

SPRING/SUMMER 2008

FREE

# West Kootenay Family

## Special issue

### Honouring Grandparents

- Reader's Gallery
- Stars for Success
- Community Spotlight
- Local Columnists

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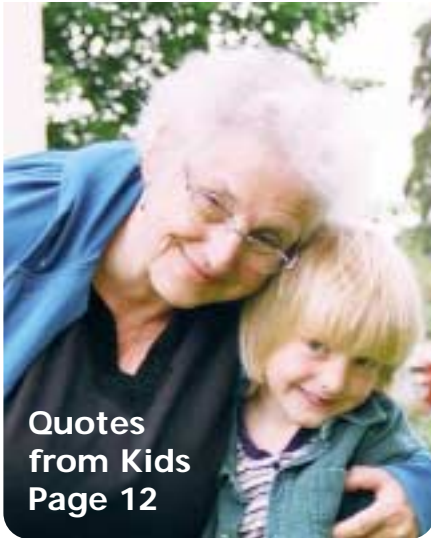
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# West Kootenay Family features



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# Local Groups Honoured by Success By 6

A BREAKFAST WAS HELD on Feb. 15 for community leaders from around the West Kootenay with special guest **Silken Laumann**. Silken was in the area during Spirit of BC week to promote Silken's Active Kids, aimed at encouraging play and getting kids active. The breakfast,

hosted by Success By 6, honoured groups from around the region for their contribution to children's play.

The **Rossland Community Branch of the Nelson & District Credit Union** was recognized for their \$50,000 donation towards the new **Golden Bear Children's Centre**. The new children's playground at **Lakeside Rotary Park** became a reality thanks to the significant fundraising efforts of the **Nelson Rotary Club** and the **Nelson Daybreak Rotary Club**. The **Genelle Recreation Society** also went above and beyond to raise funds for the new children's playground in Genelle, as did the **Nelson Lion's Club**, honoured for their efforts in creating the new water park at **Lion's Park**.

Silken's message at the event was to encourage communities to create neighbourhoods that make play accessible and safe for young children.



Silken Laumann congratulates Faye Tumber and Natalie Milligan from the Genelle Recreation Society for their volunteer and fundraising efforts to create a new children's playground in Genelle.



Members of the Nelson Rotary and Nelson Daybreak Rotary Clubs are seen here installing a section of the children's playground in Lakeside Rotary Park.

## 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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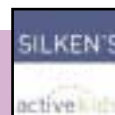
We reserve the right to edit submitted articles.



Front cover photo:  
Grandma Rebecca Sterling with six week old grandson Wyndham.



Kim Adamson, West Kootenay Success By 6 Coordinator is shown here presenting President-Elect Roger Higgins from the Nelson Daybreak Rotary Club an Award of Merit for their contribution to the children's playground at Lakeside Rotary Park.



For more information on Silken's Active Kids go to her website at

[www.silkensactivekids.com/content/Home.asp](http://www.silkensactivekids.com/content/Home.asp)

## ferniewriters conference 08

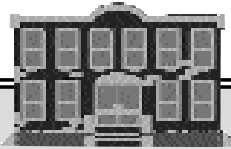
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KOOTENAYS OUEST ?

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

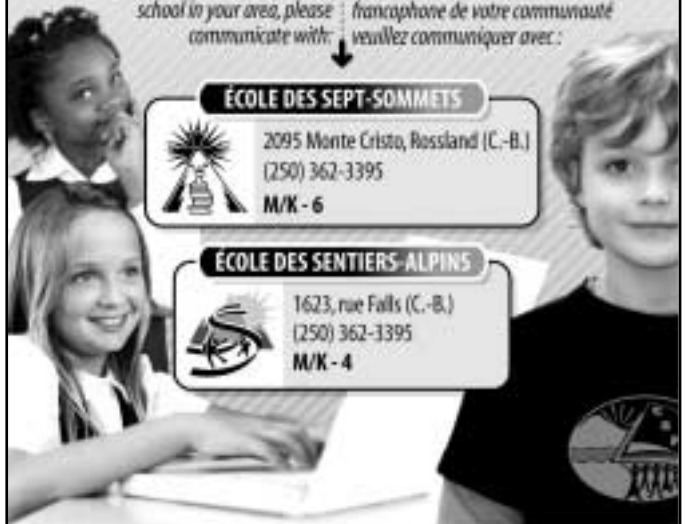
Le Conseil scolaire francophone de la Colombie-Britannique (SD No 93) accepte les inscriptions dans l'école des Sept-Sommets de Rossland, l'école des Sentiers-Alpins à Nelson ainsi que dans l'ensemble de son réseau de 40 écoles en Colombie-Britannique.

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**Stars for Success  
2008 Fundraising  
Campaign**



Children from Care to Learn Children's Centre attend swimming lessons at the Nelson District Community Complex. Some were sponsored through Stars for Success.

**Have you ever  
felt left out?  
We Need Your Help!**

NOT ALL FAMILIES CAN AFFORD to pay for their children to take part in community programs.

Yet when young children connect to their community they feel a sense of belonging.

Social emotional development is key in the early years and meeting new friends and learning new skills in a fun way has countless benefits for children.

Stars for Success began in 2006 and to date we have sponsored over 300 children across the West Kootenay.

We sponsor children, who without your help, would not be able to take part in recreation, early learning or arts programs.

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\$200 per year to assist with costs for community programs.

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

**During May and June 2008 we are conducting our annual fundraising campaign.**

Please consider a donation to Stars for Success to help a child in need.

Send your donation to  
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or drop your donation off at any West Kootenay Credit Union branch.

**Success By 6 would like to thank the following 2008 generous donors for their support of the Stars for Success fundraising campaign.**

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[www.ecov.org](http://www.ecov.org)

# Aboriginal Residents in the West Kootenay

## Phase 1 – Mapping

### DID YOU KNOW?

- According to the Statistics Canada 2006 Census, there were 2,540 Aboriginal residents living in the West Kootenay.
- The West Kootenay Aboriginal population increased by over 700 people from 2001 to 2006 (a 40% increase).
- Between 2001 and 2006, Montrose and Salmo saw the largest increases in the Aboriginal population.
- Aboriginal residents ages 24 years and younger represented nearly half (46%) of all Aboriginal residents in the West Kootenay.
- The City of Trail had 450 Aboriginal residents, the largest concentration in the area.

In 2006, Aboriginal service providers identified a need for information about the Aboriginal population and the cultural resources and services available to Aboriginal residents in the West Kootenay. In order to gather this information, Statistics Canada 2006 Census information was examined and a survey was distributed to Aboriginal individuals and families throughout the West Kootenay.

### THE SURVEY TOLD US:

- School Programs were identified as the service most commonly used by Aboriginal respondents. The second most commonly used service was infant, preschool and childcare programs.
- Respondents reported cultural connections as being the most helpful kind of support to themselves or their family, followed by employment training.

If you did not complete the survey, it's not too late to add your voice. You can download the survey from our homepage at [www.successby6wk.com](http://www.successby6wk.com) or call 352-6786 or 1-866-551-5437. For more information or a copy of the Mapping Report contact Helen at [helen@thekoop.ca](mailto:helen@thekoop.ca) or at the numbers above.

