

SPRING 2009

West Kootenay Family

FREE

SPECIAL ISSUE

being green

- Reader's Gallery
- Local Columnists
- Summer Festivals
- Services Directory

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Helping all children succeed for life



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www.kscu.com

West Kootenay Family

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by Helen Lutz

Visit our website

www.successby6wk.com

Champions for Children

IN OUR LAST ISSUE we featured all of the people, groups and businesses that had been nominated to be recognized as Champions for Children. Since then communities around the West Kootenay have been planning events to honour their Champions. Events were held in Kaslo on Feb. 6, in Greater Trail on April 1 and in Castlegar April 22. Nelson's event is scheduled for later in May.

Champions for Children is an initiative of Success By 6, created to honour those people, groups and businesses that have done something voluntarily to support children in their



Seen here, the staff of Pennywise, recognized for their child friendly work environment, celebrate their Champions for Children award at the Kaslo Family Centre. Pennywise owner, Penny Axenroth (3rd from right, front row) was also recognized as an employer who supports employees with family friendly work practices.

community. These awards will be given out again in 2010. If you know a person or group that should be recognized watch

for nomination forms in our winter issue, coming January 2010.

More NEWS on page 4

West Kootenay Family Magazine

is published by the West Kootenay Success By 6 Initiative.

25,000 issues are delivered directly to West Kootenay households by Canada Post.

An additional 1,000 copies are available at key early childhood and family services in the region.

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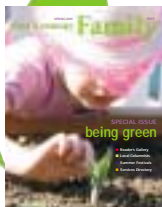
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We reserve the right to edit submitted articles.



Noa Bokser lovingly tends to one of the plants in Bonnie's Garden. Photo by Susan Chambers.



Bonnie's Garden at the Care to Learn Children's Centre.

Bonnie's Garden

LAST YEAR THE West Kootenay Early Childhood community lost one of its finest. After a valiant battle, **Bonnie McEwen** lost her fight with cancer. For over two decades hundreds of children benefited from her love of the arts, laughter and the earth. Donations made in Bonnie's memory were given, by her children, to the **Care to Learn Children's Centre** to create Bonnie's Garden.



Free Information Sessions

to help families adjust to the challenges following family separation are being offered by the Province of British Columbia.

Topics covered in the sessions include:

- the impact of separation on you and your children
- how you can recognize and respond to your children's needs
- strategies to help families adjust to the changes
- the new child support guidelines
- family dispute resolution options including conciliation, mediation, counselling and the court process
- effective ways to communicate and problem solve to build a positive parenting arrangement

For further information and the dates of the next sessions scheduled for your area, please contact:

Brenda Woolner
(250) 354-2010

(sponsored by the Advocacy Centre)

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BRITISH COLUMBIA

Ministry of Attorney General



Columbia Basin Alliance for Literacy

www.cbal.org

The Columbia Basin Alliance for Literacy is a charitable non-profit society providing family and adult literacy programs in communities throughout the Columbia Basin.

Family literacy programs empower parents and caregivers with the resources to enhance their young children's skills and strategies to become effective lifelong learners. To find out about family literacy programs in the West Kootenay-Boundary area, call a family literacy coordinator in the following communities:

Castlegar	Margaret Sutherland	365-3336
Nelson	Joan Exley	352-6698
Trail	Desneiges Profili	364-1275 #247
Kaslo	Barb Szuta	353-7691
Grand Forks	Lizanne Eastwood	442-2533
Nakusp	Rhonda Palmer	265-3779
Slocan Valley	Christine Nichol	355-0062
Salmo	Laurie Macdonald	357-2312
Revelstoke	Tracy Spannier	837-6669

For information about adult literacy programs or CBAL, visit our website www.cbal.org or call us at 1-877-342-4244.

CBAL is grateful for funding and support from the Columbia Basin Trust, National Literacy Secretariat, BC Ministry of Advanced Education, Selkirk College, College of the Rockies, Literacy Now, Literacy BC, Raise a Reader, BC Gaming Commission and many local individuals, organizations, foundations, and sponsors.

health and human services



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- behaviour challenges in the classroom and school yard?
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- repeated attendance problems?

Find out how art therapy can help social behaviour, emotional regulation, and cognitive growth.

For more information on how art therapy can help you and your child overcome challenges that can arise in school, call

Jennifer at Clear Water Art Therapy Services
250.509.0253

1-205 Victoria St., downtown Nelson
Outreach Services Available

Early Years Logo

THE WEST KOOTENAY EARLY YEARS office coordinates several projects that support young children. These include Success By 6, the Understanding the Early Years research, Children First and the Talking Little Feet Aboriginal Council.

All of these projects work to improve services for young children and to help communities to better understand how important the first 6 years of life are to our future.



Recently the Early Years office unveiled their new logo designed by Prefix Media. Watch for the logo to pop up on

posters, parent information and soon on a trendy new shopping bag.

Early Years Shopping Bags – Doing Our Part for the Environment

Later this spring the Early Years office will be doing their part to support the environment by introducing a nifty new shopping bag for parents, grandparents and anyone interested in supporting kids.

For more on why everyone should be switching to re-usable bags see our article on Tracey Saxby's drive to eliminate plastic shopping bags on page 5.

Strong Start Centres Up and Running

OVER THE PAST FEW YEARS, the Ministry of Education has been creating Strong Start centres in empty classrooms across the province. During this school year, 3 new Strong Start centres were added in the West Kootenay. Kootenay

Columbia School District #20 was approved for a centre at MacLean Elementary in Rossland, Kootenay Lake School District #8 at Winlaw Elementary and Arrow Lakes School District # 10 at Lucerne School in New Denver.

Strong Start Centres provide drop in programs for pre-school children and their parents or caregivers 5 half days per week. The programs are run by Early Childhood professionals in partnership with the schools.

Recently the Ministry announced the West Kootenay schools that have been approved for new Strong Start programs in the 2009/2010 school year. They are:

- Blueberry Creek Community School, Robson Community School, Crawford Bay, JV Humphries in Kaslo, with outreach to Jewett Elementary in Meadow Creek.
- Rosemont Elementary with outreach to Brent Kennedy, Redfish and Blewett.
- An outreach Strong Start that will be shared between Burton, Edgewood and the old school in Fauquier.



Mom and baby play peek-a-boo during gym time at the Lucerne Strong Start program.

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Every Bag Matters

Rossland's Local Hero is Making a Big Impact



Tracey (left) and Kathy Moore (right) proudly showcasing the 2009 Rossland bag designed by highschool student Kristen Lloyd.

TRACEY SAXBY IS the co-founder of **Greener Footprints**, a grassroots organization formed in 2005 to focus on waste reduction in Canada. The primary campaign of Greener Footprints is to reduce the use of plastic shopping bags across Canada.

The program kicked off in Rossland, where a supportive City Council, keen volunteers, and supportive businesses managed to make the community 75%

plastic bag free in less than one year. After speaking with Nelson City Council, locals, and organizations on March 23rd, she is hoping that the City of Nelson decides to take part as well.

Curious to learn more, I asked Tracey to explain the need for a specific campaign to reduce plastic bags. "Canadians only started using plastic shopping bags in the 1970's and now we use 9-15 billion plastic shopping bags every year (that's 17,000 a minute). The average plastic bag is used for just five minutes to carry your purchases home, yet these single use plastic bags can take up to 1000 years to break down. They

create waste management problems and are devastating our natural environments, killing birds, wildlife and livestock, and perpetuating an acceptance of over-consumption as a right".

When I asked Tracey about what inspired her to take action for the environment, she fondly recalled childhood memories that had a big impact. "One of my earliest memories is of picking up garbage on the beach in Australia with my parents and siblings for Clean Up Australia Day. It was a pretty remote beach, and yet we still picked up piles of garbage that had washed up from

Continued on page 14



Three students, Clara, Maya, and Kaiya, creating plastic bag reduction posters at the French school in Rossland. Photo by Michele Desjardins.



Rossland school students helped to deliver a re-usable bag to every household. Photo by Jan Micklethwaite.

WHAT CAN YOUR FAMILY DO?

- Buy a reusable bag today
- Carry 2-3 items by hand.
- Consolidate purchases.
- Place fruit and veggies directly into your basket.
- Buy light-weight mesh or cotton fruit and veggie bags.
- Avoid double bagging
- Is it already in a bag? Does it already have a handle? Use it!
- Ask the store for produce boxes that you can re-use and recycle.
- On a bike? Walking? Take a back-pack with you.

from: www.greenerfootprints.com

Ask a Pediatrician

Dr. Carrie Fitzsimons



Pesticides in Children

Why are pesticides a problem for children?

Children are particular; unborn children (fetuses) even more so. There is no other time in life when tissues are developing at the rate they are in children and fetuses. There are periods in development of fetuses and children where the endocrine (hormone), immune, reproductive and nervous systems are in critical stages of development. These are known as 'windows of vulnerability'. Exposure to a toxic chemical such as a pesticide may disrupt this critical period in development. One of the best known examples of toxic exposure is fetal alcohol spectrum disorder (FASD). In early pregnancy, the face is developing. If the fetus is exposed to alcohol during this phase of development, the face is forever changed. If exposed in mid pregnancy, the organs may be affected. There are so many chemicals in our environment that it is virtually impossible to predict what chemicals will affect children and fetuses at what points in their development and at what levels.

Why are children so susceptible to pesticides and other environmental chemicals?

