

The Bear Facts

Website: www.svifcca.com - Contact Line #391-6556



Issue 120

Sept/Oct 2015



From the Big Bear

Hi Everyone

Welcome back! I hope you all enjoyed a super summer, whether you were working or on holidays. I spent 99% of the time outside at parks around town—meeting up with various other daycares. My kids enjoyed playing with all their old and new friends. Now back to routines ...

Thank you to the members who volunteered with me at Touch-a-truck. A lot of fun was had by all.

We are going to do On-line auctions beginning after this month's meetings. It will all be explained at the meeting or call Deb Housden for an explanation if you can't work the link.

Remember October 19—Election Day! Take time to go and vote. Remember—you don't want your grandparents to pick your partner so why would you want them to pick your Government? If you are not sure who to vote for—call your local representatives and ask them how and what they are going to do for you (Child Care) and any other causes you may be wanting changed. Make informed decisions. Remember last elections the non-voters helped elect the current government by their apathy. Many women fought for our right to exercise the right to vote—don't let their fight be for nothing.

We are also planning to have a table at the North Douglas Craft Fair and are asking for help in making items for the table. If you are crafty and have items to donate—much appreciated or if you want to take supplies home to make items—also much appreciated. If you have been checking out our Facebook page, you may have seen the Xmas crafts that Rena and I have been posting. It's not because we are nuts but thought some of the items would be great items to have on the table but need help making them. If not at the meeting to discuss this, give me a call please.

See you soon
Leagh Lawrence
President

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Norwex

Improving quality of life

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Independent Sales Consultant

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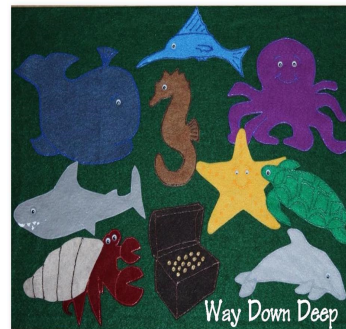
848 Ankathem Place
Victoria, BC
V9B 5J4
250-881-5471

www.facebook.com/terrikthomasnaturallyclean

RENA'S FELT STORIES

Please check out the NEW Facebook page www.facebook.com/feltstoriesbyrena

You will see the felt story pictures posted and orders can be taken by PM (Private Message) Please share this page with your contacts as orders can be shipped – shipping charges do apply.



CCOF CLAIMS

Everyone **MUST** get a BCeID as soon as possible as you will NOT be able to fax these in any more. If you do not have one, go to www.bceid.ca, select Register and then choose Register for a Business BCeID and follow the instructions.

Canadian Child Care Federation Launches New Website

Offering Early Childhood Education and Care Sector Direct Access to Resources and Community Dialogue .

Visit our new website at www.cccf-fcsge.ca and expand the national dialogue and voice of our early learning and childcare sector.

ON-LINE SUBSIDY CLAIMS

In a few months, our Subsidy Claim forms will be able to be submitted on line

If you do not submit CCOF on line, now is the time to apply for your number so that you will be able to take part in this quicker way of submitting, tracking and seeing when you are paid for both Subsidy and CCOF.

PHOTOCOPIER & LAMINATOR

These are located at **677 Kent Road** (Rena's house) ph 250-727-6176.

PHOTOCOPIER: The paper provided is 8 1/2 x 11 inches. It also does 8 1/2x14inches, white paper (you must provide) The fee charged is 5 cents/side/copy. It does double sided. You are able to email (preferably in a jpeg file) childcare@svifcca.com.

LAMINATOR:

The laminator's charge is \$0.75 cents/foot and the film is 18 inches wide.

Suggestions for Workshops

There will be a box at the meetings ~ a suggestion box ~ in which you can put ideas for workshops, speakers, etc. and all the contact information that you have on the speakers (if known).



NOTE: Please phone ahead and make an appointment to use these machines or Rena is willing to pick up any photocopying/laminating at one of our meetings and return it at the next. Please arrange for this first.

Receipts are issued for both machines.