**Phase 2 – Success By 6**  
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**Columbia Basin Alliance for Literacy**  
[www.cbal.org](http://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	Kelly Fryer	364-1275
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 Spanner	837-6669

**For information** about adult literacy programs or CBAL, visit our website [www.cbal.org](http://www.cbal.org) or call us at **1-877-342-4244**.

**CBAL is grateful for funding and support** from the Columbia Basin Trust, 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.

## Ask a Pediatrician

Dr. Carrie Fitzsimons



## Do Vaccines Cause Autism?

SINCE THE 1990s there appears to have been an increase in the number of cases of autism in North America and other parts of the world. This comes at a time when the number of vaccinations offered to children has also increased. There has been much speculation as well as research suggesting that vaccines and vaccine additives cause autism. Do they?

Before we go any further, I encourage readers to think about whether the information they read or hear is accurate or not. Science is not without flaws and it is important to be objective

when considering any sort of health information. In order to understand cause and effect in medicine, we need to understand the “scientific method”. Conducting research using techniques of the “scientific method” minimizes the chance of experimental error and researcher bias. This method insists upon sound principles of research, an adequate number of study patients, and invites others to repeat the experiment and share results. Without the scientific method, we run the risk of building on fears and false information which gets passed along from person to person. Sometimes these belief systems are hard to change.

The link between autism and Measles Mumps Rubella (MMR) vaccine began with a study in England on 12 children who developed autism and enterocolitis (gut inflammation). Scientists of the day linked autism with the MMR vaccine. They proposed that the virus in the vaccine caused inflammation, which affected the brain and the gut. Remember the scientific method? Well, this study included very few children. There has also been no evidence of virus or inflammation in the brain of people who have received the MMR vaccine. There is no sign of inflammation in the brain of patients with autism. The brain is a very complex organ and it seems somehow simplistic to me that the brain can be ‘rewired’ in this way to cause a complex developmental condition like autism.

A large study in Denmark which included 537,303 children compared the rates of autism in vaccinated and unvaccinated children. They were unable to attribute the risk of autism to the vaccine. Also, they found that the timing of vaccination did not affect the likelihood of developing autism. Many studies in other countries have come to the same conclusion.

In 2007 in the US there was a legal case involving a child with autism. The courts determined that there was a link between vaccines and autism via the cell’s mitochondria (the energy factories inside cells). It is unclear whether the child had a rare variant of autism or whether this is more common than we knew previously. The issues are complex and warrant further research.

We need to continue to ask scientific questions and make observations or we will miss important information. We also need to accept that new information comes along and that science and knowledge are continually changing. It makes decision making difficult for parents. It is best to have an open and honest discussion with your caregiver and/or public health nurse about your beliefs and fears. It is also important to evaluate the quality of the information you read on the Internet.

### Want some more information?

Listed below are some reliable websites for further information about autism.  
[www.cdc.gov/nip/vacsafe/concerns/autism](http://www.cdc.gov/nip/vacsafe/concerns/autism)  
[www.cdc.gov/nip/vacsafe/concerns/Diabetes](http://www.cdc.gov/nip/vacsafe/concerns/Diabetes)  
[www.mmrthefacts.nhs.uk](http://www.mmrthefacts.nhs.uk)  
[www.ncirs.usyd.edu.au/facts/f-diabetes.html](http://www.ncirs.usyd.edu.au/facts/f-diabetes.html)  
[www.uptodate.com/patients](http://www.uptodate.com/patients)

*Dr. Carrie Fitzsimons is a Nelson-based pediatrician who works at the Kootenay Lake Hospital. She is the mother of two children ages four and nine. She is available to see patients in her office on a referral from a family doctor.*

“Grandparents and seniors are an incredible resource and strength in our communities. Our immediate and extended families are much richer from their knowledge and guidance.”

– Corky



Corky Evans, MLA  
Nelson – Creston  
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Nelson, BC  
250-354-5944  
[corky.evans.mla@leg.bc.ca](mailto:corky.evans.mla@leg.bc.ca)

secret.garden@shaw.ca  
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[www.bcgeo.ca](http://www.bcgeo.ca) [www.cccabc.bc.ca](http://www.cccabc.bc.ca)

ccp 4br

## Super Grandparents

### Meet Super Grandparent Nancy Hansell from Kaslo



Grandma with Grand-daughters Betty and Honey



Nancy Hansell holding Reva Lukacs with Honey Hansell in pink and Betty Lukacs in a Barbie dress.

NANCY AND HER HUSBAND raised six children and are now the blessed grandparents of nine grandchildren ranging in age from 4 months to 11 years. Some grandchildren live close by, in Kaslo and Nelson, but others live as far away as Virginia. I had the pleasure of interviewing Nancy by telephone from her home in Kaslo.

**What are the best things about being a grandparent?** Nancy feels that the best thing about being a grandparent is having the opportunity to watch your grandchildren grow, change and mature. Daily contact with grandchildren can make this more challenging to appreciate. But, visiting the grandchildren who live far away makes it very easy to observe the changes and differences since you last saw them.

**How do you like to connect with your grandchildren best?** Play, play, play. Nancy facilitates a Parent Child Mother Goose program in Kaslo and sees the value of engaging children in all sorts of play. From wrestling with her oldest grandson to finger play and nursery rhymes with the youngest ones, Nancy feels just playing together is very important. Based on her experiences and her own love of play, Nancy is considering facilitating a class to help grandparents relate to their young grandchildren.

**What kind of support do families need?** Nancy sang the praises of the Kaslo Family Centre as it provides an essential social connection for parents and young children. Kootenay winters are long and families can feel isolated, resulting in many parents struggling with “cabin fever”. Nancy wishes the Family Centre had the resources to remain open daily for drop-ins in order to accommodate the hectic and variable schedules of families. She feels being able to “drop-in” anytime would be very valuable for families.

**Do you have any suggestions for grandparents who live far away from grandchildren?** Nancy acknowledges that living far apart from grandchildren is difficult. But she encourages grandparents to visit as often as they can. Sometimes long visits with children and grandchildren can be stressful, so plan some separate outings to give everyone some space. When together with your grandchildren, make a point of doing activities specifically with them to strengthen relationships. Listening carefully to them is very important.

**Any fond memories of a special moment with grandchildren?** A couple of weeks ago, Nancy spent some time

with two of her granddaughters digging in the dirt on a rainy day. It was special, just being together.

**Final words?** Nancy encourages grandparents to continue to be positive role models for their children and grand children. Nancy and her husband do this by remaining active, travelling extensively and volunteering overseas. She feels it is important for their grandchildren to see them making a difference in the world by devoting their time and energy to families and communities all over, not just their own.

### Meet the Frickes and Malkowskis: Super Grandparents from Trail

IN THE CASE OF 2 1/2 year old twins Andrew and Claire, “it takes a village to raise a child” or in this case all four of the grandparents!