Children eat more food per kilogram of weight. They may also be inclined to eat one food in abundance for a long period when they take a liking to it. They also crawl on floors and put things in their mouths therefore increasing exposure. Pregnant women and children of farm workers are known to have more pesticide residue in their bodies.

Will feeding my children organic food eliminate exposure to pesticide?

Children fed organic food have less pesticide in their bodies but it is not completely eliminated. It is believed that those eating organic foods still have a degree of exposure from contaminated soils and water.

What can I do to decrease exposure for my children?

Eat a variety of foods to ensure a balanced nutritional intake and to lessen contamination from any one source. The American Academy of Pediatrics recommends eating a variety of healthy fruit and vegetables irrespective of whether they are organically grown or not.

Buy produce that is free of dirt, insect holes, mold, or decay as they may contain 'natural toxins'

Always wash fruits and vegetables thoroughly

Peel fruits and vegetables before eating and throw away the outer leaves of leafy vegetables. Note that some nutrients and fiber may be lost when produce is peeled.

Trim fat from meat and fish and skin from poultry because some pesticide residues are concentrated in fatty tissue.

Consider buying fresh, unsprayed produce in season and freezing or canning for storage.

Consider growing your own food in season and supplementing your family's diet with food you know is uncontaminated if possible.



In summary:

The use of pesticides and other chemicals has allowed the agricultural industry to increase its productivity. Without it we may not be able to meet the food needs of the exploding population. There is increased mandate for governments to control the use of pesticides and other toxic chemicals. Many pesticides break down during exposure to sun and environment and may not be a major concern by the time it reaches the consumer. These products tend to be safer. Families may consider reading about which fruits and vegetables may be more contaminated and choosing to buy organic or eat more limited quantities of those products.



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Today's children are the leaders of tomorrow. That's why Columbia Power is pleased to sponsor children's events and educational initiatives in the Columbia Basin.

For information on our Community Sponsorship Funding Program, visit our website.



Meet Super Grandparent Barbara Lindsay

“THE BEST THING ABOUT being a Grandma is the pure joy of being with the babies of your own babies. The deep relationship between parent and child is extended to a playful love that is shared between generations into magical moments”. These are the words of our Super Grandma Barbara Lindsay and what better words could express her joy in being a grandparent. .

Barbara Lindsay is a busy woman. She is a school trustee representing Slocan Valley and Bonnington with School District 8 and Grandma to five grandchildren ranging in age from 3 years to 19 years old. “It was a miracle, but everyone was home for Christmas this year. Holidays and special events bring us together” says Barb.



Continued on page 12 Grandma Barbara and granddaughter Autumn.

455 Ward St., Nelson
352-9114

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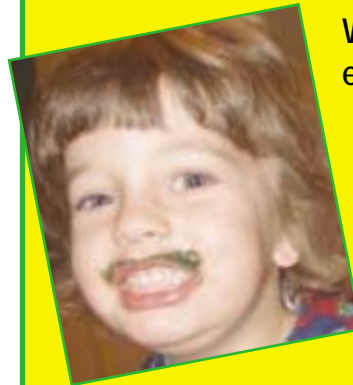
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Got Greens?



Want your little one to eat more greens?

Try this **Green Smoothie** recipe

- 1 cup strawberries
- 2 bananas
- 1/2 bunch Romaine Lettuce
- 2 cups water

Add to a blender and process on high until smooth.

Enjoy!
Leftovers can be made into popsicles!

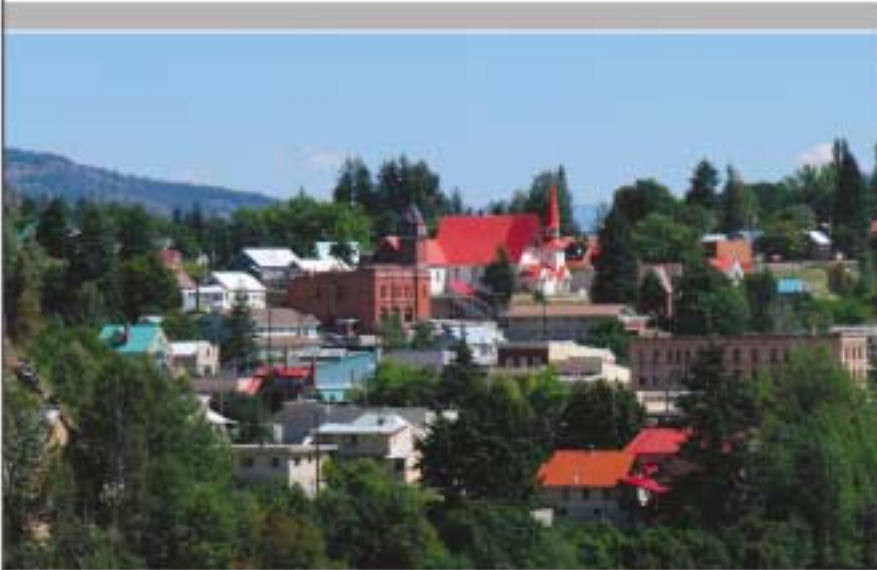
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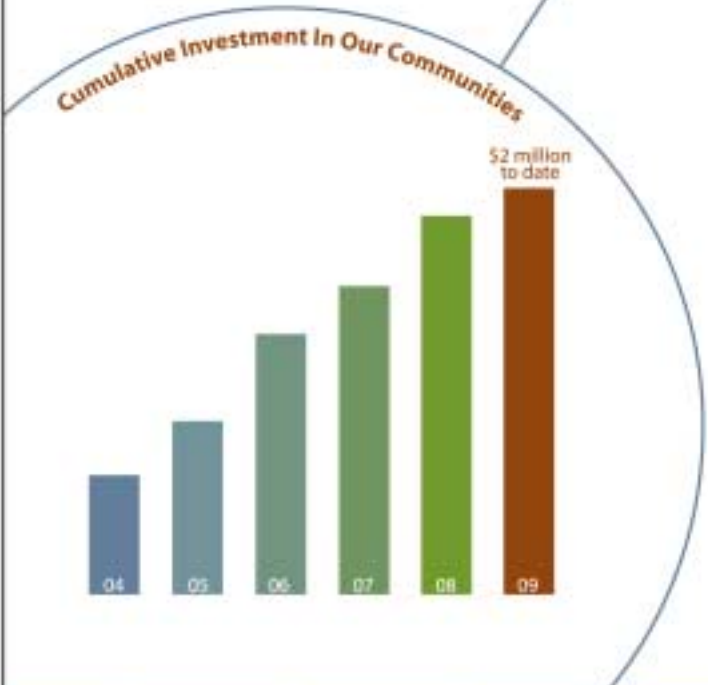
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Nelson & District

CREDIT UNION  *Logically. Locally.*



COMMUNITY INVESTMENT



Whether we are working to help The Family Place in Nelson, increase community foundation investments that will leave a legacy of funds in Rossland, or supporting the community family resource centre on the East Shore of Kootenay Lake, we are always being thanked by those who have been enriched by our Community Investment Program. There is a reason we say "Logically. Locally."

www.nelsoncu.com 



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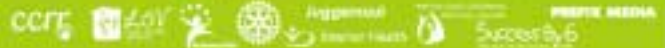
Look for the balloons downtown or visit the hub - the 400 block of Victoria Street.

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Nutrition News



By Helen Lutz



"Packing garbage free lunches also raises kid's awareness of the environment. At Blewett, the garbage leftover from lunch must go home again. Though parents may find this an inconvenience, it might make them send less packaging to school in the future". — Ms McDougall , teacher .

Filling Tummies, Not Landfills

How One Elementary School Supports Lunches Without Litter

BLEWETT ELEMENTARY SCHOOL just outside Nelson is one of many schools in the area that take the environment very seriously. One of the most successful ways that the school has reduced the amount of garbage being created is to emphasize healthy lunches with minimal garbage.

I dropped by Blewett Elementary and asked students and teachers why they felt it was important to pack a lunch without garbage. Other than being very impressed at the overall quality of the student's lunches, I found their responses to be very thoughtful.

In Ms. McDougall's grade 2-3 class, there was agreement that garbage pollutes the earth. Dylan felt it is important to pack a lunch without garbage "so that the planet won't burst when we have kids". Luka said "It takes a long time for garbage to decompose and landfill sites are filling up". Jesse brought up a concern about animals "Animals sometimes eat the garbage which is bad for them" and Lucas said "If you put less garbage in the landfill then you don't pollute the water as much". Cheyenne offered the suggestion to re-use your lunch bags each day.

According to teacher Ms McDougall "Packing garbage free lunches also raises kid's awareness of the environment. At Blewett, the garbage leftover from lunch must go home again.



Though parents may find this an inconvenience, it might make them send less packaging to school in the future".

I also asked the students in Ms. Gaschnitz's grade 3-4 class whether they felt it was important to keep litter out of lunches. There was unanimous support for packing less garbage in lunches and some interesting reasons too.

According to Levi "Less trash is better for animals and cuts down on global warming". Zoey said that litter "fills up the landfills, and as they get bigger there's nowhere for people to go". Nodan brought the issue of our health into focus when he said that litter free lunches "helps our environment and keeps us healthy to stop global warming which creates greenhouse gases which sometimes gives us diseases".

Everyone agreed that the best food for our bodies that also has no garbage is fruit, and several students were eating crunchy apples. Zoey likes tomatoes and packs them carefully so they don't get squashed. That brought up the issue of composting, which everyone agreed was a good idea, though a challenge in bear country.