Membership Report

Welcome Back members!

We have 30 individual members and 3 group members returning! This is a great start to our year.

Be sure to attend September's meeting so you can pick up your membership card, certificate sticker, and receipt at the membership desk. Updated pages for your SVIFCCA handbook have been emailed. Please let me know if you have paid your membership and you have not received an email from me.

The executive have been hard at work to bring our members our first online auction. Find out the details and view the items for bid at the September's meeting. The online auction that will start September 27th. Also, there are a few items that will be available, that night, by cash donation.

Included with your membership, you have access to our SVIFCCA members only and BCFCCA members only FaceBook page. Be sure to sign up on FB as there are great ideas, resources and networking within our community.

We welcome all those interested in childcare topics to our monthly meetings so please help spread the SVIFCCA name. Non-member pricing will apply.

Membership renewals can be mailed to or dropped off at:

Deb Housden
665 Baker Street
Victoria BC
V8Z 2H8



Or e-transfer. Please use the question "What is amount of our annual membership dues?" with the answer "\$75, when completing an e-transfer to childcare@svifcca.com.

Thank you and Happy September!

Deb Housden
Membership Director

For information on workshops, links, etc. check out our website at www.svifcca.com

Regular membership dues are paid yearly (\$75). They include:

- SVIFCCA membership (\$30)
- BCFCCA membership (\$20)
- CCCF "affiliate" membership (\$25)

NOTE: Group Member —please see www.svifcca.com for rules pertaining to their membership

And entitle members to:

- Attend monthly meetings, workshops and socials
- Grievance Committee
- Theme Boxes
- Access to a photocopier and laminator (fee)
- Receive copies of Newsletters (5)
- Field Trips and Special Events
- Parent Referrals (Contact Line)
- Website
- Hold a position on the Executive &/or on a committee
- A copy of the Association's Member Handbook
- Vote at a meeting
- Support and guidance from other members

SCHOLASTIC BOOK ORDERS

We have Elf and See Saw Book Order Forms available. This is one of the ways we fundraise for new items for the Special Draws, workshops, etc. Please see Deb at the Membership table for your copy of order forms and to place your orders.



FIELD TRIPS

Pumpkin Patch - Galey Farms

October 20, Tuesday

\$6 pp (anyone walking) includes train ride, pumpkin, maze, etc



Salmon Run - Goldstream

Tuesday, October 20th 10am

\$50 per group (divide 50 by the number of day-cares who attend) with Park Interpreter

Group 1 - Monday, November 2nd

10:45 am

Group 2 - Thursday, November 12

10:45 am



Contact Diane Townsend 250-727-2197 or dtownendsmith@hotmail.com

Fundraising Corner

Check out our interesting Fundraising Table and 50/50 prizes at our meetings. Inventory is always changing.

Remember the sale of all items help our Association's ability to provide such things as the Workshops, Meeting Room, Special Days, etc.



S.V.I.F.C.C.A. Executive

PRESIDENT
Leagh Lawrence 250-475-2217

1ST VICE PRESIDENT
VACANT

2ND VICE PRESIDENT
Tara Bisgrove 250-381-0177

MEMBERSHIP
Deb Housden 250-220-6804

SECRETARY
Diana McKay 250-477-9766

TREASURER
Rena Laberge 250-727-6176

FUNDRAISING
Cindy MacCormack 250-383-3418

ELECTIONS

There is STILL the following position available

1st VICE PRESIDENT

Please think about helping your Association and volunteering for this position.