In order to ease the parents’ challenge of finding childcare for the twins and the financial burden that it imposes, Grandparents Anita and Ken Fricke together with Grandparents Irena and Jozef Malkowski share caring for the twins four days a week while parents are at work. I interviewed Anita by telephone from her home in Trail, where she had just returned with the twins from the “Love 2 Learn” Program at JL Webster Elementary School.

**What are the best things about being a grandparent?** Anita chuckled as she shared the stories of how her grandchildren are fascinated by the simplest things. Sharing the children’s joy at finding a worm in the garden, or listening to a bird song is really special, and reminds Anita of how simple and pleasurable life can be.

**How do you like to connect with your grandchildren best?** All four of the grandparents connect best with the children

*Continued on page 32*

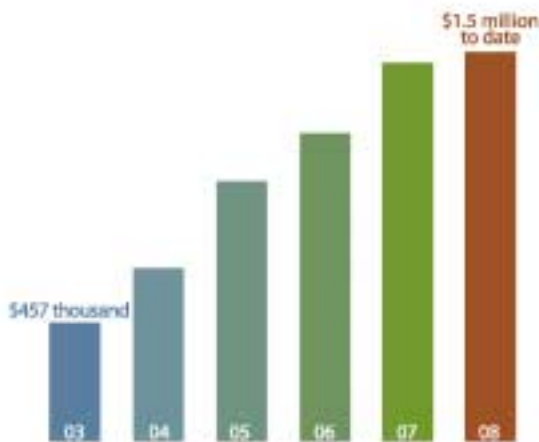
# Nelson & District

CREDIT UNION  *Logically. Locally.*



## COMMUNITY INVESTMENT

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Whether we are working to help eliminate plastic shopping bags from the City of Rossland, increasing community foundation investments that will leave a legacy of funds, or supporting a community centennial 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."*

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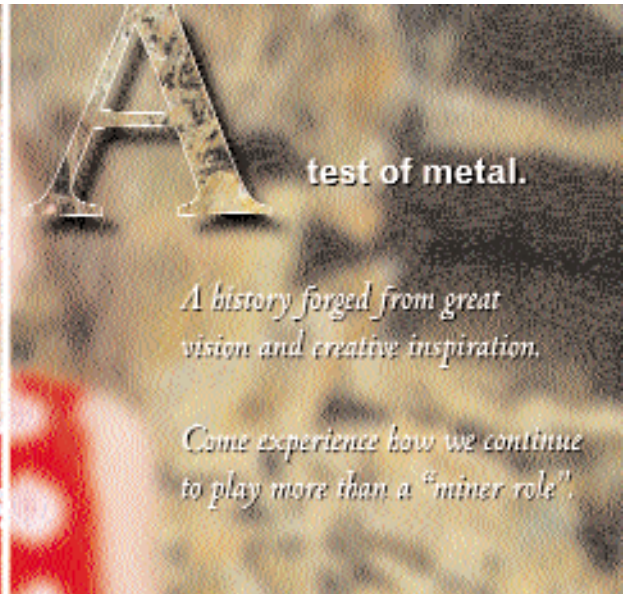
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CHAMPIONS OF INNOVATION

## Nutrition News

By Helen Lutz



## Your Breastfed Grandchild Supporting your Daughter or Daughter-in-Law to Nurse Her Baby

### Breastfeeding Then & Now

Did you breastfeed your children? Back in the 1960's and 70's just half of all Canadian women breastfed their babies. Times have changed however, and if your daughter or daughter-in-law has chosen to breastfeed her baby, she is in the majority. In BC, over 90% of new mothers breastfeed their infants.

Improved knowledge about the benefits of breastfeeding and better community support for nursing moms has helped to make it easier to incorporate breastfeeding into modern lives. Heck, even Hollywood movie stars do it!

### Why Breastfeed?

Breastfeeding is the ideal way to feed a baby. The Canadian Paediatric Society and the World Health Organization recommend breast milk as the only source of nutrition for infants throughout their first six months of life. There are many advantages to breastfeeding, and the benefits for mom and babe increase the longer breastfeeding continues. Did you know?

- A mother's breast milk is designed especially for her infant and her milk changes to continually meet her baby's needs.
- Breast milk contains antibodies that help babies fight off illness. That's one reason why breastfed babies are so healthy.
- Breast milk provides lifelong benefits to children by reducing their risk of chronic disease.
- Compared to formula feeding, breastfeeding a baby saves a family over \$2,000 a year.
- Breast milk is convenient, inexpensive, and always available at the perfect temperature.



- Breastfeeding helps the mother's body return to its pre-pregnant state and lowers the risk of the mother developing some types of cancer and osteoporosis.
- Breastfed babies are less likely to suffer constipation and colic, and are less likely to have allergies, asthma, eczema and ear infections.
- Breastfeeding saves money to the health care system as fewer children become ill.
- Breastfeeding may reduce the risk of Sudden Infant Death Syndrome.
- Breastfeeding provides wonderful bonding opportunities. When your daughter or daughter-in-law nurses your grandbaby, she is creating a deep bond with him.

When grandparents realize how wonderful breastfeeding is for both their grandchild and his/her family, they will be eager to do all they can to support them both.

### What Grandparents Can Do to Support Breastfeeding:

A Grandmother can make or break a breastfeeding relationship. When you encourage your daughter or daughter-in-law, you will contribute to her success. Here are some suggestions:

- Protect her privacy. Try to ensure that she gets the rest she needs. If well-meaning friends or relatives want to visit before she's ready, help the baby's father run interference.
- Stand up for her if others make negative comments about her breastfeeding.
- If you breastfed successfully, tactfully offer your help, but understand if she doesn't want it.
- Don't say things like ... "are you sure he's getting enough?" or "is she feeding again?" Provide reassurance rather than doubt.
- Offer to help with meals or the house. A great gift would be several months' worth of maid service.
- If she has other children, keep them occupied. This can be their special time with Grandma or Grandpa.
- If the time comes, accept the parent's decision to end the breastfeeding relationship.

### Want more information?

Check the Canadian Pediatric Society website at [www.cps.ca](http://www.cps.ca)

Dietitians of Canada website at [www.dietitians.ca](http://www.dietitians.ca)  
LeLeche League (a breastfeeding mother's information and support network) at [www.lllc.ca](http://www.lllc.ca)

*Helen Lutz is a Registered Dietitian.*

Due to our northern latitude, Canadian babies who are breastfed should be supplemented with 400 IU (international units) per day of Vitamin D until their diet provides a reliable source or until they are a year old.

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**Tell me about your grandma or grandpa.**

My mommy got's a grandma, and she is ... and she is... my mommy ... my mommy got's a mom and my mommy's mom's name is called grandma and my mommy's got a dad and his name is called grandpa. They live on top of a hill.



One of my grandmas is dead and one of my grandmas lives in Victoria. She's alive. And one lives in Calgary and she's alive. But my other grandma had a heart attack. I like to visit my grandma. She has this great Cinderella book and it has things that will pop up when you turn the pages. ~ Clair



My grandpa didn't die. He gives me lots of treats too.

~ Sterling



My grandpa's the guy who drives the car to our house.