Ms. Gaschnitz is also careful to pack her sandwich, soup or salad in re-usable containers. "The class recycles juice boxes and is using the money to sponsor a child. I encourage students to try to limit the amount of garbage you create with your lunch. Fruit is always good".



Healthy lunch eaters in Ms. Gaschnitz's class.

GOOD BOOKS TO HELP CHILDREN LEARN ABOUT THE ENVIRONMENT



The Polar Bears' Home: A Story About Global Warming, by Lara Bergen

Winston of Churchill: One Bear's Battle Against Global Warming, by Jean Davies Okimoto

Series: Why Should I: Save Energy? Save Water? Recycle? Protect Nature?, by Jen Green

Planting the Trees of Kenya, by Claire Nivola

Salmon Forest, by David Suzuki and Sarah Ellis

The Wump World, by Bill Peet

Over in The Jungle, by Marianne Berkes

The Earth and I, by Frank Asch

The Three R's: Reuse, Reduce, Recycle, by Nuria Roca

Why Are The Ice Caps Melting?, by Anne Rockwell

Easy to Be Green: Simple Activities You Can Do to Save the Earth, by Ellie O'Ryan



Super Grandparents

Continued from page 8

Barbara loves to connect with her grandchildren exploring the world of nature throughout the seasons. “My youngest granddaughter and I spend lots of time together playing with the horse and pony and meditating on manure. Just last week I was the Grandma helper in class doing “rocks”” laughs Barb. “We love sharing celebrations, travelling to horse events and going away on extended family vacations. We love snuggling together, reading stories together, drifting off into naps, and most of all, I love the learning from my grandchildren through their philosophical words of wisdom”.

Though Barbara is thrilled to live near her two youngest grandchildren and join in their lives, she recognizes that the benefits of extended family are not available to all parents raising children. “Extended families for support with childcare are not readily available to young parents who both have to work. Young families need free public daycare. A good community daycare is like an extended family” Barb explains.

When I asked Barbara to recall a funny moment with her grandchildren, she laughed saying there were so many. “I always consult with my grandchildren

when I am working on some educational issues for the school board. While writing a challenge for Destination Imagination I asked my five year old grandson: What question do you want to find out about? He replied, I want to know how a Tyrannosaurus Rex fixes his tooth when he bites down too hard and it breaks. I asked, where do you think he would find the answer? His answer, in the stomach of the Great Blue Whale who has only two soft teeth! Needless to say that gave me plenty to think about”.

Barbara is an engaged and experienced grandparent with wisdom to share. When asked to offer some advice to new grandparents, she says “Love and enjoy your grandchildren whenever you can, leave the day to day parenting to the Mom and Dad who have to figure it out their own way, just as we did”.

Congratulations to super grandparent Barbara Lindsay!

My youngest granddaughter and I spend lots of time together playing with the horse and pony and meditating on manure. Just last week I was the Grandma helper in class doing “rocks.”



Leveling the Playing Field

Now in our fourth year, the Stars for Success program has sponsored hundreds of West Kootenay children



What is Stars for Success?

Stars for Success is an initiative of the West Kootenay Success By 6. We sponsor children up to their sixth birthday who, without our help, would not be able to take part in community recreation, early learning or arts programs.

Stars for Success uses donated dollars to help children take part in programs like: gymnastics, music, ski camps, swimming lessons, dance classes, soccer and more.

How did Stars for Success Get Started?

In 2005 when Success By 6 Coordinators Kate Skye and Kim Adamson were hired, they spent the first months on the job travelling throughout the West Kootenay talking with early childhood and community services professionals, parents and community leaders. From those conversations Kate and Kim identified some clear priorities that Success By 6 should focus on.

One of those priorities was to

address the need for a fund to help support children whose families could not afford to send their children to community programs.



Why is This a Priority?

When young children connect to community they feel a sense of belonging. Being with your friends and learning new skills in a fun way has countless benefits for children.

Social and emotional development in the early years is key to future success in school and in life.

How Can Families Apply?

A family can apply for up to \$200 per calendar year per child to attend a community program.

An adjudicator or sponsor who works with children and families and who can vouch for the family's need is required on all applications.

Once approved, funds are paid directly to the community program.

How Can You Help?

To make a charitable donation to Stars for Success contact Kim or Colleen at 1-866-551-5437 or email childrenfirst@thekoop.ca. Or you can mail a donation to:

Castlegar United Way
1995 6th Ave.,
Castlegar, BC V1N 4B7

Success By 6 is an initiative of the United Way. All donations received will go towards supporting children in your community.

For more information visit our website at www.successby6wk.com/stars.



Tracey Saxby

EVERY BAG, *continued from page 5*

the ocean. The sad thing is that it seems like there's more garbage washing up every year."

Pleased that schools are including environmental stewardship in the curriculums, Tracey goes on to say that "Parents play such an important role in teaching their kids about their place in the world. My parents taught me to respect my environment, to appreciate the beauty that surrounds us, and to take care of it. They really grounded me with these values, and I wouldn't be who I am today without their guidance and insight."

Tracey is aware that many citizens work hard to recycle as much as possible, but urges us to remember that recycling isn't enough. "Reduce is the first action in the "reduce, reuse, recycle" mantra. Somewhere along the way we seem to have forgotten that and we've just been focusing

on recycling efforts. Our society needs to start reducing waste, and reducing our use of plastic bags is a great first step."

As we discussed options for carrying goods home from stores, it became very clear that using paper or biodegradable bags at the shops isn't a solution. "Neither paper nor biodegradable bags are a good alternative to plastic bags," Tracey explained. "They use as many, if not more resources as plastic bags, and while they may not last as long in our environment, they're just substituting one bad habit for another. What we've been trying to do instead is to encourage people to use reusable bags and reduce our use of resources."

Tracey's final words offer encouragement to all of us: "This is something that you can do to make a difference, and you can start today."

West Kootenay Brain Injury Association

Empowering individuals and families living with the effects of brain injury to enjoy and participate in life in their own home and community.

Jackie Kellock
250-304-1259
wkbia@braininjury.kics.bc.ca

Injury Association

The WKBIA is a community based, non-profit organization serving people in the Kootenay Boundary Health Service Area. They offer a variety of services, free of charge in a safe, confidential environment:

- Support Groups • One to One Support • Community Educations
- Advocacy • Referrals

Acquired brain injury is damage to the brain that occurs due to: an aneurism, anoxia (lack of oxygen), a stroke, a tumour, and infection such as encephalitis. Brain injuries are also caused by a blow to the head from the result of a traffic accident, a fall, an assault, or a sports injury.

Some commonly affected areas are:

- Memory and concentration • Planning and problem solving
- Energy levels • Anger, irritability, sleep patterns
- Depression, lack of initiative • Communication abilities

Many of the changes that a survivor of a brain injury experience cannot be seen. It is difficult for others to understand and accept changes in personality and thought process because these changes are not visible.

Families often remain or become the primary caregivers and support persons for those affected.

At a population of 4 million, BC has an incidence of between 8000 to 14000 brain injuries every year. This estimate totals between 21-38 injuries each day in the province.



Eco-friendly Daycare

Happy Planet Child Care

There is no cable television. Each day, children are able to participate in their own adventures through books and walks around the neighbourhood and to the nearby parks. Learning about pollution and conservation of wild life is of special interest to the children as they are naturally empathetic to the suffering of others and are always willing to help.

The children have planted and transplanted seeds for the garden, and are gearing up to get their hands dirty in the yard. They are hoping to grow and eat their own produce and to plant shrubs and plants to feed the little birds, butterflies and insects in the yard.



LEANNE SHUPARSKI RECENTLY opened Happy Planet Child Care in the Greater Trail area. The concept for this eco friendly daycare was inspired by her desire not to expose her two young children to harmful chemicals in cleaning products and fertilizers in her home and yard.

At her child care centre, the children recycle and reuse as many items as they can. Leanne is sure to acknowledge and reward every attempt to recycle, reuse and redistribute as it gives the children a real sense of accomplishment. The children are always happy to get involved.

There is no lack of community support in the Trail area, and Leanne is looking forward to learning more about gardening with the local Communities in Bloom volunteers. The Teck sponsored Lead Program has agreed to provide nutrient rich soil for the Happy Planet garden.

Donations of gardening equipment, seeds, shrubs or trees are always welcome and very much appreciated. Leanne can be reached at 250-368-3010.



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- Baby Gear • Toys

playitagainkids.com
Hours: Mon to Fri 10am-4pm, Sat 12pm-5pm
807 Baker St Nelson BC 250-505-5300

West Kootenay Family Magazine

is published by the West Kootenay Success By 6 Initiative.

Ph: 250-352-6786 or 1-866-551-KIDS (5437)



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Alex Atamanenko
Member of Parliament

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SPRING & SUMMER FESTIVALS in the West Kootenay



May 11 – 17
Trail's Silver City Days

Fun, food and entertainment.
Sunday May 17th is a family day celebration.

May 16 – 18

Kaslo May Days

Logger sports, music in the park, fun races for kids and much more.

June 7, 11:00 – 3:00

Pass Creek, Lion's Family Day

Sandcastle contest, crafts, scavenger hunt, National Frog Jumping Contest.
Joanne 365-3884 for info.



June 6
Castlegar Sunfest in the Park

Pancake breakfast, parade, entertainment, vendors.

August 20 – 23

RossFest

Rossland's Celebration of Mountain Culture at various locations. Celebrates the mountain lifestyle – recreation, culture, cuisine, arts and the people.



