canned in your own kitchen with the biggest ingredient being the love and care you've put into them, are the best vegetables you've ever eaten.

However, this is also the perfect time to set out some cabbage and kale, as well as pansies and violas.

Sow seeds of arugula, lettuce, mustard greens, and radishes, and spinach for a late fall harvest. You can also plant your onion bulbs now, so that next year you'll have an ample supply.

This is also the perfect time of year to get new trees and shrubs at your local nursery. Plant them right away, so that over winter, the roots can have an opportunity to grow strong over winter... just because there isn't anything going on above ground, doesn't mean that our plants aren't busy.

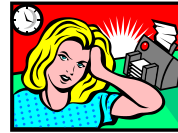
This is also a good time to re-seed your lawn. Bring in some top soil if necessary, so that any worn areas will have an additional boost of nutrients to work with.

Don't forget to compost all of the plant material that you have removed from the garden, or trimmed from around the yard. If done properly, the heat from the composting action will kill off any seeds, but if you want to be safe, avoid composting weeds that have gone to seed.

To help control fungus as well as gnats, you can add a layer of sand or gravel to your potted plants.

## Adjusting to Change

By Judy Peters



Change can be hard on everyone and especially for children. At this time of year, we are hit with a whole host of changes all at once. In the blink of an eye, summer will be turning to fall. Those long outdoor afternoon days in the sunshine will be traded for umbrellas, and puddle splashing very soon. Add to that, the trauma of having everyone on a school and activity schedule again and you may find kids feeling a bit stressed out. Let's look at some ways that we can help make all of these changes easier to handle.

**A place for everything:** To save stress and time, gather the kids together and make a plan. Assign a back pack place, a shoe place, a coat place and a place for anything else that comes in and goes out of the house on a daily basis. Nothing wastes time more than having to go on a hunt for a shoe, coat or back pack at the last minute in the morning. Having an assigned place for these items makes it easy to grab and go.

**Prepare the night before:** Before bed time each night, have the children pack their homework and everything needed for school. Preparing the night before saves a lot of time and ensures that the "dog won't eat the homework."

**The family calendar:** There are wide choices of great wall calendars that make it easy to keep track of everyone's schedule. Keep the calendar in a central location so that the whole family has access to it. You may want to color code or keep it simple but it is important that every member of the family enters the days and times of sport practices, meetings, parties, conferences, etc. Make it a point to check the calendar out after dinner to see what is happening the next day. This planning saves a lot of stress and lets all family members know that they are important.

**The family dinner table:** Turning off the television and sitting down at the table for dinner is the best way to bring everyone's stress level down. This very old tradition has found to be the magical ingredient for bonding a family and helping them to feel like all is well. Dinner does not have to be fancy but it should be a time to sit down, eat and talk.

**Life is good..... Judy**



## We Have a Team!!

I am so personally proud of all of the Providers, their friends and families that have kept “The Second Mamas” Race for the Cure alive. This will be our 5<sup>th</sup> year to participate in the Komen Race for the Cure.

As we all know, the Child Care business does not offer the luxury of a medical coverage program and many providers depend on the free screening program funded by the Komen foundation.

I know from personal experience how important it is to have access to the free mammograms. Several other ladies just in our association have also been helped by the free screenings that are made possible by the Komen foundation.

The money raised through the Komen Race for the Cure is used to fund the free screenings, support cancer patients, do research for treatment and cures and much more. Every dollar raised is powerful.

This year, “The Second Mamas” Race for the Cure team has 35 members. They are:

*Judy Peters*, Amber Baker, Jamie Brebner, Kayla Brebner, Jaycee Brebner, Deborah Curtin, Karen Sampson, , Lila Bueermann, Bess Colpron, Rya Colpron, *Tina VanBuskirk*, Brandon VanBuskirk, Tyler VanBuskirk, Ashley Walker, Caitlin Walker and Cherie Walker. *Sandi Brinley*, Brandon Brinley, Melissa Brinley, Aubry Geraghty, *Melba Halgren*, *Wendy Patterson*, Hailey Patterson, Charlotte Patterson, Raquel Nelson, Denise Nelson, *Lari Piel*, Emily Piel, *Kathy Ramey*, Jessica Trevino, Stacey LaRouche, *Leasa Ripplinger*, Olivia Ripplinger, Lisa Tarrant, L Tarrant

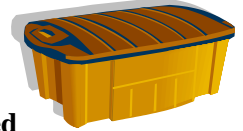
Now, our team needs your help. We will all walk more proudly if we have raised some much needed money for the cause. Your donation of even one dollar would be greatly appreciated. To donate on behalf of any team member of for the team in general, go to:

[http://race.komenoregon.org/site/TR/Race/PortlandRacefortheCure/459672243?pg=team&fr\\_id=1150&team\\_id=56456](http://race.komenoregon.org/site/TR/Race/PortlandRacefortheCure/459672243?pg=team&fr_id=1150&team_id=56456)

Thank you for your much needed support. Judy Peters and Tina VanBuskirk **Team Co-Captains.**

## Discovery Kit Changes

For the past several years our association has partnered with the Fort Vancouver Regional Library to offer the use of themed Discovery Kits to our provider members to use in their Daycare homes.