Thank you

Standing Committees

GRIEVANCE:
Leagh Lawrence 250-475-2217
Rena Laberge 250-727-6176

MEMBERSHIP:
Samantha Eckard (Phoning) 250-592-4277

NEWSLETTER:
Leagh Lawrence 250-475-2217

WEB PAGE:
Rena Laberge 250-727-6176
Sherry Thornhill (WebMaster) 1-250-743-7564

SOCIAL: Refreshments
Courtenay Bunce 250-589-4208

FIELD TRIPS:
Diane Townsend 250-727-2197

BCFCCA :
Rena Laberge (Co-chair) 250-727-6176
Diana McKay (Member Group Rep.) 250-477-9766

Other Workshops

VCCRR & WSCRR

For information call:-

VCCRR 250-382-7000
Westshore-Sooke CCRR 250-391-8653

www.islandfamilyinfo.ca

SVIFCCA Speaker's Corner



General meetings are held on the **4th Thursday** of each month (excluding July and August and December). Doors open at 6:45 pm with a short business meeting at 7:15pm. Please note our meeting place: **North Douglas Pentecostal Tabernacle, 675 Jolly Place, Victoria** (near the intersection of Glanford and McKenzie Avenues (unless otherwise stated) Check www.svifcca.com for more information on workshops.

7:15 - 9:00p.m. Certificate provided. Meeting at North Douglas Pentecostal Church, 675 Jolly Place

October 22nd 2015-Emergency Preparedness

Presenter- Saanich Emergency Division

Information

- When disaster strikes, your chances of staying safe, healthy and comfortable are much better if you are prepared. This 90-minute presentation offers the information you need to prepare yourself and your family to survive on your own for up to seven days after any type of disaster. The topics include: five disasters most likely to affect Saanich residents; how to respond and protect yourself during these disasters; how to handle utilities and sanitation if services are disrupted; responding to evacuation orders; communicating with family and friends; emergency water, food and equipment; and personal grab and go bags. Each household participating in the presentation will receive a free take-home workbook to help with emergency planning.

November 26th 2015-Autism

Presenter- Dr. Diane Munz-

Information- *My talk 'Autistic Spectrum Disorders: when to think about them, how to give information to parents and caregivers on early symptoms that can suggest autism, what kind of medical information a doctor would like from parents, what investigations may shed light, and what approaches to treatment might be helpful.*

January 28th, 2016— Questions About Taxes

Presenter - Chris Hammond

February 25, 2016—Supporting Children through Grief

Presenter –Debra Caravitis

March 24,2016—Supporting Children through Separation and Divorce

Presenter—Zoe Eakle, RPC

BCFCCA

You can reach the Board at:-

E-mail - office@bcfcca.ca **Web -** www.bcfcca.ca **Phone -** 1-800-686-6685 or 1-604-592-1497

Voice Mail/fax 1-604-590-1427 **Mailing Address:** 100-6846 King George Blvd., Surrey, BC V3W 4Z9

BCFCCA FUNDRAISING ITEMS Please contact Diana at home or at a meeting as she may have items you wish to purchase or will be happy to place an order for you

Emergency cards \$6 (members), \$9 (non-members)

BCFCCA 2011 Record Keeping Calendars \$20 (members) \$25 (non-members)

10 Signs of Autism

Autism certainly has become a well-recognized ailment in 2015; and as no surprise when the stunning facts report that 1 out of every 68 kids is living with some form of Autism. It's a very complex disorder that effects the child's development, and one that is generally evaluated by or around age 3. It is vastly more common to be discovered in boys versus girls, and there are a few types of Autism categorized on the spectrum varying from severe cases, to some kids that are incredibly high functioning. It doesn't discriminate, it effects children on a global scale regardless of age, weight, race, overall health, social class or any other box you could try to place it in. While thousands of children have great success via therapeutic treatments, it is something they tend to carry well into their adulthood and is considered permanent.

1. Peculiar Toy Habits

While to you, the photo may just look like some colored sticks; to an autistic child this is a work of art they've mastered for hours. They typically prefer to sort items, stack them, place objects in rows or lines, or separate them into groupings they see as fit. It's not exactly in a 'neat freak', or obsessive compulsive fashion, instead this is just something they feel is how they're comfortable using their toys. Items they thrive over are dominos, playing cards, cars, blocks, anything that can be sorted by color, and so forth.

2. Trouble Relating to Others

Autistic children are by no means anymore rude, obnoxious, argumentative, or fussy over any other kid having a moment of misunderstanding. They do however, face challenges grasping to a common ground with their peers, siblings, and even their parents. Remembering that autism is a social disorder, this makes total sense that they struggle making human connections, bonds, and having friends.