July 18 – 19

Star Belly Jam East Shore Music Festival

Great for the entire family with plenty of child friendly things for kids to do.



July 1
Canada Day Celebrations
in Nelson, Salmo, Trail, and Rossland.



June 27
Sinixt Nation Children's Froggy Festival

Hands on projects in tipis; making stick horses, beading, painting, story telling, tours of Sinixt pit houses, entertainment. Children free. 4120 Passmore Lower Rd. Vallican at Sinixt Nation Barter Fair site. 250-226-6743 or 250-226-7581.

Raven Gregoire photo



July 31 - August 2
Kaslo Jazz Etc. Summer Music Festival

Great music on a floating stage. Family friendly. Kids can play on the beach, swim, dance, have fun.



July 17 - 19
Nakusp Music Festival

Includes family friendly activities and entertainment.

Families Come in All Shapes and Sizes!

Today's families come in all shapes and sizes: single parent, two parents, gay parents, blended families and grandparents parenting are all part of the wonderful tapestry that make up our community.

Our fall issue of *West Kootenay Family* will highlight this wonderful diversity.

If you would like us to **feature your family** drop us a line at childrenfirst@thekoop.ca or call us at 250-352-6786 or 1-866-551-5437.

Or send us a photo of your **FABULOUS FAMILY** for our **Reader's Gallery**. Do it now! We're starting to put our next issue together right away!



Here's single mom
Success By 6
Coordinator Kim Adamson
with her three daughters
Marla, Lana, and Lauren at Idaho Peak!

AT HOME IN YOUR COMMUNITY



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10 Simple Things

Families Can Do to Be Green and Save Money!

- 1 Buy in bulk. It reduces the number of containers.
- 2 Stop buying bottled water.
- 3 Have a clothing swap. Get together with other parents and bring all of your outgrown or unwanted clothes (yours and the kids!).
- 4 Unplug. Many electrical appliance use power when not in use. Unplug them and save money.
- 5 Take the bus when you can. Better yet... WALK!
- 6 Install energy efficient light bulbs. They cost more, but they last a lot longer and cost less in electricity.
- 7 Hang your laundry out to dry.
- 8 Buy second hand. Garage sales, swaps, second hand shops, flea markets are great places to spend time and save.
- 9 Turn off your car when you are waiting (summer and winter!!!).
- 10 **PRIME TIME:** Turn off the TV and tune in to your KIDS.

Are you a parent of a child 0 to 6 years of age? Are you an expectant parent? CAPC may have a program for you.



CAPC

Community Action Program for Children:
BC Parents and Partners, Together for Children's Health

- parent & tot drop-ins
- parent education and workshops
- volunteer program • community education & issue advocacy • food/nutrition activities
- quality play/art/activity programs for children • pre & post-natal support activities & resources • links to other community services & resources



Castlegar	Dorothy	250-365-3662
Grand Forks	Nandini	250-442-5780 ext 138
Kaslo	Barb	250-353-7691
Nakusp	Sarah	250-265-3674 ext 208
Nelson	Rebecca	250-352-6678 ext 227
Rock Creek	Lynda	250-446-2540
Salmo	Hazel	250-357-2277

A National Initiative that Promotes Early Child Development

“Growing up in the beautiful West Kootenay had a big impact on my thinking, and I’ve noticed that other young people I meet who have grown up in rural communities tend to share the same high level of appreciation for the environment.” – ZOË CARON

From Procter to Antarctica

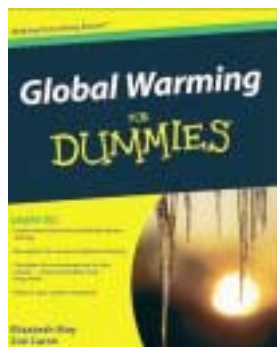
Well Known Local Youth Takes Action for the Environment

by Helen Lutz

ZOË CARON GREW UP IN PROCTER, B.C., a small town of several hundred people about 30 minutes north of Nelson, where she was born. When Zoë was a grade one student at Redfish Elementary, her teacher Betty McDermot knew there was something different about her. One day, after eating her hot lunch, Zoë was told to throw away the paper plates and cups. Zoë recalls being alarmed at the idea of throwing the plates away, when someone may be able to re-use or recycle them. So she dug out all the paper plates from the garbage can, washed them by hand and stacked them on her teacher’s desk. Who knew that those early actions, combined with subtle influences from her family, would spark a growing interest in the environment and a book co-authored with Green Party Leader Elizabeth May.

Zoë now lives in Halifax where she completed a Degree in Environmental Science and International Development at Dalhousie University. I caught up with Zoë by phone, eager to hear about her book writing experience, her recent trip to Antarctica and to hear her suggestions for parents wanting to raise environmentally conscious children.

Zoë recalls the evolution of the book. In the fourth year of studies, Zoë was researching books about climate change. She noticed that most books on the topic were



Elizabeth May and Zoë Caron

heavily biased and often focussed on environmental problems and not the solutions. Recalling the black and yellow series of “Dummies” books, Zoë wondered if one had been written about climate change. Quickly discovering that no such book existed, Caron contacted Wiley Publishing, Inc., the company that owns the “For Dummies” logo, and they were interested in supporting Caron to write this book. “I don’t know how it really happened,” she laughs. “They called me suggesting that I pitch

Continued on page 27

Changing the World

IN 2004 PAUL EDNEY was climbing the corporate ladder, driving 1 1/2 hours each way to work in London and working 8 – 10 hour days. That left him about an hour a day to spend with his family.

“I realized that the financial side of my life was taken care of, but that sense of balance wasn’t there. I was also very aware of wanting to do something that fulfilled a deeper part of me.”

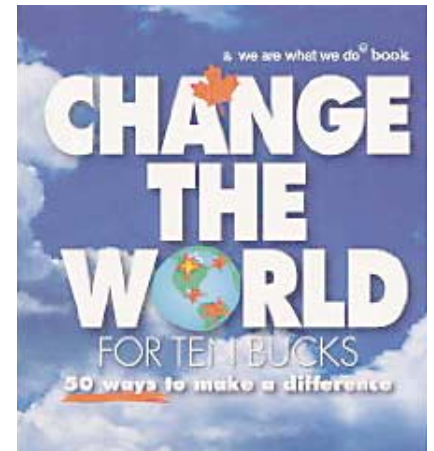
So he took a year off to think about what he wanted to do. In the process he moved with his wife Natasha and their kids Maia and Seth to the West Kootenay.

That Christmas Paul’s sister sent him a copy of ‘Change the World for a Fiver’. Paul explains, “I read it in one sitting. It was fantastic”.

“The environment and social action have always really appealed to me. The book looked at the issues and challenges society faces from a social and environmental perspective with humour and with a sense of inspiration and empowerment. I liked the book so much, I thought, hey I’d like to re-write this book for Canada. I wrote them and asked if I could. They said yes.”

‘Change the World for Ten Bucks’ is a great way to teach kids (and adults!) ways they can make a difference. It’s colourful. Not wordy. It offers 50 things you can do. The book isn’t meant to preach. “It’s about raising consciousness. That’s what we’re trying to shift.”

Paul tells a story of being out in the



yard with his daughter and a nearby car was idling. Maia yelled, “Daddy, daddy, that guy’s car is running. It’s in your book. You’ve got to go tell him.” Paul laughs, “it was classic. There was that sense of, okay, I’ve got the choice of getting my butt kicked or disappointing my child. I’ve been trying to figure out a way to tell someone to turn their car off in a light hearted, fun way. I still haven’t come up with it yet”.

Paul’s thoughts for parents:

Be conscious about what you do, more than what you say.

“I use the term Mother Earth a lot with my kids. For them it creates a personality. We are protecting this personality. We’re using electricity which we take from the earth. That helps them understand. Rather than, this costs money. It’s not about me or money. It’s about protecting Mother Earth, where we live. “

Plant something. Teach kids how things grow. When they pull a carrot out of the ground, it’s magical. Then they have a connection to the earth.

Hold/hug your children. Creating the connection with each other builds trust, love and all of those things that ultimately affect everything else in their lives.

“The earth we pass down to our children. In 30 years my daughter will be 38, my son 35. I want to pass on the best possible place for them. They need to live on this earth, and I’d like to pass something down that I’m really proud of.”

Paul is now working on his latest project Inspire Nelson. For more info go to the website inspirenelson.ca



“I use the term Mother Earth a lot with my kids. For them it creates a personality. We are protecting this personality. We’re using electricity which we take from the earth. That helps them understand. Rather than, this costs money. It’s not about me or money. It’s about protecting Mother Earth, where we live. “



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DE LA COLOMBIE-BRITANNIQUE



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A FRANCOPHONE
PUBLIC SCHOOL IN THE
WEST KOOTENAYS?

The Conseil scolaire francophone de la Colombie-Britannique (BC's Francophone School District, No. 93) is accepting registrations in the école des Sept-Sommets de Rossland, the école des Sentiers-Alpins in Nelson and its 38 other schools across the province.

If French is your first language or if you received primary school instruction in French (excluding French immersion), your child may be eligible for a Francophone education.

To register your child in the Francophone school in your area, please communicate with:

VOUS CHERCHEZ UNE
ÉCOLE FRANCOPHONE
DANS LA RÉGION DES
KOOTENAYS OUEST ?

Le Conseil scolaire francophone de la Colombie-Britannique (SD No 93) accepte les inscriptions dans l'école des Sept-Sommets de Rossland, l'école des Sentiers-Alpins à Nelson ainsi que dans l'ensemble de son réseau de 40 écoles en Colombie-Britannique.