With the opening of the new library, FVRL has decided to rebuild the Discovery Kits and to make them available in their new form to a larger number of families in more areas of Washington.

Now that the Kits are no longer available to CCFCCA, a plan has been developed to have us create our own themed Discovery Kits. The bins have been purchased and a list of themes has been developed. Kasey Tanner will be the lead in the development of our new kits.

As this project moves along, we envision the development of 12 Discovery Kits in the beginning with the possibility of more being put together in the future. Our goal is to make these kits available to all CCFCCA members for use in their Daycare/Preschool programs.

The Board and Committees of CCFCCA are pleased to add this project to the growing list of benefits we have made available to our membership. As with all of our projects, this is a group effort that could not be possible without the cooperative efforts of our Provider volunteer members. We are stronger and better when we work as a team.

## Happy Birthday to You....



### September Birthdays:

Tina VanBuskirk	9/9
Patti Willis	9/12

### October Birthdays:

I can find no CCFCCA Members with October birthdays. If I missed your birthday, please let me know. Judy

# Fundraiser Yard Sale

Our Fundraiser yard sale was held on Saturday, July 29<sup>th</sup>. (A very hot day) The sale was made possible by



the hard work of volunteers; Lari Piel, Kasey Tanner, Alexandra Batman, Judy Peters and her granddaughter Jaycee. (Behind camera) Kasey and her husband Chris very kindly offered up their yard and garage for the sale this year.



Thanks to so many generous donations, there was a nice variety of items at the sale. We thank Judy Kusler and her daughter Kelly LeCount for giving us a large amount of those donations after they closed their own family home daycare.

The yard sale income will make it possible to continue our tradition of helping struggling families again this year. To



carry on our community outreach, we will plan for another sale next summer. To contribute to the success of our next sale, you may want to consider keeping a donation box in your garage or shed and adding to it a bit each month. It all goes to a very good cause.

## 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

## Congratulations!



Congratulations to Jeanna Wardell on the birth of her new grandson, Cohen Lee Wardell. Baby Cohen was born on May 4th. He was 7 lbs. 4 oz. and was 19" long. The baby's parents are Jeanna's son Nick and his wife Holly Wardell.

## 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

# Lift Your Sagging Bust

By Carly Young, Special to LifeScript  
Published August 08, 2011

If your bust is heading south, then it's time to stop and ask for new directions – ones that'll lead you back up north. Performing chest exercises, such as push-ups and bench presses, will firm up the muscles that lie underneath your bust, giving your girls a firmer, more lifted appearance.



Many women lift weights that are too light because they're afraid to bulk up. But don't worry about this when it comes to your chest! Your pectoralis major, the primary muscle in this area, is large and in charge, meaning that it would take more weight than you could lift to pack on excess bulk. In fact, the more weight you lift during chest exercises, the stronger the muscles will grow and the more lift you'll experience in your bust.

Here's a surprising trick to help you handle more weight as you train your chest muscles: When you do shoulder exercises, like shoulder presses or lateral raises, focus on lowering the weight slowly. This means taking two counts to lift the weight and four counts to lower it. When you lower slower during a shoulder exercise, the two main muscles in your chest, the pectoralis major and the pectoralis minor, work as stabilizers. This means your chest will grow stronger, even as you do shoulder exercises, so you'll be able to lift more when it comes time to do your bench press. And handling heavier weights equals a bust that sits higher.

So forgo the push-up bra, and grab a pair of dumbbells instead!

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## Cash to Families



CCFCCA continues to reach out to the community by offering financial aid to struggling families at the beginning of the school year. With the profits from our 2011 Fundraiser Yard Sale, CCFCCA members voted to send a check to

two single-parent families with a total of 4 school age children. Each struggling mom will be able to use the cash gift to help with the huge cost of preparing her children for a new school year.

## American Public Health Association APHA Get Ready Now!

September is National Preparedness Month: Are you ready?