3. Sensitive to Sounds

Not all, but the vast majority of autistic kids have an issue with sounds. They either are completely uninhibited by loud noises, or noise is their worst nightmare. More are on the side of hating noises, but some have the ability to entirely block it out. This can be great for when they need to sleep, or focus in a noisy atmosphere for those that aren't bothered by noises, but it can also be very dangerous when they aren't attentive to alarms, cars, or other warning signs around them.

4. Struggle with Change

Autistic boys and girls absolutely adore a routine. It doesn't have to be militant, it just has to be structured as that is what makes them most at ease when they know what to expect. If you are changing classes at school, moving from lunch to reading a book, or removing an iPad to go take a bath; you could very well have a tantrum on your hands in no time. While this can be trying for parents and teachers, keep in mind that knowing generally what their day looks like helps

5. Speech or Nonverbal Delays

A very big warning sign for parents early on in the stages of autism is that their children are very behind for their age in speaking, or they don't speak at all. Most little ones have a pretty vast vocabulary by the age of three years old, and just by visiting your pediatrician regularly parents have a good idea where their kids sit with this piece of development.

6. Hyperactive or Passive

A lot of guys and girls with autism have difficulties with their activity level. Many find it hard to sit still, they fidget repetitively, or have body movements such as rocking or flapping their hands. Often, these movements are just a function that makes them feel calm in any situation and do no harm to them. Some

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are super hyperactive, and others are completely passive and can hang out quietly all day long. Again, no two kids are the same, nor should they be, but speak with the doctor if their hyperactivity is too much as medication can greatly help.

7. Attached to Objects

Every little one has something they adore at some point in their life. It could be a teddy bear, a blanket, anything. Autistic kids do this as well, but can also become attached to objects you least expect like pencils for example. They may wish to have these “comfort” items with them always, when they sleep, when they eat, or when they are going outside of the home.

8. Lack of Safety

Many children on the spectrum experience a lack of understanding what situations place them into harm’s way. Everything from swimming pools, to crossing streets, to not grasping that something is hot and they shouldn’t touch it. Always be fully aware of your child’s development in this area as they can truly hurt themselves even with something as commonly used as scissors at home.

9. Inappropriate Emotions

Autistic children tend to laugh at very inappropriate

times, or they cry when you may least expect it. If another child in their presence is sad or has been hurt, these kids may appear lacking empathy by giggling for reasons they honestly have no idea why they’re laughing. Often when they cry or even smile at inopportune times it is because the subject matter or situation makes them nervous, so they react in any way they think is acceptable. It may look terrible, but it isn’t by any stretch done with malicious intent.

10. Aloof

These complex kids generally prefer to be by themselves. They are loners by choice, they may play in the same room with other kids, but if you observe them closely they will play next to their peers, but not with them. While most children would be saddened by not being surrounded by playmates, kids on the spectrum are oblivious to it most often than not.

Autism should never be treated like a horrible illness, because it can be enlightening for hundreds of families. These children are incredibly wise, they usually have a unique skill set, and can very interesting people to spend your time with. Before you self-diagnose the children, always have them fully evaluated with a specialist in this field, and try out various types of therapies to see which areas the child can find success with and what things you need to avoid to keep them healthy, safe, and content.



**Family Child Care
Association**

*Are you a parent
looking for care?*

Does your provider take on-going training?
Are you a provider looking for on-going training,
networking and support? Most research today
points towards the link between quality care and
on-going training. Check out our workshops on
www.svifcca.com.

Non-members (parents and care providers)
are always welcome to attend our workshops
for a minimal fee.



**Call our contact line at #250-391-6556
Or email childcare@svifcca.com**

We have an ad in the Saanich News
advertising our Association and what
we do and how we can help Caregivers
and parents find quality care and
continuing education.

Hopefully we will attract new
members and be able to assist the
public too.