Si le français est votre langue maternelle ou si vous avez reçu votre instruction primaire en français (excluant l'immersion), votre enfant pourrait être admissible au programme francophone.

Pour inscrire votre enfant dans l'école francophone de votre communauté veuillez communiquer avec :

ÉCOLE DES SEPT-SOMMETS



2095 Monte Cristo
Rossland (C.-B.)
(250) 362-3395
M/K - 6

ÉCOLE DES SENTIERS-ALPINS



1623, rue Falls
Nelson (C.-B.)
(250) 362-3395
M/K - 4



WWW.CSF.BC.CA

LE CONSEIL SCOLAIRE FRANCOPHONE DE LA COLOMBIE-BRITANNIQUE
180 - 11020 Shellbridge Way, Richmond, (C.-B.) V6X 2W7
(604) 274-2505 | T-608-715-2200 | info@csf.bc.ca

Inspiring Youth

Salmon Speaks

Learning to Have a Voice

IT'S HARD TO SWIM UPSTREAM; whether it's salmon struggling to overcome environmental obstacles, or preschoolers overcoming notions about their own limitations. A group of children from the Slocan Valley are proof that understanding environmental consequences can begin at a very early age.

The imaginations of the children transformed the entire center into an underwater adventure. Tuna fish and salmon sandwiches at lunch time prompted discussions about where the fish came from.

In the Salmon Speaks project, children's roles have changed from victim to advocate. The Director of Valhalla Children's Center Natalie Lucas says the interest of her group of preschoolers peaked, when an aquarium was set up at the center.

The imaginations of the children transformed the entire center into an underwater adventure. Tuna fish and salmon sandwiches at lunch time prompted discussions about where the fish came from.

Pointing to the Slocan River, Lucas informed the children of how it once was flowing with salmon, but not anymore. The children responded with questions like "How come?" or "Maybe they all got eaten." As a result, Lucas began drawing a map along with the explanation of what once was the Salmon's migratory route in the Slocan River.

"As I drew this map, I told the children of how the salmon used to travel from the Pacific Ocean up the Columbia River through Castlegar and on to Slocan Lake to lay their eggs, but how that stopped once the dams were built on the Columbia."

Many might think this subject matter too advanced for children aged 3 to 5 years-old. Not so. Lucas says the children began showing immediate concern. One child thought the fish could maybe swim around the dam. But Lucas explained the dam was built between two mountains, to which another child exclaimed, "Fish can't jump over mountains!"

The look on the children's faces revealed not only concern, but a comprehension of the immensity of the salmon's plight.

Continued on next page



Children at Valhalla Children's Centre shown here parade their salmon sculptures.

SALMON SPEAKS, *continued from previous page*

Another child upset with the destruction of the salmon's habitat asked Lucas to urge the people who built the dam to take care of the fish and animals by writing them a letter which read,

Dear Power Companies,

We feel that you do not try to care for the animals and fish in their home land. We're angry that you build structures and don't care what happens later. You need to dig places around the dams for the water to flow so the fish can go up and down the rivers. They were here before you were, remember that.

Yours truly,

The Children from Valhalla Center, Slocan, BC

The lobbying efforts of these mini activists doesn't end there.

The Early Childhood Educators of BC (E.C.E.B.C) has selected the 'Salmon Speaks' proposal for a Leadership Initiative Community Project in the West Kootenays. The purpose of this effort is to support early childhood educators in sharing children's understanding of community issues. As Lucas maintains, "It is an attempt to change the community's view of children as not just innocents, but as important and contributing members of society.

When a voice is given to the meek, its volume can be overwhelming.



**Kootenay Kidsafe and the Kiwanis Club of Trail
remind parents, grandparents and caregivers about the
three stages of proper carseat use:**

Stage 1: Rear-facing for babies until they are at least one year of age AND over 20 pounds. Many seats allow a baby to stay rear-facing until 30 pounds or more; the longer the better

Stage 2: Forward facing for children who have outgrown Stage 1, and have not yet reached the upper weight limit for their restraint, which ranges from 40 to 65 pounds.

Stage 3: Booster Seat for children who have outgrown Stage 2 seat, weighing at least 40 pounds. Booster seats are required for children until they reach their 9th birthday or 4'9" in height.

Please note that all seats must purchased in Canada and be properly installed and used according to the manufacturer's instructions.

**KOOTENAY
kidSAFE**

Anne Johnson, Certified Child Passenger Safety Technician
1148 Third Ave. Trail, BC V1R 1N9. kidsafe@telus.net
250-364-0195 evenings and weekends

The free community services provided by Kootenay Kidsafe are supported by the nice folks at the Kiwanis Club of Trail, who are supported by your donations. Drop by & see them at their annual Christmas Tree Lot at Butler Park in Trail during December where 100% of profits stay in the community.

Reader's Gallery



Wee Ones Daycare & Nursery School.
Parents and children releasing sturgeon into the river.



Cornerstone Children's Centre. Kids at the Cornerstone Children's Centre take an introductory workshop on worm farms.

Children from the **Whole School** and **Wee Ones** learn about nature.





Lucerne School and Community Secret Garden, New Denver.

It all started with a group of Pre School members trying to redesign and create a varied play space for small children. The seed of enthusiasm took off, the staff and students of Lucerne school joined up with community members and support from School District #10 to build a Secret Garden. The project involves Pre School through grade 12. Now as spring arrives the school and garden community plan for the second season of the Secret Garden.



Blueberry Creek is doing their part to green up the City. Betty Offin came to Blueberry School the week of March 30th to give instruction to more than 60 preschool children on the fine art of worm composting. The City has donated a compost bin that will be used in the Blueberry School "children's garden". All of the work for the garden is being done by the kids including: preparing it for planting, starting the plants and maintaining it over the summer so that all can share the bounty when it is harvested in the fall. Thanks to the City of Castlegar for supporting this wonderful initiative.



RECYCLE THOSE BOOKS



Once again this year Success by 6 is partnering with the local credit unions on our Books for Kids campaign. During the month of May, branches of the Heritage Credit Union, Kootenay Savings Credit Union and Nelson & District Credit Union will be collecting **gently used children's picture books.**

According to Success By 6 coordinator Kim Adamson, "last year was very successful and we estimate we collected and gave away approximately 1,500 children's picture books. This is a great way to recycle."

"Once their children enter school many families have boxes of books suitable for pre-school children that no one reads anymore. We would like to encourage people to drop these books off."

Once collected, Success By 6 takes the books to events around the West Kootenay and gives the books away to younger children.

For more information you can call the Success By 6 office at 250-352-6786 or 1-866-551-5437.

2009 Books for Kids Giveaways

We will be giving away books at the following events in 2009.

- | | |
|---------|--|
| May 16 | Kaslo May Days |
| June 6 | Castlegar Sunfest |
| June 15 | Beaver Valley Adventure Picnic |
| June 26 | Trail Teddy Bear Picnic |
| June 27 | Sinixt Nation Froggy Fest, Slokan Valley |
| July 1 | Canada Day, Nelson |
| July 18 | Star Belly Jam, Crawford Bay |
| TBA | Salmo |

Family Gatherings

THE TALKING LITTLE FEET Aboriginal Early Childhood Council has been busy over the past few months planning for services for Aboriginal families with young children.

Funded through Success By 6, Talking Little Feet in partnership with local agencies around the West Kootenay is hosting Family Gatherings.

Upcoming gatherings to be held:

Nelson	May 17	Nelson Family Place
Slocan Valley	May 22	Brent Kennedy Learning Centre
Trail	May 29	Trail F.A.I.R.
Salmo	June 3	Salmo Resource Centre
Castlegar	June 4	Kootenay Family Place
Kaslo	June 7	Kaslo Family Centre



Talking Little Feet will have a booth at the Nelson Kid Walk event on May 23 and watch for special events to be held on Aboriginal Day, June 21.

Parents: We need your voice. If you are a parent of aboriginal heritage or raising a child of aboriginal heritage and would like to become a member of the Council, please contact Megan Read at megread@yahoo.com

From Procter to Antarctica,

continued from page 20

a proposal for the text, the same day I was having dinner at Elizabeth's house." A short conversation and 12-hours later, her friend Green Party Leader Elizabeth May offered to partner in writing the book. Elizabeth was keen, they were offered a contract, and the rest is history.

In December 2007, Zoë had the opportunity to be part of "Students on Ice", a non-profit program committed to bringing students from around the world to be immersed in the incredible and natural environments of the Antarctic. "I had known about the program for a few years, and was thrilled to be accepted". Getting to Antarctica using the smallest quantity of fossil fuel possible was no small feat", laughed Zoë, "but the stunning beauty of such a robust and stoic eco-system was, as the Students on Ice family likes to say, 'numinous'."

I asked Zoë about the role her family played in supporting her interest in the environment. Initially, she didn't think that her family played much of a role in her passion for the environment. However, her thinking changed recently when she sorted through boxes of her stored books and

"Getting to Antarctica using the smallest quantity of fossil fuel possible was no small feat but the stunning beauty of such a robust and stoic eco-system was, as the Students on Ice family likes to say, 'numinous'."

mementos. She was surprised to see that most of her kid's books were about the environment, and she actually had David Suzuki sing along songs! "I was never brainwashed as a kid into thinking one way or another, but there were very subtle messages about caring for the natural world, for which I thank my mother". She went on to reflect that "growing up in the beautiful West Kootenay had a big impact on my thinking, and I've noticed that other young people I meet who have grown up in rural communities tend to share the same high level of appreciation for the environment".