With communities across the East Coast still cleaning up from Hurricane Irene and earthquakes just prior in Virginia, Colorado and California, there's no better time to remind ourselves of the importance of preparedness.



Although many felt the effects of Irene, the added precautionary measures people took, such as staying off the roads or evacuating from high-risk areas, helped to lessen the potential damage and mortality. Millions of families and businesses lost power, and at least 40 people died. For resources and knowledge you can use on earthquakes, hurricanes, power outages, and food and water safety, read the [recent blog](#), brought to you by the Get Ready team.

September is designated as [National Preparedness Month](#), with the goal of bringing public attention to the importance of being prepared for potential disasters. [APHA's Get Ready campaign](#) helps to provide you with the needed information, by way of fact sheets, blogs, podcasts and more, on the simple steps you and your community can take to help prepare and be ready to respond to a potential disaster year-round. We encourage you to check out the free materials and resources offered on [APHA's Get Ready campaign's website](#). Also, notably, this year marks the 10th anniversary of the Sept. 11 terrorist attacks; APHA remembers the victims who died in the attacks, and their loved ones who mourn their loss. In APHA's newly launched [Public Health Newswire](#), read the recent post highlighting a [9/11 survey study](#) on whether or not American are better prepared 10 years later. In addition, Trust for America's Health and the Robert Wood Johnson Foundation recently issued a report, [Remembering 9/11 and Anthrax: Public Health's Vital Role in National Defense](#), featuring more than 30 firsthand accounts of public health professionals who were directly involved in the response to the Sept. 11, 2001 and anthrax tragedies.

APHA reminds you to set your clocks and check your stock on Nov. 6 APHA encourages you to [check your stockpiles when you reset your clocks](#) at the end of daylight saving time Sunday, Nov. 6. If you haven't created a stockpile, now is the time to create one. For tips on what to include in your stockpile, check out Get Ready's [free stockpiling fact sheet](#), remember to include plenty of water. Don't forget to prepare for your furry friends too with the [pet stockpiling fact sheet](#)!

# SEIU 925 NEWS



**LABOR DAY:** We celebrated Labor Day on Monday, September 5<sup>th</sup>. I am in awe at how many good things labor unions have done for workers in this country. Just to name *a few*: the 8-hour work day, the 40-hour work week, weekends off, paid vacation, healthcare and pension benefits. I feel proud to be

member of our daycare union, SEIU Local 925!

There is a website [www.laborunionsmademyday.com](http://www.laborunionsmademyday.com) where people from all over the nation responded with comments about how their labor union has improved their lives. Here are *a few* samples:

- “My union won collective bargaining rights for child care providers. We won raises in subsidy rates, a grievance process and health care insurance.”
- “My union has created an environment of support and safety in our schools. My students and I also enjoy smaller class sizes thanks to our union.”
- “Labor unions have raised the standard of living and improved working conditions—even for those workers who don’t pay dues!”
- “Labor unions have provided strength and solidarity to my profession. They have protected my rights and have fought for fair treatment and I am grateful.”
- “Labor unions created respect for the working class.”
- “Labor unions lifted my family out of poverty through the power of collective bargaining.”
- “Labor unions built the United States middle class.”
- “Labor unions have made me proud to be an American.”
- “Labor unions are the only protection the middle class worker has against corporate greed in America.”

- “My union made it possible for me to have Labor Day off today, and live the way I do today.”
- “Labor unions gave me someone to talk to and defend me against the bullies and discriminators at work!”
- “Labor unions made this country great.”

**NEXT LOCAL SEIU 925 MEETING:** Thursday, October 13<sup>th</sup> 6:30 p.m. – 8:30 p.m. at the Round Table Pizza Restaurant on Thurston Way. Copies of our new contract for July 1, 2011 to June 30, 2013 will be available.

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

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## CCFCCA Board and Committees:

President: **Wendy Patterson**

[wpatterson320@hotmail.com](mailto:wpatterson320@hotmail.com)

Vice President: **Melba Halgren**

[melbahalgren@aol.com](mailto:melbahalgren@aol.com)

Secretary: **Nancy Lycklama**

[NTLDC97@aol.com](mailto:NTLDC97@aol.com)

Treasurer: **Lari Piel**

[laripiel@comcast.net](mailto:laripiel@comcast.net)

\*STARS Training Coordinator:

**Leasa Ripplinger**

\*Welcome Committee:

**Sandi Brinley & Carol Chandler**

\*Historian/Scrapbook Committee:

**Tina VanBuskirk & Peggy Corcoran**

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# Community Events Calendar

September is full of great events for the whole family!