Stop, Drop & Roll ...

Federal, State, and local emergency management experts and other official preparedness organizations all agree that “**Drop, Cover, and Hold On**” is the appropriate action to reduce injury and death during earthquakes. Great ShakeOut Earthquake Drills (www.shakeout.org) are opportunities to practice how to protect ourselves during earthquakes. You cannot tell from the initial shaking if an earthquake will suddenly become intense...so always Drop, Cover, and Hold On immediately!

- **DROP** to the ground (before the earthquake drops you!),
- **COVER** your head and neck with your arms and seek shelter by getting under a sturdy desk or table if nearby; and
- **HOLD ON** to your shelter and be prepared to move with it until the shaking stops. If there is no table or desk near you, drop to the ground and then if possible move to an inside corner of the room. Be in a crawling position to protect your vital organs and be ready to move if necessary, and cover your head and neck with your hands and arms. Do not move to another location or outside. Earthquakes occur without any warning and may be so violent that you cannot run or crawl. You are more likely to be injured if you try to move around during strong shaking. Also, you will never know if the initial jolt will turn out to be start of the big one...and that's why you should always Drop, Cover, and Hold On immediately!

These are guidelines for most situations. Read below to learn how to protect yourself in other situations and locations, or visit www.earthquakecountry.org/step5.

If you are unable to Drop, Cover, and Hold On: If you have difficulty getting safely to the floor on your own, get as low as possible, protect your head and neck, and move away from windows or other items that can fall on you.

In a wheelchair: Lock your wheels and remain seated until the shaking stops. Always protect your head and neck with your arms, a pillow, a book, or

whatever is available.

In bed: If you are in bed, hold on and stay there, protecting your head with a pillow. You are less likely to be injured staying where you are. Broken glass on the floor has caused injury to those who have rolled to the floor or tried to get to doorways.

In a high-rise: Drop, Cover, and Hold On. Avoid windows and other hazards. Do not use elevators. Do not be surprised if sprinkler systems or fire alarms activate.

In a stadium or theater: Stay at your seat or drop to the floor between rows and protect your head and neck with your arms. Don't try to leave until the shaking is over. Then walk out slowly watching for anything that could fall in the aftershocks.

In a store: When Shaking starts, Drop Cover and Hold On. A shopping cart or getting inside clothing racks can provide some protection. If you must move to get away from heavy items on high shelves, drop to the ground first and crawl only the shortest distance necessary. Whenever you enter any retail store, take a moment to look around: What is above and around you that could move or fall during an earthquake? Then use your best judgment to stay safe.

Outdoors: Move to a clear area if you can safely do so; avoid power lines, trees, signs, buildings, vehicles, and other hazards.

Driving: Pull over to the side of the road, stop, and set the parking brake. Avoid overpasses, bridges, power lines, signs and other hazards. Stay inside the vehicle until the shaking is over. If a power line falls on the car, stay inside until a trained person removes the wire.

Near the shore: Drop, Cover, and Hold On until the shaking stops. If severe shaking lasts twenty seconds or more, immediately evacuate to high ground as a tsunami might have been generated by the earthquake. Move inland two miles or to land that is at least 100 feet above sea level immediately. Don't wait for officials to issue a

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warning. Walk quickly, rather than drive, to avoid traffic, debris and other hazards.

Below a dam: Dams can fail during a major earthquake. Catastrophic failure is unlikely, but if you live downstream from a dam, you should know flood-zone information and have prepared an evacuation plan.

More information:

www.shakeout.org www.dropcoverholdon.org

www.earthquakecountry.org/step5

www.earthquakecountry.org/dropcoverholdon

MYTH – Head for the Doorway:

An enduring earthquake image of California is a collapsed adobe home with the doorframe as the only standing part. From this came our belief that a doorway is the safest place to be during an earthquake. We now understand that doorways are no stronger than any other part of the house, and do not provide protection from falling or flying objects. You are safer under a table.