Zoë offers some advice for parents wanting to raise environmentally conscious children. Zoë urges parents to sit down with their kids and talk to them about the beauty of the natural world. "Youth of all ages really get it when it comes to the environment, so be confident to dive into the topic". She also urges parents to get their children

involved in communicating environmental issues with government, with letters being a good place to start.

Zoë Caron remains a very busy young woman. She is currently advising on some youth climate coalitions, and hopes to get to the United Nations Climate Change conference in Copenhagen this winter. She is also on the Board of Directors of Sierra Club Canada, and is considering pulling together another proposal for a book that would explore stories of the youth climate change movement from all over the world. "National youth coalitions have risen up in the US and Canada, Australia, China, and India. All of these regional and national coalitions are run by incredible young leaders, some as young as 17 years old. Youth are building massive movements to change the world and this needs to be recorded".

The writers of West Kootenay Family magazine would like to wish Zoë Caron every success and happiness in her future.

Organizations or groups that would like to submit information to the Directory of Services can forward their information to colleen@thekoop.ca. Cost 40 cents per word.

**CHILD CARE/
PRE-SCHOOL PROGRAMS**

CASTLEGAR & DISTRICT

Arrow Lakes Preschool. Our licensed Kindergarten readiness and enrichment program is offered to children 30 months to 5 years. Our ECE certified teaching staff provide a variety of educational play based activities. Our teacher/student ratio is 1:5. Class times Tues./Thurs. 9am to 11:30am and 12:30pm to 3pm Wed./Fri, 9am to 11:30am, 12:30pm to 3:00pm. 1592 Arrow Lakes Drive, Castlegar. For registration or more information call: Sarah Fry or Pam Cassidy. 250-365-2285

Blueberry Buds. Group child care for children ages 3-5. Quality care in a fun learning environment. Child led learning including circle time, art, science, cooking activities and daily outdoor play times. 250-365-7201.

Blueberry "Play to Learn" Preschool. Are you looking for a licensed preschool program for your 30 month - 5 years old? Our preschool and kindergarten readiness program will give your child the skills they need to be successful in school. It is child centered with ECE qualified teachers. Call 250-365-7201.

"Blueberry Patch" After School Care. Children will participate in games, crafts, computer time all in a safe, nurturing environment for school aged children. Monday to Friday 11:30am to 6:00pm. Open all professional development days, spring break and summer. 250-365-7201.

Children's Orchard Russian Exposure Preschool. We believe in creating a rich learning environment that will enhance a child's intellectual, emotional, social and physical growth. The teachers and parents work together to create a warm, happy, relaxed, child-oriented environment. The Russian exposure component will provide a comfortable level of achievement for any child. We are located in the basement of the Brilliant Cultural Centre in Castlegar, B.C. For children 3-5 years old. For more info contact Karen at 365-3580.

Kootenay Family Place Hobbit Hill Children's Centre. Child care for children 30 m to school age. 749 11th Ave., Castlegar. Open Monday to Friday, 6:45am to 6pm. Set rates. Call 250-365-7280 for info. childcare.kfp@telus.net or hobbithill.kfp@telus.net

Kootenay Family Place Kinnaid Kid's Club. Childcare for children, ages 5-12, after school from 2:00 to 6:00pm. Hourly rates. 250-365-5022 childcare.kfp@telus.net or kinnaidkidsclub@hotmail.com

Kootenay Family Place Selkirk College Children's Center. Child care for children birth to five years Selkirk College Campus. Castlegar. Open Monday to Friday, 6:45am to 5:45 pm. Set rates, call 250-365-1210 for info. childcare.kfp@telus.net or selkirkchildcare@telus.net

GREATER TRAIL

Beaver Valley Preschool is located in a beautiful, heritage school house. Our program, for children aged 2.5 - 5 years, is stimulating, educational and fun! Our playground is outstanding, offering an extra large covered sandbox to a child friendly size hill, climber and car track. Our early childhood educators have a combined 35+ years experience! Call 367-7887 to give your child the best quality in early learning!

CORE for Parents Preschool Program. A free parent education and preschool program for children 30 months to 5 years. A program of Trail FAIR Society. Call 250-364-2326, or see www.trailfair.ca for more info.

Golden Bear Children's Centre, Rossland early learning and care programs. Group 12 months to 36 months, Group 30 months to 5 years, Out of School, 6-12 years. 250-362-5856.

Ilo's Licensed Preschool. For 3-5 year olds. 2 hour program twice a week. Mon and Wed. or Tues. and Thurs. 9:30 to 11:30am or 12:30 to 2:30pm. 250-362-5288 or 250-362-5041.

Sunshine Children's Centre offers care for children ages 0-12. Programs include daycare, infant/toddler care, socialization/ pre-school and after school care in the Trail, Fruitvale area. We link with Supported Child Development to assist children who require extra support. Our staff are experienced trained early childhood educators who develop programs that encompass the whole child. 368-3166 sunshinecentre@telus.net

NAKUSP/ARROW LAKES

Stepping Stones Children's Centre. Our licensed group daycare is for children 30 months to school age. We link with Supported Child Development to assist children who required

extra support. Our staff are experienced, trained early childhood educators. Nakusp Childcare Society. 200 8th Ave, Nakusp, BC V0G 1R0 Open Monday to Friday, 8:30am to 4:15pm. For more information call 250-265-4666.

Nakusp Elementary StrongStart Monday, Wednesday, Friday 9:00 to 12:00am, Tuesday, Thursday 12:30 to 3:30pm, Gym time Tuesday 2:50 to 3:15pm and Friday 10:40 - 11:10am, Library Thursday 2:30 For more information call 250-265-3779.

NELSON & DISTRICT

Care to Learn Children's Centre. Childcare offered in two programs Infant and Toddler Program: 6 weeks to 3 yrs. Half and full days offered. Preschool aged childcare program. 30 months to entry into kindergarten. Half and full days offered. Set rates. Phone 250-354-4673 or email michelle@kootenaykids.ca. www.kootenaykids.ca

Cornerstone Children's Centre offers morning preschool program and full-time childcare for 30 months to kindergarten age. Set rates. Phone 250-352-9910 or e-mail cornerstone@netidea.com

Mountain Montessori Preschool. Fully licensed facility for children 2 1/2 - 5. Montessori/ ECE qualified teachers, nurturing, safe environment offering quality Montessori education where children learn, explore and have fun. Includes arts, crafts, music, sewing. Monday to Thursday, 8:30am to 12:30pm. Government subsidy available. Location: Hume School, 310 Nelson Ave. Nelson. Tel: (250) 354-8603, e-mail nelsonmontessori@yahoo.ca

Nelson Waldorf Daycare Program. A licensed daycare program: 30 months to school age, 8:00am to 4:30pm. In a warm and natural environment children sing and play through the seasons of the year. We offer: bread baking, painting, storytelling, organic snacks, nature walks, and much more. 250-352-6919.

SALMO

Salmo Children's Centre. Preschool, daycare and out-of-school care programs. Quality care and early education services. Loving staff. Beautiful surroundings. Programs for ages 2 1/2 - 12 years. 250-357-9544.

SLOCAN VALLEY

Appledale Children's Centre. Fully licensed daycare in Winlaw open Monday through Friday, offering a French Immersion Program on Monday, Wednesday and Friday and a regular program on Tuesday and Thursday. Subsidy available. Contact Hugette at 226-7844.

FAMILY SERVICES DIRECTORY

Brent Kennedy Learning Centre. Brent Kennedy Learning Centre Early Literacy and School Age programs are the heart and soul of our business. Our success is measured in the smiles and laughter that fill our centre. ECE certified and licensed facility. School age and pre-school and daycare programs. Monday to Friday, 7:00am to 5:30pm. Come play with us. Call Susie at 250-359-5011.

Valhalla Children's Center. Award-winning, licensed group daycare with nursery school, after kindergarten and summer programs for children 2 1/2 - 6. Focus on social competence in group settings (anti-bullying program). Sign taught as a second language, exposure to other languages (Russian, French, Spanish, Aboriginal, Japanese). Program and interventions are child-specific, with ongoing support and workshops for parents. 915 Harold Street, Slokan. 250-355-2222.

Wee Ones Daycare & Nursery School. Award-winning, licensed, year-round care for 2 1/2 to after kindergarten. Focus on social competence in group setting Exposure to other languages: Sign, Russian, French, Spanish, Aboriginal, Japanese. Cooking, chick-hatching, growing things, life-skills, science, art, music. Ongoing family support and workshops for parents. \$15.00 (1/2 day) \$30.00 (full day). Old School House. 3253B Village Road, South Slokan, B.C. 250-359-7404 or 250-304-8926.

KINDERGARTEN PROGRAMS

NELSON

Nelson Waldorf School Kindergarten Program. Children experience seasonal songs and verses, stories, puppet plays, artistic activities, bread making, organic snacks, nature walks in a beautiful rural setting. 250-352-6919.

FAMILY/PARENT SUPPORT PROGRAMS

CASTLEGAR & DISTRICT

Blueberry Family Literacy/Parenting Center. Bring your little one out for free play, art activities, circle time, finger rhymes, stories and a healthy snack. This is a play based, drop in program that runs 3 mornings a week. You can attend one, or all three. The emphasis is on fun, socialization and parent participation. Each month is based on a theme, we have workshops for parents on

crafts, health and parenting, come out and join us! Mon, Wed, Fri 9:00 to 11:30am. Parenting Centre, Blueberry Creek Community School, 200 Centre Ave. Blueberry. Free. Birth to 6. 250-365-7201.