## EVENTS

The Columbia Gorge Refuge Stewards are presenting night hikes at Stiegerwald National Wildlife Refuge on Friday, September 9 at 7:00pm. Come experience the Refuge at night and listen for bats, owls and other night creatures. Space is limited. Contact Refuge Manager Jim Clapp to reserve your spot! 360-835-8767 or [Jim.Clapp@fws.gov](mailto:Jim.Clapp@fws.gov).

### **Columbia Flyway Wildlife Show**

Come and view exquisite original woodcarvings at the 24th annual show presented by the Feather & Quill Carvers in partnership with the Water Resource Center. Carvers from over a dozen states and Canada will be showing their realistic carvings from 1-3pm (9/10) at the Water Resource Education Center (4600 SE Columbia Way). Kids can also paint their own wooden bird as part of the "Second Saturday" event! For more information, visit [www.cityofvancouver.us/watercenter](http://www.cityofvancouver.us/watercenter) or call 360-487-7111.

### **Harvest Tour and Celebration**

WSU Clark County Extension invites the public to the 13th annual celebration and tour of local farms. Interact with farmers, purchase fresh produce, cut flowers and farm products. Alpacas, sheep, chickens, goats, and other livestock can be seen as well as fruit orchards and vegetable gardens. Participating farms (9/17) will be open from 10am - 3pm to visitors. For a map and descriptions of participating farms, please visit <http://clark.wsu.edu> or the Extension office at the 78th Street Heritage Farm.

### **Sturgeon Festival**

Every year the Water Resources Education Center (4600 SE Columbia Way) recognizes sturgeon and Columbia River Ecosystems. This free event (9/17) is full of fun opportunities for the entire family to learn about fish and other animals in and around the Columbia River. This year, have the opportunity to dissect fish, participate in a photo contest, and see the Creature Feature reptile show! Join us from 9am-1pm. Visit [www.cityofvancouver.us/watercenter](http://www.cityofvancouver.us/watercenter) or call 360-487-7111 for more information.

### **Open House at Your New City Hall**

Join us for a Grand Opening (9/17) of your new City Hall! From noon until 3pm, the new City Hall will be open to the public. The address is 415 West 6th

Street. Make a day out of it and stop by the Farmers Market right down the street!

### **Harvest Fun Day**

Clark County Historical Museum's annual free-family-fun-on-the-farm day! Join us for a day (9/24) full of scarecrow-making, face painting, pie eating and corn shucking contests, live music, and farming activities. The fun begins at 10am and ends around 4pm. The event is at Heritage Farm at 1919 NE 78th Street. For more information call 360-993-5679 or [www.cchmuseum.org/harvest-fun-day-2011](http://www.cchmuseum.org/harvest-fun-day-2011)

### **Clean Water and Healthy Salmon Workshop**

Clark County residents are invited to participate in a day-long workshop that will inform and inspire them about clean water and the positive actions that they can take to improve our local waters. This family-friendly workshop (ages 5+) will begin at Columbia Springs (9/17) for a presentation and then travel to Spring Creek National Fish Hatchery near White Salmon, WA. Participants will watch the Fall Tule Chinook make their final journey to spawn. Local biologists will be on hand to explain how the spawning process works and participants may even have the chance to assist with the spawning! The cost is \$15 per person or \$50 per family of four. The fee will cover transportation, a snack, lunch, and beverages. Register online at <http://tinyurl.com/cleanh2osalmon> or register with Amy Carpenter over the phone at 360-882-0936 ext. 223

### **Backyard Composting**

Want to learn how to get your compost cooking? Columbia Springs will be hosting (9/22) this free workshop to answer all of your composting questions. The workshop will include an intro in the classroom and a compost demo site visit. The workshop is from 6-8pm. For more information, contact [mcr@columbiasprings.org](mailto:mcr@columbiasprings.org), call 360-882-0936 ext. 224 or register online at: <https://columbiasprings.wufoo.com/forms/fall-2011-master-composter-recycler-workshops/>

### **Fall Rain Barrel Classes**

Join the Watershed Stewards in making your own rain barrel. Learn how to construct a rain barrel and use the water then make your own in class and take it home. Thursday, September 22 (6:30-8:30pm) and Saturday, October 22 (9am-11am). Fee. Questions can be sent to [jenifer.naas@clark.wa.gov](mailto:jenifer.naas@clark.wa.gov) or call 360-397-6060 ext. 5712. Register online at Brown Paper Tickets <https://www.brownpapertickets.com/event/193024>