When my mommy goes to work my grandma and grandpa they take care of me then. Usually my grandma can't take me places because Shelby (baby sister) gets a little bad and messy and tired. She (Shelby) gets SO crabby sometimes. ~ Daphne



Grandparents Stanley Nemiroff and Greta Hofmann Nemiroff with grandson Gabriel Nemiroff

I have a nana. I slept there and then we drove all the way to Cleveland where my Dad's mom lives. I have tons of grandmas and grandpas. ~ Gabriella

**Why do you love your grandma and grandpa?**

Cause she loves me. ~ Grace

My grandma's name is Lynn. She gives me treats. She gives me pretzels and chocolate chip cookies. ~ Jacob

My great grandpa is kinda funny and he always tickles me. And he helps me fish. You have to be quiet so the fish can be caught. ~ Sam



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This past year we also kicked off a "Coats for Kids" drive. The success of this event far outreached our expectations and many children were able to have a nice warm coat for the winter. In addition Nelson Ford donated over \$148,319 to local charities and groups throughout the West Kootenay and committed countless volunteer hours to a number of causes, truly making us "Partners in the Community"

We look forward to another 5 years of exciting growth and the opportunity to further invest back into our community.



**Russell Stocks, CMA**  
Managing Partner



Continued from previous page

get mail – and when it's from their grandparents it's a real treat! Write often, even if it's only a few sentences on a postcard.

- Telephone from time to time, but remember very young children don't say much on the phone. They may not even want to interrupt their play to "say a few words to Grandma." Be prepared to ask them some simple questions that let them share a little bit of themselves... try to avoid straight 'yes or no' questions.
- Cell phones are popular with older kids and are great because you can call your grandchild from wherever you are. You can even snap a photo and send it right along to them in real time. If your grandchildren are teens, this is often the best way to reach out to them, and they love to send cell phone photos!
- Ever thought of a web cam? These give you both a chance to see each other in real time, talk and share and laugh almost in person. Web cams are fairly inexpensive, and truly are the next best thing to being there.

### An Enriching Bond

Be creative in using your own ingenuity to keep your grandchild emotionally close. Experience shows when grandparents make the effort to love and care for grandchildren who live far away, the kids know it, and it means the world to them. And when they get older, and are able to travel by themselves, they are eager to take their turn to go to where their grandparents are.



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- ♪ 3-4 years, starts Fri. Sept. 12 (15 classes)
- ♪ 5-7 years, starts Mon. Sept. 8 (15 classes)

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# Rainy (and Sunny) Day



## Head to the Library

Our local libraries are a great place to visit with your grandchildren. Kids love books and enjoy the chance to check out the wealth of books available at the library. Visiting the library is a great rainy day or any time activity. Libraries offer special story times and other activities for kids. Library cards are free for all children in British Columbia.



## Check Out Your Recreation Centre

Our recreations centres offer year round activities for kids. Some also offer free childminding. This gives parents and grandparents a chance to join in on an exercise class or go for a swim while children are cared for. Or better yet, go for a swim or take a class together.



## Drop in on a Playgroup

Drop-in playgroups are a place for kids to meet other kids and for parents or grandparents to connect. Many grandparents are helping out by caring for kids while parents work and playgroups are seeing more and more grandparents dropping in. Playgroups are springing up all over at local Family Places, in some schools and at recreation centres. To find a drop-in playgroup close to you, check out our directory of services at the back of this magazine or contact your local Family Place.

## Go to the Beach

From spring through fall the beach is a favourite for kids. Bring along a few sand toys, a blanket and swimsuit on those hot sunny days and you're all set. Don't forget the sunscreen.



## Take a Walk

Sounds simple, but one should never underestimate the power of taking young children for a leisurely walk. Especially when you are not trying to get anywhere special, just enjoying being outside. Young children learn so much about their world through experiencing it. And by getting outdoors and getting some exercise kids eat and sleep better.

# Things To Do



# With Grandparents

## Go to the Park/Playground

Kids will never tire of going to the park. Just like going for a walk, the park offers kids opportunities to get outdoors, work those big muscles that are important for healthy development, meet friends and build new skills. The West Kootenay has some exceptional parks and children's playgrounds. During the heat of summer, find out where the local water parks are and go cool off.

*On the slide: Granddad Michael Garvey with granddaughter Sloane. At the Park: Grandmother Faye Watson, daughter Angela and her children enjoy an afternoon in Lakeside Rotary Park.*

## Toy Lending Libraries

The two West Kootenay Child Care Resource & Referral (CCRR) toy lending libraries located in Trail and Nelson are great places to visit with young children. For a small membership fee, community members can join the CCRR's and then borrow a wide assortment of toys, books and resources.

# The Importance of Elders in Children's Lives

FOR MANY NATIVE PEOPLE, the North direction on the medicine wheel embodies what an Elder is supposed to be. They stand for truth, a live spirit, a great sense of humor, and wisdom. It is not enough to be enlightened to be in alliance with what is, or to know the hidden realms of mystery, but you must also be able to chop wood and carry water, and keep your ear to the winds and your eye on the unseen. This is an Elder, and why they are treasured beyond words. Our Elders teach our young; this is their role in Native communities and in many other cultures.



By Kris Taks

The role of parenting in the community is done by the grandparents as it is believed that they have lived enough life to understand what children need. They have the maturity, patience, and guidance it takes to teach the children how to be mindful. The parents' role is to bring children into the world, provide food, and to tend to their basic needs, which includes attending to daily chores that require physical endurance.

According to the Elders in the Native culture, you are not an adult until you are in your mid fifties. You can be a grandparent and not necessarily be considered an Elder, and you can be an Elder and not necessarily be a Grandparent. The roles are very different, but each is vital in the development and wellness of the children. The grandparents provide the nurturing, the sustenance, and the stories. The Elders provide the wisdom, the insights, and the cultural teachings that carry on the traditions.


In many of our communities we have very few Elders left who have the full teachings to pass along to the children, therefore their insights and wisdom are even more vital than previous generations to protect and learn. It is through the

*Continued on page 20*




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**Katrine Conroy, MLA** for the West Kootenay Boundary and proud grandmother to 5 would like to show appreciation for all that grandparents and seniors do to help the children in the Kootenays.

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West Kootenay Boundary  
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# Our Future Leaders



WE HAVE MANY AMAZING young people in the West Kootenay. Two groups that stand out for their efforts to help young children are Mount Sentinel's Project Help and Nelson's Keep the Beat.

Recently, 24 Mount Sentinel students traveled to Tijuana Mexico. While there, they built a house for a family with five children, planted an orchard at a home for children and remodeled their kitchen.

Don Warthe, Mount Sentinel teacher reflects, "the family was overwhelmed. You can imagine, 24 young people coming from Canada and giving you something you couldn't possibly hope to get on your own. And the cook at the orphanage was beside herself to have her kitchen re-modeled."