Family and Children's Services at Castlegar and District Community Services Society. Free, professional, confidential support and counselling to families, individuals and children. Services include parenting supports (individual and group), parent-teen conflict resolution, children's counseling, and support for women and children living with or leaving violence. Call us at 250-365-2104 for more information or to make an appointment.

Couples and Family Counselling. Fee for service general counselling services for families, couples, individuals, youth. Fees based on sliding scale, geared to income. Employee Assistance Plan eligible. Call Castlegar Community Services at 250-365-2104 for more information and to book an appointment.

Kootenay Family Place Neighbourhood House. A variety of programs, including Drop-In, Mother Goose, Aboriginal Family Gathering, Wellness, Literacy and Parenting Programs. 767 - 11th Ave. Castlegar. Some evening and weekend programs. Call 250-365-3662 or neighbourhoodhouse.kfp@telus.net for calendar.

Kootenay Family Place Family Education Program. Community Action Program for Children. Weekly parent get-togethers for families with children birth to 6 years. 767 - 11th Ave. Castlegar. Call 250-365-3662 or capc.kfp@telus.net for calendar.

Mom's Support Group. Mom's supporting moms. Open to all moms. Occasional guest speakers. Confidential. Non-judgmental. Wednesday 12:30 to 2:30pm. Upstairs Castlegar Community Services. Sandi 250-365-7678. Diana 250-365-4315.

Nobody's Perfect Parenting Program. A free 6-week program for parents of children under age 6. Transportation, food, and childminding provided. Call Castlegar Community Services at 250-365-2104 for more information and to register.

GREATER TRAIL

Trail Family and Individual Resource Center Society (Trail FAIR Society) offers a number of programs for you and your children. Includes: Nobody's Perfect and CORE Parenting Programs, Pregnancy Outreach program. CCRR, Children's Communication Groups, and Family Counseling. Call 250-364-2326 or

check out our website at www.trailfair.ca for more details on groups, services and special events.

Trail & Castlegar CCRR, your community's best resource for caregivers, parents and the community. Playgroups, toy lending, educational opportunities, childcare subsidy assistance, newsletters and more! A program of Trail FAIR Society. Call for info at 250-364-2980 or 1-800-223-8966, www.childcarechoices.ca or www.trailfair.ca

KASLO

North Kootenay Lake Community Services Society: Kaslo and East Shore of Kootenay Lake. Free and confidential counseling: support to families, individuals and children. Kaslo Family Centre offers fun and educational group programs for parents, families, and children 1-250-353-7691 or 1-866-774-5324.

Kaslo Family Centre: Parent and Child Time (PACT) drop-in program with activities for parents with young children. Parent-Child Mother Goose: songs, rhymes and stories in a small group setting. Guest Speakers: monthly talks on parenting related issues. Programs take place at: Kaslo Family Centre, Meadow Creek, Argenta. For more information about these FREE programs call Barb Cyr 250-353-7691.

NAKUSP AND ARROW LAKES

Kids'r'Us is a gym playground that happens the 2nd and 4th Monday of each month. It is at the arena auditorium from 12:30 to 2:00pm.

Family Night is the 1st and 3rd Monday of the months. It is 5:00 to 7:00pm at the Strong Start building located at Nakusp Elementary School. Soup and a bun is available free of charge. Family night is a play group with free time, art and crafts, gym time and story time. Both family night and Kids'r'Us are for children ages 0-6 and are free of charge.

Mother Goose is every Wednesday at the Nakusp Public Library from 10 to 11:30am for 0-2 year olds. These programs will be running until the end of June. New programs may be starting in July. For information contact Sarah Sanders, CAPC Coordinator, ASLCS, 250-265-3674 ext 208.

NELSON & DISTRICT

West Kootenay CCRR, your community's best resource for caregivers, parents and the community. Child care referrals, toy lending, educational opportunities, childcare subsidy assistance, newsletters and more! Call for info @ 250-352-0407. www.childcarechoices.ca

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DADS. Come and hang out with your children and other dads on Saturdays at the Family Place. Lots of fun activities for everyone. Pancake breakfast and Oso coffee. Family Place at Kootenay Kids, 312 Silica Street, Nelson. 250-352-6678 ext 227, Sat 10:00 to 12:00am. www.kootenaykids.ca

Family Support and Counseling Services at Nelson Community Services Centre include: Parenting Services (one-on-one and group, various programs including Parenting Wisely, Gordon Neufeld's Power to Parent), Counselling & Support services (child, individual, couple, family), Transition House and Women's Outreach Services (serving women leaving violence). Support for a family can be coordinated through any or all services. These services are free. Phone 250-352-3504 for details.

The Family Place at Kootenay Kids. 312 Silica Street. Resources, programs, parent education classes for dads, moms and kids 0 - 6, play, literacy and special events, call 250-352-6678 ext 227 for current programming. Free or by donation. www.kootenaykids.ca

Life After Birth Program. For all families in Nelson and area with a baby under one year this postpartum support, program offers support in the form of phone calls, breastfeeding support, home support, weekly mom's drop-in group, postpartum emotional support one on one or in a group, volunteer mom's support network. ALL FREE. Family Place at Kootenay Kids. Call Cathy at 250-352-6678 ext 228. www.kootenaykids.ca

Nelson Waldorf School, Parent and Child Program, "Sweet Peas" for children 0-4 years. Families explore the Waldorf approach to early childhood in a once weekly, 2 hour program. Adults and children enjoy: seasonal songs, stories, puppet plays, crafts and organic snacks. 250-352-6919.

Parent Support Circles at The Family Place at Kootenay Kids, 312 Silica Street. Self-help group that provides parents with a safe environment in which to talk about their stress, receive support and nurture parenting skills. Transportation, childminding and meal. For parents of children age 0 - 12 years. Call Cathy at 250-352-6678 ext 227 or Paula at 250-354-7800. www.kootenaykids.ca

Aboriginal Program, Little Robes at Kootenay Kids. A program for families and children whose heritage is First Nations, Métis or Inuit with an aim to promote healthy babies

and preschoolers. Aboriginal gatherings include traditional teachings, games, crafts, drumming, singing, food and fun and are a wonderful opportunity for Aboriginal families to connect. Call Diane at 250-352-6678 ext 231 for more information.

Our Daily Bread. 812 Stanley St. Nelson. Hot Lunch program. Free. 11:00am to 1:00pm every day during the week.

SPEAK. An informal support group of parents of kids with special needs. We meet monthly to share our experiences and exchange ideas. Childminding and snacks provided. Call Linda Hunter at 250-352-5546 hunterwallis@netidea.com or Tracy Lloyd at tracyrob@telus.net.

SALMO

Salmo Community Services. 311 Railway Street. Counseling and support for children, families, and individuals. Groups for women and men. Free. Call 250-357-2277 for details.

Salmo Valley Family Resource Centre located in the Community Centre. Drop-in groups for parents and young children on Wednesday and Thursday mornings. Includes Toy Lending Library and parent resources. Free. Call 250-357-2277 for details.

WEST KOOTENAY

Aboriginal Family Service Development Program offers support and cultural reconnections for families with Aboriginal members and consulting services for service providers working with Aboriginal families. Call 250-365-2104 or 250-304-3545 or email afscoordinator@telus.net.

Kootenay Kidsafe. Choosing and properly using a child's car safety seat (carseat) or booster seat can be complex and confusing, resulting in less than 20% of carseats being used properly. Kootenay Kidsafe offers free, unbiased, user-friendly information to parents, caregivers, and professionals, including free one-to-one consultations and community clinics when funding is available. Serves the Trail, Castlegar, Nelson and Boundary areas. Evening and weekend calls and appointments welcome. Anne Johnson is a certified technician with over 15 years experience. Contact Anne at 250-364-0195 (evenings and weekends) or kidsafe@telus.net or call B.C. Child Seat Info Line 1-877-247-5551 during standard business hours.

Regional Crisis Line: Confidential 24/7 support and information. 1-800-515-6999 or 250-364-1718. A program of Trail FAIR Society. www.trailfair.ca

INTERIOR HEALTH SERVICES

Audiology Services eliminate or reduce the effect of communication disorders related to hearing impairment. Primarily infants and school-age children are seen at the clinic, which is based in Trail. Services are provided for youth and adults if referred by teachers, physicians, speech pathologists, and other health care workers. 250-364-6200.

Community Care Licensing is responsible for ensuring minimum standards of care under the Community Care and Assisted Living Act in licensed child care and residential facilities. Services provided include licensing and operational guidance and consultation, assessment of applications, facility monitoring, investigation of complaints, contraventions, serious incidents and illegally operated facilities. For information or assistance: Nelson 250-505-7200.

Community Nutrition Services promote good health through access to safe, high-quality food and accurate nutrition information out of the Nelson office. Staff use newspaper columns, newsletters, presentations, and conferences to maximize their reach to the public, Using population health strategies, nutritionists support Pregnancy Outreach Programs, School Meal Programs, parent groups, community food coalitions and early childhood nutrition screening. 250-505-7200.

Dental Health Services are provided out of the Nelson and Trail offices for the entire West Kootenay region. The highest priority is given to disease prevention and health promotion for preschool, school age and mentally handicapped adults. Services are also provided for perinatal groups (pregnant women, new moms and infants), adults, seniors, and residents of community care facilities. Nelson 250-505 7226, Trail 250-364-6211.