Late Night Shopping

Once again this year we will be selling tickets to Hillside Centres “Night of Lights”. This year’s 15th annual private ticketed event will be held on **Sunday, November 22, 2015** from 6:00 – 10:00 pm and only those who have purchased a ticket will be allowed to enter Hillside Centre on that evening. This special evening will include appetizers, beverages, entertainment, fabulous door prizes, exclusive retailer’s specials and tons of fun!. All for the ticket price of \$5.00 and the full ticket price goes to SVIFCCA. Please see Cindy to sell a book of 10 tickets or purchase a ticket for yourself.



Touch-a-truck

I would like to thank the 13 volunteers who helped man the Children’s craft tent this year. Everyone had a great day and we are all planning on attending again next year. An added attraction which we all enjoyed was a Country Western Band which was right next to us.

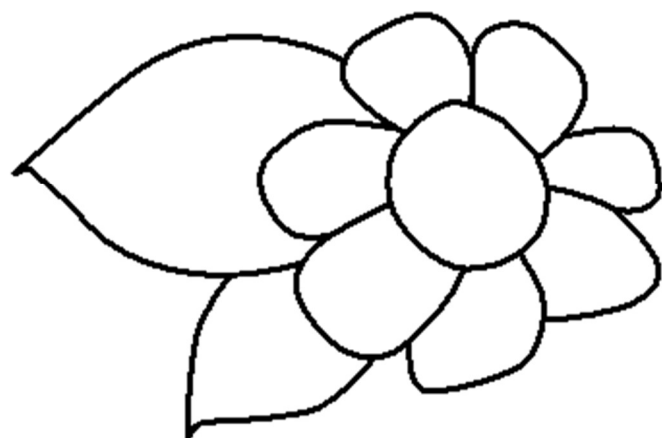
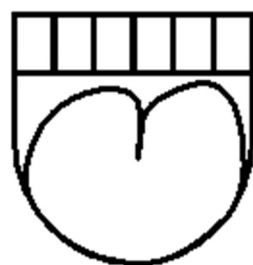
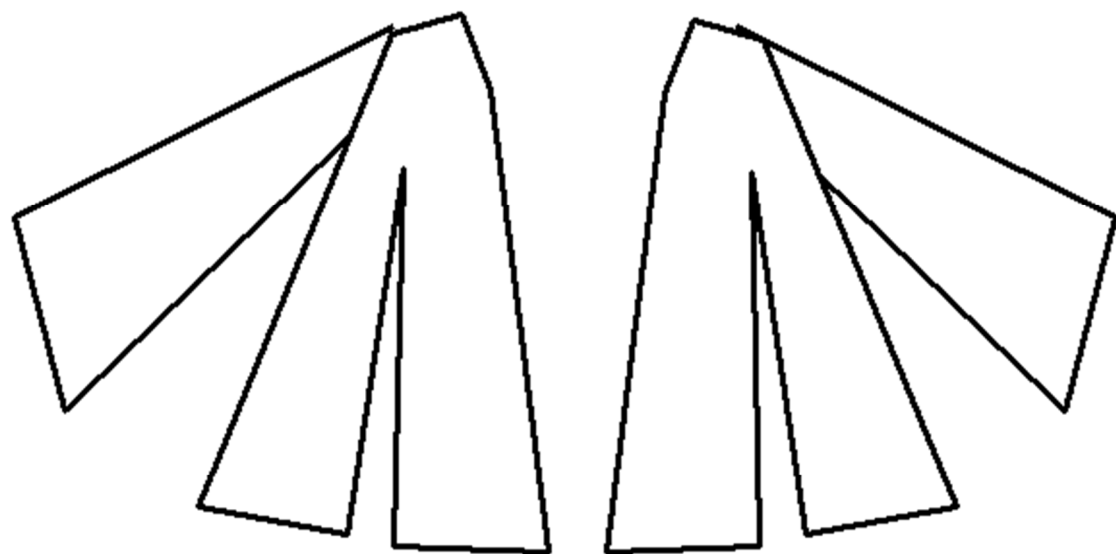
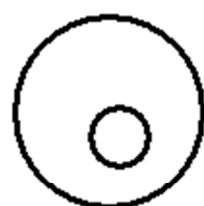
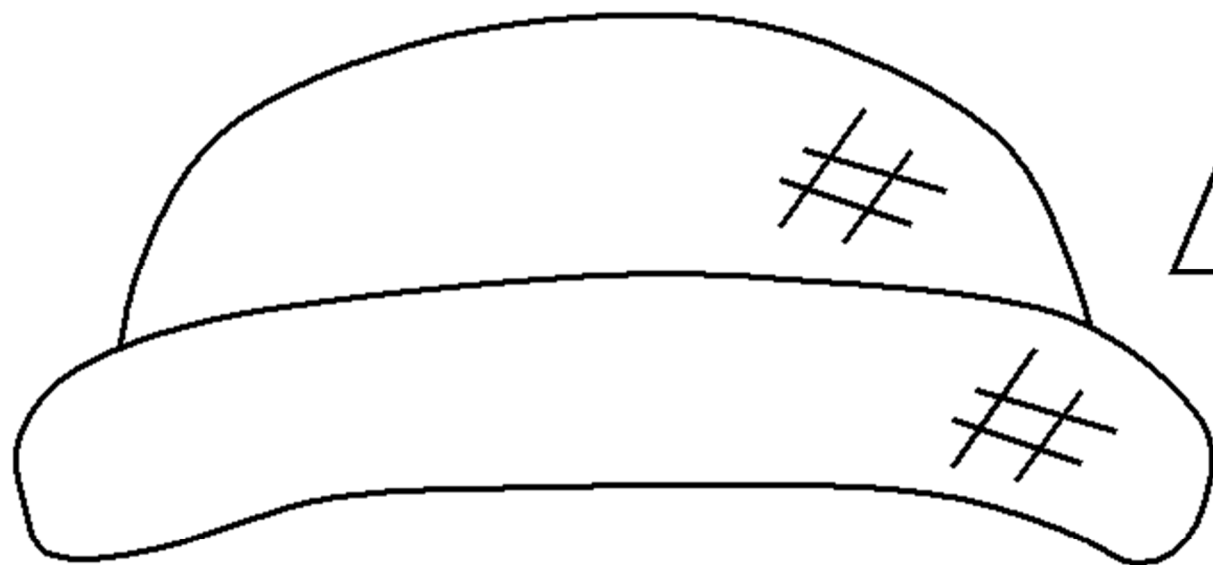
Even though we thought the numbers were down as we didn’t seem to be busy but probably due to all the volunteers, we were presented with a cheque for \$5500 (same as last year) and have been asked to do it again next year.