“It did change me... it really made me realize that we take the simple things in life for granted here. In Mexico they don't have anything. They don't invest in things that are temporary and they aren't materialistic. The trip made me realize the significance of my family and friends, and appreciate them more and all they do for me.”  
—Alicia

“I felt that the most rewarding part of my trip to Mexico was to get firsthand experience on what it is like to live below the poverty line. I could have never imagined what I saw. Experiencing the poverty of Tijuana first hand allowed me to reflect and educate the people back home of how fortunate we really are. The feeling of joy you feel when building a home for a family that is in desperate need is indescribable.” —Shafeeq



Keep the Beat

They also bought 500 pounds of rice and beans and went to the dump and gave it out. "It was a hugely moving experience. Like a drop of water in the dessert. We ran out. The need was phenomenal. The kids were really moved. One girl just gave her backpack away."

Upon their return the general feeling of the group was that they never realized it was so easy to do so much. "All it took was a week out of my spring break and some fundraising and look what we did."



Mount Sentinel students and teachers are seen here with some of the children they befriended while on their one week adventure to Tijuana, Mexico.

Andy Leathwood notes, "As a principal, I think these types of experiences give opportunities for learning that we simply can't replicate in the classroom. To work and stay within the culture, observe first hand the poverty that exists in a country like Mexico, and to provide the service to the people we met was not only satisfying but life altering. It was also a tremendous reality check — despite the poverty, the people seem so happy. It was really amazing, and the kids were absolutely wonderful."

The Nelson Keep the Beat organizers are equally impressive. Now in their third year organizing the summer music festival Zoey Okenden explains how they got started.

"Three years ago, myself and two friends went to a youth conference in Vancouver on

global issues held by the Red Cross. That's where we first heard about War Child and about the Keep the Beat project, a campaign that raises money through music. We really like music so we started planning. We were definitely not planning this large scale when we first started, we just wanted to do something with music and it turned into something pretty big."

Big indeed. Last year's day long event featured an exciting line up of the area's top musicians, all who volunteered their time and was attended by hundreds.

"The money raised goes to War Child. They have projects all over the world that focus on children and women. I really like how War Child doesn't just focus on one aspect, recognizing all of the different psychological and physical needs of children affected by war."

This year's Keep the Beat is on July 30 in Nelson's Lakeside Rotary Park. Zoey and Laura Metcalfe who has also been involved since the start are mentoring younger students. "We really want it to sustain so Cedar McMechan and Ali Pierik are taking on a leading role, learning how it all runs and how to fill out the grant applications so they can take over next year."

Our youth supporting young children around the world. Inspiring!

# What is Your Child Care Story?



Please help us gather information on how the lack of child care spaces is affecting you or your business. Please check off any of the statements below that reflect your situation. Feel free to add your own on an additional sheet of paper. Thank you!

## Parents

---

- I am a parent who has had trouble finding child care.
- I have missed work due to lack of child care.
- I have had to reduce my work hours due to lack of child care.
- I have had to turn down work due to lack of child care.
- I rely on grandparents for child care.
- I rely on friends for child care.
- I do not have family in the area that can help me with child care.
- I have to patch my child care arrangements together on a day to day basis. (multiple caregivers)
- I am considering moving away from the West Kootenay as I can't find child care.

## Employers/Business Owners

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- I have employees who cannot find child care.
- I have employees who have missed work due to lack of child care.
- I have had employees who quit their jobs due to lack of child care.
- I have had trouble hiring someone due to lack of child care.
- I have had employees who could not return to work after a maternity/paternity leave due to lack of child care.

## Early Childhood Educators

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- I am an Early Childhood Educator who has left the field due to low wages.
- I am an Early Childhood Educator who is considering leaving the field due to low wages.

## Grandparents

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- I am a grandparent providing care to my grandchild/ grandchildren while their parents work.
- I am a working grandparent who has used my holiday time or sick time to care for my grandkids due to lack of child care.

## Students

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- I am unable to return to school due to lack of child care.
- I had to quit school due to lack of child care.

## Other

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Tell us how lack of child care has impacted you....

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Fax your completed form to 352-5095, mail or drop off at your local child care centre, preschool or family centre.

## The Importance of Elders *Continued from page 18*

blending of the "old" and the "new" that is essential for culture within the Native Communities to survive. It is vital that the Elders and the young spend time together so that the teachings can be passed on through play, songs, storytelling, gathering, and dancing.

They say you can love your children, but a grandmother and an Elder fall in love with your children. They have the wisdom of time, and the experience of many moons to understand what it is that is meaningful and important, and to teach the young about how to walk in a good way.

The only thing children need is to grow up in happiness... while holding on to their grandmother's hand and looking to their Elders to provide the guidance and wisdom that will assist them to explore their Native hearts and spirits, while helping them walk the path of life in a good way.

"There is wisdom in youth and there is wisdom in age. One is loud and seeking, and the other is silent and true." — Chief Dan George.

*Kris Taks, is an Aboriginal Family Support Coordinator, in collaboration with the voices of the People.*

## Grandfathers



by Andrew Jarrett



# The Lessons of Our Grand-Children

MY WIFE AND I are truly blessed. Our grandchildren are as different to each other as night and day but in their own special ways they provide us with wonderfully enriching experiences of life. Each of our five grandchildren help us to slow down and reflect on the beauty of the moment.

The first time I saw Kaia, she was already four months old. I went to visit in December bearing a gift of a child carrier back-pack. This was as much

*In no time, we were laughing together, playing peek-a-boo and all the other silly things you can get away with as a grand-parent.*

a gift for me as for Kaia and family. I was looking forward to snowy walks to the park and around the neighbourhood. Bundled little Kaia cooperated and slept soundly while my daughter and I sipped drinks at nearby cafés. During the next visit the following summer, Kaia was shy at first but it didn't take long for us to get re-acquainted. In no time, we were laughing together, playing peek-a-boo and all the other silly things you can get away with as a grand-parent. *Our lesson? Distance can be overcome by focussing on what you have together, not what you are missing when you are apart.*

Zoe is the oldest of our grand-children and so, has a special place in our hearts. Zoe is strong-willed, demanding, and determined. Put to positive use, these traits will serve her well in the future. We love it when she lets go of her need to orchestrate and skips along with us in the woods, singing songs she has learned at school. My wife phones her every Sunday evening, an event they both look forward to.

Little Hannah looks as serene as the Buddha. When I saw her at New Years, she was just nine months old and not inclined to rush about too much. Quite the opposite to busy Zoe, Hannah often sits and stares at you with an appraising look, almost like she is tempting you to try something silly to get her to change her expression. Then she looks over to her mom or dad wondering who the heck these strange visitors are with the

*Our highlight, though, was the morning walk to the coffee shop with little Brennan bundled in his snowsuit. At eighteen months old, Brennan was an avid walker and reluctant stroller passenger.*

silly faces. *Our lesson? Kids are all different. Appreciate them for who they are, and don't encourage them to be somebody they are not.*

On a recent business trip to Victoria, my wife joined me such that we could visit our children and grand-children on Vancouver Island. We called our son-in-law to see if his son, Dylan, could join us for an evening after school. He readily agreed, but would have to clear it with Dylan's mum first. She



Granddad Andrew Jarrett with grand-daughter, Kaia Moore

is not our daughter; but rather she is our son-in-law's previous partner. She agreed and we quickly made some plans. Being a fairly worldly nine-year-old, Dylan was not awestruck by the hotel or its location. Rather, he really enjoyed going out to supper for a spaghetti dinner and having some one-to-one conversation-time, walking time, and a bed-time story from Oma and Opa. *Our lesson? Blended families are not complicated for kids; the scheduling challenges can be*

*overcome and they just want to connect with you.*

Brennan and his parents also live on Vancouver Island. His mum had been ill and our son was juggling work and caring for his wife and young son. The regular support network of relatives was away, so we jumped right in to offer some relief. I helped our son with home renovations and my wife took Brennan for a good part of each day to help out mom. Our highlight, though, was the morning walk to the coffee shop with little Brennan bundled in his snowsuit. At eighteen months old, Brennan was an avid walker and reluctant stroller passenger. Not only did he insist on walking, but he pointed out the interesting sights along the way: a piece of gravel, a pine cone, a puddle, a bottle top, and so on. Were we frustrated? No, we are grandparents and savour every minute.