Public Health Nurses are a valuable resource for various health promotion, prevention and family support services. Public Health Nursing services include: prenatal and breastfeeding information and support; Newborn baby visits; Child Health Clinics which include: assessment of child's growth and development, immunizations, information about nutrition, dental care, safety, local resources; HIV testing (in certain offices); Communicable disease information and follow-up; referral to other health professionals and family and/or parenting programs. The Trail office also has the Trail Lead Program. Castlegar 250-365-7711, Nelson 250-505-7200, Trail 250-364-6200, Nakus 250-265-3608, Kaslo 250-353-2291.

FAMILY SERVICES DIRECTORY

Speech Language Services. We provide a program for the prevention, identification, assessment and treatment of communication difficulties for children from birth to school entry, and their families. Communication difficulties may include delayed language development, poor sound production, oral-motor problems, comprehension difficulties, and voice or fluency abnormalities. Early intervention and a family centered approach are emphasized. Referrals are accepted from parents and professionals.

Nelson 250-505-7200, Trail 250-364-6200.

Tobacco Reduction. The Tobacco Reduction Coordinator's role is to develop programs to reduce tobacco use and exposure to secondhand smoke among children and youth. We provide in-services to classes from K-12 and provide schools with opportunities to initiate: tobacco prevention, cessation, and reduction awareness such as Kick the Nic teen cessation program education through mini-grants, video contests and school visits resource sharing through lending library. 250-505-7232.

LITERACY PROGRAMS

The Columbia Basin Alliance for Literacy offers family and adult literacy programs in communities across the Columbia Basin and the Boundary. For information about programs in your community, visit our website www.cbali.org or call a coordinator in each of the following communities:

Castlegar

Margaret Sutherland 250-365-3336.

Kaslo

Barb Szuta 250-353-7691.

Nakusp

Rhonda Palmer 250-265-3779

Nelson

Joan Exley 250-352-6698.

Salmo

Laurie MacDonald 250-357-2874.

Slocan Valley

Christine Nichol 250-355-0032.

Trail and Area

Desneiges Profili 250-364-1275 ex. 247.

Grand Forks

Lizanne Eastwood 250-442-2533

Revelstoke

Tracy Spannier 250-837-6669.



Surrounded by greenery,
Moss seen here last summer
helping harvest in the garden.

PREGNANCY SUPPORT

CASTLEGAR & DISTRICT

Kootenay Family Place Beautiful Beginnings. For Pre and postnatal moms. Weekly lunch, food vouchers, vitamins, workshops, information and encouragement. 767 11th Ave., Castlegar 250-365-3662 or cpnp.kfp@telus.net for calendar.

GREATER TRAIL

Building Beautiful Babies. Pregnancy and post-natal support, free vitamins, food vouchers, breastfeeding and nutrition info, weekly lunch and education/support group with guest speakers. A program of Trail FAIR Society. Call 250-364-2326 or see www.trailfair.ca for more info.

KASLO

Kaslo Pregnancy Outreach Program Pregnancy and post-natal support, free vitamins, food vouchers, breastfeeding and nutritional info, Drop in group twice per month at The Family Centre in Kaslo. Call 353-2096 for info.

NELSON

Pregnancy Outreach Program. Pregnancy and post-natal support, free vitamins, food vouchers, breastfeeding and nutritional info; weekly lunch and support group at The Family Place at Kootenay Kids, 312 Silica Street. Call Nicole at 250-352-6678 ext 229. www.kootenaykids.ca

SERVICES FOR CHILDREN WHO NEED EXTRA SUPPORT

Kootenay Family Place West Kootenay Boundary Supported Child Development. Consultation and support for childcare settings and parents of children 0-12 who have a developmental delay, disability or medical condition. Serving the entire West Kootenay region. Regional office: 250-365-5616 1-888-644-5616, Monday to Friday.

Kootenay Family Place West Kootenay Infant Development Program. Serving families with children birth to three years who are at risk for developmental delay, are delayed or have a disability. Serves the West Kootenay Area: 767 11th Ave., Castlegar. 250-365-5616. 1-888-644-5616.

West Kootenay Aboriginal Infant Development/Aboriginal Supported Child Development Programs serve Aboriginal families with children birth to 12 years who are at risk for developmental delay, are delayed or have a disability. A free program serving the West Kootenay region. Please call Susie at 250-359-5011.

Pediatric Physiotherapy & Occupational Therapy Program. Kootenay Kids Society. Providing services to children from birth to six years of age where there are concerns regarding physical, sensory, behavioral,

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FAMILY SERVICES DIRECTORY

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and/or cognitive development. Referrals can be from any source with parents consent. Serving Nelson to Salmo, Slocan City, Kaslo, Meadow Creek, New Denver, & Nakusp. Phone 250-505-1171. Fax 250-505-1172.

Kootenay Family Place Occupational Therapy. Serves children birth to school age who need help with hand skills, independence skills, play and sensory issues. Open referral with parent consent. Serves Castlegar, Trail and areas. 767-11th Ave., Castlegar. 250-365-5616. 1-888-644-5616. Monday to Friday.

Kootenay Family Place Physiotherapy. Serves children birth to school age who need help with movement, balance, strength or coordination. Serves Castlegar, Trail,



Rosland and areas. Open referral with parent consent. Office: Kootenay Family Place, 767 11th Ave., Castlegar. Please contact Occupational Therapist as this position is currently vacant. 250-365-5616. 1-888-644-5616.

Kootenay Family Place Speech and Language Services. Serves children birth to school age who need help with language, speech or feeding skills. Open referral with parent consent. Serves Castlegar and area, Nakusp, New Denver and area. Office: 767 11th Ave., Castlegar. 250-365-5616. 1-888-644-5616 Monday to Friday.

Kootenay Family Place Behavior Support Services. Support Services for children and youth diagnosed with Autism Spectrum Disorder. Contact Teri at 250-304-5473.

SPRING - SUMMER EVENTS May/June 2009

May 21, 8:30-9:30 am.

"Window on Waldorf" tour of Early Childhood and grades in session. Nelson Waldorf School. 250-352-6919 for info or to register.

May 21, 11am-3pm. Networks for New Parents.

Passmore Hall. 3656 Old Passmore Rd. Lunch, toy/book/clothing exchange and more. Free. 250-226-6979.

May 23, 10:am-3pm.

Kid Walk. Various locations in downtown Nelson. A family fun event that will showcase the different services and offerings available to families with young children in Nelson. There will be activities, a food fair, workshops and entertainment.

May 30, 10am-1pm.

Early Childhood Mayfest. Nelson Waldorf School. Cafe with snacks and strawberry shortcake, crafts, willow crown making, a puppet play and Maypole dancing. Activities geared to children under 7.

June 15th, 10:30am-1pm.

Beaver Valley Adventure Picnic. Haines Park (ball field by the old middle school). Free for children. Cost of \$1 for parents or caregivers.

June 20th, 10am-noon. Father's Day Breakfast at the Trucks and Trains Playgroup at Kootenay Kids Family Place, 312 Silica Street, Nelson.

June 21st. Father's Day, National Aboriginal Day.

Cottonwood Park, Nelson. Storytelling, teepee, crafts and aboriginal resources.

June 26th, 10am-2pm. All ages Teddy Bear Picnic.

Gyro Park, Trail. Children ages 0-12 and their families/caregivers will be able to visit the many booths and fun activities. Naomi Bain 250-364-2326.

Skilled foster parents needed to care for at-risk youth in your own home.

Please call toll free **1-866-265-1155** Fax: **250-354-6530** or send resume to
Ministry of Children & Family Development, Kootenay Resource Team
308 - 310 Ward Street, Nelson B.C. V1L 5S4.



COLUMBIA BASIN TRUST
a legacy for the people

PROUDLY SUPPORTING FAMILIES AND COMMUNITIES IN THE COLUMBIA BASIN

Created by the people, for the people, Columbia Basin Trust (CBT) serves the residents of the Canadian portion of the Columbia River Basin.

Working closely with people who live in the Basin, CBT assists communities in addressing their needs by:

- providing resources and funding;
- focusing on local priorities and issues;
- bringing people together around key issues;
- providing useful, credible, accessible information;
- encouraging collaboration and partnerships; and,
- seeking ongoing input from Basin residents.

CBT provides funding and support through a variety of programs including Arts, Culture, and Heritage, Business Advocacy, Environment, Scholarships and Community Development. In addition, CBT supports regional initiatives such as Climate Change, Affordable Housing, Literacy, Water Stewardship, Youth Engagement and Land Conservation.

CBT is increasing direct funding benefits to \$12 million this year to support Basin residents and communities.

Learn more about how CBT can support you and your community by visiting us online or calling 1.800.505.8998.

CBT supported and participated in the West Kootenay Fly Fishing Club's 10th annual symposium in Castlegar. CBT's Wally Penner, VP, Community Partnerships and Rod Zavaduck, owner of Castlegar Sports Centre, watch as Basin youth learn how to tie flies.



WWW.CBT.ORG

Fostering the Future:

The Ministry of Children & Family Development is looking for caregivers who are interested in Fostering.



The Kootenay Resource Team needs caregivers for children and youth in your communities.

Do you think you have what it takes to make a difference in a child's life? – Consider becoming a foster parent!

Information sessions, training and support are available to help you determine if fostering is for you.

If you are interested, we want to hear from you.

**Contact the Kootenay Resource Team at:
Toll Free 1-866-265-1155 or 250-354-6465**

Thank You for caring about children.