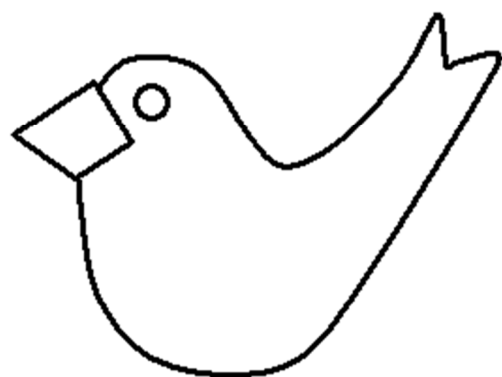
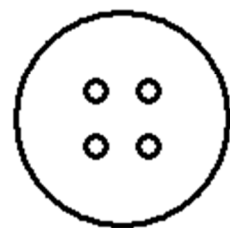
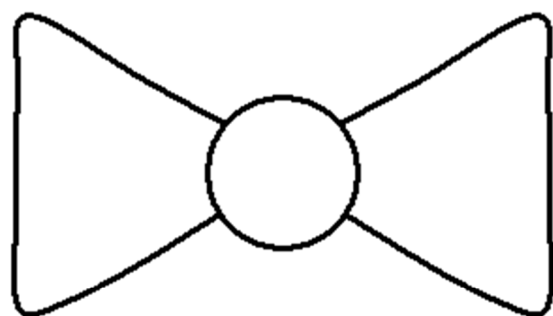
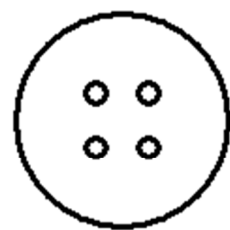
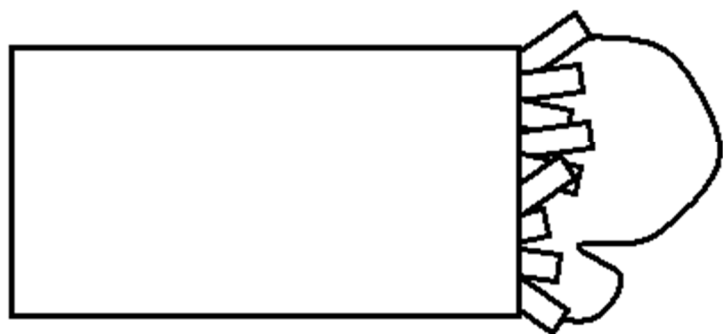
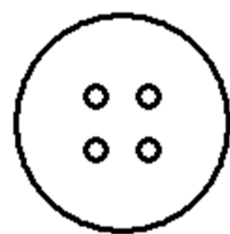
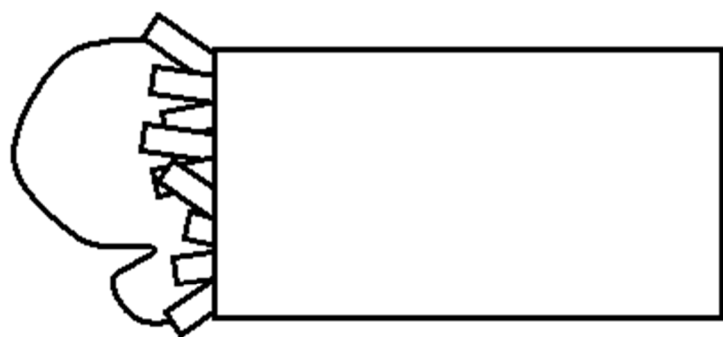
Even if you don’t volunteer, come on out and support us.