# Boosting for *Safety*

MOST PARENTS HAVE PHOTOS of their kids in oversized clothing. Maybe it's Mom's huge warm fuzzy sweater or grampa's gigantic galoshes; these adventures in wearing something too big are a fun part of make-believe, and they have an important place in childhood development.

However, we soon realize that the long arms of the sweater get in the way of playing with the Lego, and the little feet trip over the gigantic galoshes. It's cute to see our kids using their imagination and playing grown-up, but sooner or later reality hits and we need to provide our children with items which fit their physical stature.

Vehicle seat belts are just such an item. Seat belts are designed for adults and older children. Most children under 9 years old are still too small for an adult seat belt. A booster seat raises the child up so the lap/shoulder belt fits correctly. The lap belt should be snug across the hips and the shoulder belt should



7 year old Kevin Carmichael and friend Pixie are comfortable and safe in their family truck.

go over the child's shoulder and across the chest. Because booster seats help to ensure that seat belts are properly positioned, they help to protect children from injury. Booster seats offer children who are over 40 pounds increased safety,

Here in B.C., new regulations will require the use of booster seats for children who are over 40 pounds until their 9th birthday unless they have reached the height of 145 cm (4'9" tall).

comfort and a much better view. There are several styles of booster seats, each of which has its appropriate use, and can be purchased for as little as \$40.00.

Because booster seats reduce the risk of injury or death by up to 60%, legislators all over the world have taken steps to require their use. Here in BC, new regulations will require the use of booster seats for children who are over 40 pounds until their 9th birthday unless they have reached the height of 145 cm (4'9" tall).

Boost BC is a program of the BCAA Traffic Safety Foundation, which brings Ministry of Education approved curriculum into Kindergarten to Grade 2 classrooms throughout the province. Certified instructors help the children learn how to wear their seat belt properly, and that most of them will need a booster seat to help them do that until they are 9.

The BoostBC program is now being offered to students in public, independent and home learner schools in the West Kootenay and Boundary areas. For more information or to schedule a presentation in your school you may contact Anne Johnson at 250-364-0195 or kidsafe@telus.net, or the Traffic Safety Foundation at 1-877-247-5551 or www.tsfbcaa.com/boost\_bc.

See more safety tips elsewhere in this edition of the West Kootenay Family Magazine. Buckle up and have fun with your kids!

*Anne Johnson is a Certified Child Passenger Safety Technician and a community volunteer. She has been serving families in the Kootenay/Boundary region for almost 20 years.*

**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.

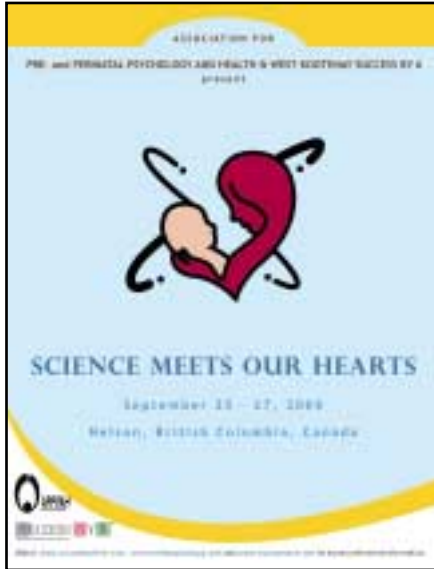
**Stage 3: Booster Seat** for children who have outgrown Stage 2 seat, weighing at least 40 pounds. Booster seats are required for children until they reach their 9<sup>th</sup> birthday or 4'9" in height.

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

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.

# Science Meets Our Hearts – September 25-27, 2008, Nelson, B.C.



For more information on this conference, you can download the full program from our website at

[www.successby6wk.com](http://www.successby6wk.com)

**September 25 – 27, 2008** the *West Kootenay Success By 6*, in partnership with the *Association for Pre- and Perinatal Psychology and Health*, will be hosting the conference **Science Meets Our Hearts**. Our planning committee is thrilled to invite professionals from across North America to Nelson.

We have worked hard to put together a program that has something for a wide range of professionals including doctors, midwives, doulas, children's mental health workers, early childhood educators, social workers and more. Parents are also welcome. Speakers coming from near and far will be offering a wide range of topics.

**Our keynote speakers include:**

**Michael Trout, M.A.** founder of the Infant-Parent Institute;

**Dr. Gabor Mate**, a specialist on the importance of childhood experiences in shaping the personality and the crucial importance of nurturing adult-child relationships;

**Dr. Moshe Szyf**, whose research looks at how the DNA we inherit is shaped by our experiences;

**Dr. Joel Evans**, an OB/GYN whose practice blends the best of modern medicine with the wisdom of traditional healing and

**David Chamberlain, Ph. D.** a psychologist, teacher, and pioneer in the new field of Prenatal Psychology

## BRILLIANT EXPANSION PROJECT Grand Opening Celebration

Date: **June 21, 2008**

Time: **10:00 am until 3:00 pm**

Location: **Brilliant Dam, Castlegar**

**Columbia Power Corporation and The Columbia Basin Trust** are pleased to invite you to attend the grand opening of the **Brilliant Expansion Project**, near Castlegar.

Take a tour of the new powerhouse, enjoy the free entertainment and refreshments, plus activities for kids!

Follow the signs for free parking at the Brilliant Cultural Centre. Visitors will be bussed to the new powerhouse.

*Bring your family and friends and come and join us in celebrating the completion of this clean, green hydropower project.*



# Celebrating

Right: Judy Pollard with granddaughters Lindsay and Madison



Below: Grandpa is Stuart Heard with Rowan



Above: Grandma Mila Urbanova (from the Czech Republic) and her granddaughter Leilu McKone



Left: Grandma Anne Heard and Rowan

Below: Hailey Goosen with her grandpa Ed at the Family Literacy/Parenting Centre at Blueberry Creek Community School



# grandparents



Above: Joel Guay grampa and Silas (2 years)

Top left: Great-grandmother Mary Pollard with Lindsay Pollard.

Middle: Elsie Reitan with Harvey Muller and Helen Bullock (Community Grandparents) at Bluegrass night

Bottom: Rob McArthur with granddaughter Chloe

Once again  
Success By 6  
and local credit  
unions are  
partnering to share  
books with young  
children.

Until the end of May you can drop off your  
GENTLY USED, CHILDREN'S PICTURE BOOKS  
at your local Heritage, Kootenay Savings and  
Nelson & District Credit Union branches.

**BOOKS  
FOR  
KIDS**

**Watch for our Success By 6 display  
and BOOK GIVEAWAYS at the  
following events:**

- May 17 - Kaslo May Days
- May 19 - New Denver May Days
- June 7 - Castlegar Sunfest
- July 1 - Nelson Canada Day
- July 8 - Greater Trail Teddy Bear Picnic
- Oct. 18 - Salmo Fall Festival

# SPRING AND SUMMER EVENTS 2008

**Safe Kids Week: Pedestrian Safety, May 26th – June 1st.** Safe Kids Week is an exciting national education campaign presented by Safe Kids Canada with sponsor support from Johnson & Johnson. Every year hundreds of community organizations across the country join Safe Kids Canada to focus on preventing injuries to children. For more information check out their website: [www.safekidscanada.ca](http://www.safekidscanada.ca).

**Greater Trail Kindergarten Immunization Clinics.** To be held in **May and June** in Rossland, Trail and Fruitvale for children entering Kindergarten in September. Please call the Trail Health Unit to book your child's appointment at 364-6219.

## CASTLEGAR HEALTH CENTRE

**Public Health is offering 2 Kindergarten Clinics to boost immunization** in children prior to school entry. Dates are **May 28**, and **June 18**. Phone 365-4310 to book an appointment.

**Public Health**, in partnership with Kootenay Kid Safe (Anne Johnson) is offering a **Car Seat Clinic** on **Thursday, June 10** at the Firehall in Castlegar. It is by appointment only, call 365-4310.

**Sunfest Children's Parade, Sunday, June 8th.** Parade lines up at **10:40 am** at **Pass Creek Park**. Kids decorate your bikes, wagons, scooters and yourselves! Parade leads into **Lion's Family Fun Days** – goodie bags for participants – sponsored by BC Hydro and hosted by United Way.

**Lions Family Fun Days: Sunday, June 8th, 11 am – 3 pm** at **Pass Creek Park**. Sandcastle contest, scavenger hunt, family games, frog jumping at 2 pm (plastic frogs supplied). All activities are free, with the exception of the concession. Funds raised from the concession go towards the good works of the Castlegar-Selkirk Lions Club.

## TRAIL AQUATIC CENTRE

**Wacky Water Wednesday.** Join the Trail Aquatic staff for some cool organized games and lots of fun every **Wednesday night** from **6-7 pm**.

**Movie and Pizza Night, Thursday, May 29.** Come to the **Trail Aquatic Centre** from **6:30-8:30 pm** and enjoy a movie on our big screen while relaxing in and around the hot tub. We will be serving pizza for \$1/slice.

**Summer Beach Pool Party Thursday, June 26.** Join the Trail Aquatic Centre staff. The "Big Blow up Dog" will be there too... don't miss this one. The fun starts at 6 pm.

**Last Day of Swimming Party, Friday, August 9th.** Drop by the Trail Aquatic Centre from 5:00-9:00 pm for the last day of swimming until Sept. 15th. There will be tons of organized games and cool prizes! Enjoy bubbles in the hot tub and have a blast on our blow up dog!

## BEAVER VALLEY PUBLIC LIBRARY

**Beaver Valley Adventure Picnic! June 16th from 10:30 – 1:00.** This fun filled picnic is for children 0 – 5 and will be held at Mazzochi Park in Fruitvale. Children can enjoy themselves by participating in team activities, Mother Goose time, face painting, and a whole lot more! There will be a children's entertainer and lunch is free! To register or for more information, please call 367-7114 or come visit us at the Beaver Valley Public Library!

**Countdown to Kindergarten: Tuesday, August 26, 10:00 – 11:00 or Wednesday August 27th, 2:00 – 3:00.** This program is designed to help children, who are going into Kindergarten, become familiar again with new friends and environments they may encounter. They will be taking part in crafts, songs, stories, and more; all with a Kindergarten theme.

*For any information regarding these programs or to register call 367-7114 or come visit us at the Beaver Valley Public Library.*

**Teddy Bear Picnic July 8, 10:00 am – 2:00 pm at Gyro Park in Trail.** A fun filled day of activities and services for children aged 0 – 12 years. Bubbles, face painting, entertainment, storytelling, spray park and so much more. Bring a teddy bear and come and have some fun! Sponsored by the Greater Trail Success by 6 Community Table.

**Nelson Sprout Sprint:** June 8, 10:00 - Noon. Sponsored by Success By 6. For children under 8. A fun, non-competitive way to get active by running, walking or strolling around Lakeside Rotary Park. Prizes, snacks and more. In partnership with the Express 10K Run. Watch the *Express Community Newspaper* for more info.

**Kootenay Kids Family Place Father's Day Celebration: Sunday, June 15, 11:00 am – 1:00 pm at Lakeside Park.** Free BBQ, entertainment and fun activities for the whole family. Nelson.

## NELSON & DISTRICT COMMUNITY COMPLEX AQUATIC CENTRE

**Father's Day June 15.** When accompanied by a child, dad gets in free!

**Big Inflatable Pool Toy Night May 23 and June 19.** Come on down and play on our big inflatable pool toy. General Admission.

**Movie Night June 6.** We will project movies on to the wall for you and your family to enjoy while you float around the pool. General Admission.

**Schools Out Splash Bash June 27th 1 – 4 pm.** Join us for a celebration. It's summer vacation and we are going to start it off with a bang! We will be having lots of fun, games and prizes! General Admission.

**Wee Ones Daycare Family Carnival Sunday, June 8th, noon – 4:00 pm.** Come one, come all! Have some fun playing carnival games or win a cake in our cake walk. Come and visit the Rummage Queen or buy some delicious treats at the international bake table. Bid on some great items at our silent auction. Proceeds will go to repair our pirate ship sandbox and a few other playground projects. This is a wonderful day for family and community, so please come and show your support for Wee Ones, located at the old school house in South Slokan.

**Meadow Creek Emergency Child Care First Aid course.** Sunday, May 25th, 8:30 am – 5:00 pm. Learn the basics of child safety and CPR (level B) Sliding scale: \$50 – \$80 per person. Parents of children under 6 may be eligible for financial assistance. Phone Barb Cyr 353-7691. Sponsored by North Kootenay Lake Community Services Society.

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



Isabelle, Regional Coordinator 352-6678  
Tashia 365-3662  
Barb 353-7691  
Nancy 265-3674 ext 208  
Sherry 446-2540  
Hazel 357-2277  
Tracey 352-6678

Kootenay Kids, Nelson  
Kootenay Family Place, Castlegar  
NKLCS, Kaslo  
ASLCS, Nakusp  
Rock Creek Medical Society  
Salmo Community Resources Centre  
Kootenay Kids, Nelson

A National Initiative that Promotes Early Child Development

## FAMILY SERVICES DIRECTORY

Organizations or groups that would like to submit information to the Directory of Services can forward their information to [colleen@thekoop.ca](mailto: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 – 11:30am and 12:30pm – 3pm. Wed./Fri. 9am to 11:30am, 12:30pm – 3:00pm. 1592 Arrow Lakes Drive, Castlegar. For registration or more information call: Sarah Fry or Pam Cassidy. 250-365-2285.