The **3 for \$5.00 draw** for September to November will be “My Body and Me” this includes.

The Twister Game, Scholastic 6 books (your Bones, Muscles, Heart, Hearing, Smelling, Tasting.), Rookie read about health 5 Books (Touching, Hearing, Smelling, Tasting and Seeing), Sesame Street Goes To The Doctor Educational Kit, Magic School Bus DVD the Human Body, 16 Book package of Engaging Stories that help Teach Children to Be the Best They Can Be, Hard cover “The Story of My Feelings” with a CD with Flaps and Tabs and a Pop Up Skelton!!! And hard cover Big Book of the Human Body with 3D Glasses!!!!





Paper Bag Scarecrow Puppet

Materials:

Paper lunch bag (white or brown will work),

A printer,

Something to colour with,

Black marker or pencil crayon,

Scissors,

Glue,

Paper

Optional: light yellow or beige paint or paper to make the face a different colour than the body.

Big Wiggly eyes .

Photocopy the Template 1 and 2:

Colour (as required) and cut out the template pieces.

Assembling the Puppet

Cover the HEAD of the paper bag with beige paper (just glue it on and trim) or paint the Head beige and let dry.

Glue the mouth underneath the flippy tab so you can see a tiny part of it sticking out when the flap is closed.

Glue the nose and eyes onto the Head. If you like, you can use wiggly eyes instead of the paper template pieces.

Glue the hair at the top of the Head.

Glue the hat onto the Head just over the hair and then glue the hat brim over the hat.

Glue the sunflower onto the hat brim.

Use a black marker or pencil crayon to draw a mouth onto the Head.

Template 2: If working with preschoolers, you may want to just do template 1. The scarecrow will still have a cute face which is the important part! Template 2 includes the pieces to decorate the body (bow and buttons), the feet and the arms.