**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 to 5 years old. Registration for September 2008 begins April 21, 2008. For more info, contact Lisa at (250)365-7725.

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

**Kinnaird Kid's Club.** Childcare for children, ages 5-12, after school from 2:00 – 6:00pm. Hourly rates. 250-365-5022. [childcare.kfp@telus.net](mailto:childcare.kfp@telus.net)

**Selkirk College Children's Center.** Child care for children birth to five years Selkirk College Campus. Castlegar. Kootenay Family Place. Open Monday – Friday, 6:45am to 5:45pm. Set rates, call 365-1210 for info. [childcare.kfp@telus.net](mailto:childcare.kfp@telus.net) or [selkirkchildcare@telus.net](mailto: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 & 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. Call 364-2326, or see [www.trailfair.ca](http://www.trailfair.ca) for more info.

**Golden Bear Children's Centre,** in Rossland, offers early learning and care programs. Group under 3, Group 2 1/2 – 5, Out of School. 250-362-5856.

**Ilo's Licensed Preschool.** For 3 – 5 year olds. 2 hour program twice a week. Mon & Wed. or Tues. & Thurs. 9:30-11:30am or 12:30-2:30pm. 362-5288 or 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](mailto: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 require extra support. Our staff are experienced, trained early childhood educators. Nakusp Childcare Society. 200 8th Ave, Nakusp, BC V0G 1R0 Open Monday – Friday, 8:30am – 4:15pm. For more information call 265-4666.

#### NELSON & DISTRICT

**Care to Learn Children's Centre.** Childcare offered in two programs Infant and Toddler Program: 6 weeks to 3yrs. Half and full days offered. Preschool aged childcare program. 30 months to entry into Kindergarten. Half and full days offered. Set rates. Phone 354-4673 or email [michellec@kootenaykids.ca](mailto:michellec@kootenaykids.ca). [www.kootenaykids.ca](http://www.kootenaykids.ca).

**Cornerstone Children's Centre** offers morning preschool program and full-time childcare for 30 mo to Kindergarten age. Set rates. Phone 352-9910 or e-mail [cornerstone@netidea.com](mailto:cornerstone@netidea.com)

**Mountain Montessori Preschool** Fully licensed facility for children 2 1/2 – 5. Montessori/ECE qualified teacher, nurturing, safe environment offering quality Montessori education where children learn, explore and have fun. Includes arts, crafts, music, sewing. Monday – Thursday, morning and afternoon sessions, 9:00 – 11:30am and 12:30 – 3:00pm. Government subsidy available. Location: 2780 Hwy 3A, Nelson. Tel: (250) 354-8603, e-mail [nelsonmontessori@yahoo.ca](mailto:nelsonmontessori@yahoo.ca).

#### 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. 357-9544.

#### SLOCAN VALLEY

**Appledale Children's Centre.** Full licensed daycare in Winlaw open Monday through Thursday, offering a French Immersion Program on Wednesdays. Subsidy available. Contact Hugette @ 226-7844 or 355-2468.

## 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 – 5:30pm. Come play with us. Call Susie at 359-5011.

**Valhalla Children's Center.** Award-winning, licensed group daycare with nursery school, after Kindergarten and summer programs for children 2 1/2 to 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, Slocan. 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 Slocan, B.C. 359-7404 or 304-8926.

### Family/Parent Support Programs

#### CASTLEGAR & DISTRICT

**Family and Children's Services at Castlegar & 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 leaving violence. Call us at (250) 365-2104 for more information or to make an appointment.

**Family Enrichment Programs – Community Action Program for Children.** Weekly parent get-togethers for families with children birth to 6 years. 767-11th Ave., Castlegar. Call 365-3662 for current programming. Free.

**Parent – Tot Drop In Play time,** resources, referrals, workshops, sharing and fun. Neighbourhood House, 767 – 11th Ave. Castlegar. Call 365-3662 for current programming. Free.



**Baby Steps –** Information, workshops and sharing for families of children 6 – 18 months. Wednesday mornings at Neighbourhood House. 365-3662.

**Yoga Parent/Buddha Baby** at Neighbourhood House. Pre-register at 365-3662.

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

**Nobody's Perfect Parenting Program** (Castlegar). A free 6-week program for parents of children under age 6. Transportation, food, and childminding provided. Call Castlegar Community Services at 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 Counselling. Call 364-2326 or check out our website at [www.trailfair.ca](http://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! Call for info: 364-2980 or 1-800-223-8966 or [www.childcarechoices.ca](http://www.childcarechoices.ca).

#### KASLO

**North Kootenay Lake Community Services Society:** Kaslo and Area. Free and confidential counselling: support to families, individuals and children for 31 years. Kaslo Family Centre offers fun and educational group programs for parents, families, and children of all ages. Kaslo Food Security Project offers classes and events to encourage healthy eating and self sufficiency through gardening. Ph: 353-7691 or long distance 1-866-774-5324.

**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. Location for programs and activities: Kaslo Family Centre, Meadow Creek, Argenta. For more information about these FREE programs call Barb Cyr 353-7691.

#### NAKUSP/ARROW LAKES

**CAPC Programs.** ECE Playgroup on Monday's at 10:00 am at Stepping Stones Children's Centre. Parent child drop in, resources, referrals, workshops, sharing, and fun. Ten week Mother Goose is also run 3 times a year. All programs are free. Call Nancy at 265-3674 Ext 208 for current programming.

#### 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: 352-0407. [www.childcarechoices.ca](http://www.childcarechoices.ca)

**Dads.** Come and hang out with your children and other dads on Saturdays at the Family Place. Leo has lots of fun activities for everyone and the rumour is, there is even a cappuccino machine there! Family Place at Kootenay Kids, 312 Silica street, Nelson. 352-6678 ext 227, Sat 10 – 12am. [www.kootenaykids.ca](http://www.kootenaykids.ca)

**Family Support and Counselling 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 (women and their children leaving violence). Support for a family can be coordinated through any or all services. These services are free. Phone 352-3504 for details.

**The Family Place at Kootenay Kids,** Nelson – Resources, Programs, Parent Education Classes for dads, moms and kids 0 – 6, play,

*Continued on next page*

## Family Services Directory

*Continued from previous page*

literacy and special events, call 352-6678 ext 227 for current programming. Free or by donation. [www.kootenaykids.ca](http://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, Nelson. Call 352-6678 ext 228 [www.kootenaykids.ca](http://www.kootenaykids.ca)

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

**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 lunch. For parents of children age 0 - 12 years. Call Rebecca or Paula at 352-6678 ext 227. [www.kootenaykids.ca](http://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 352-6678 ext 231 for more information.

### SALMO

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

### WEST KOOTENAY

**Aboriginal Family Support** offers support and cultural reconnections for families with Aboriginal members and consulting services for service providers working with Aboriginal families. Call 365-2104 or 304-3545, email [afscordinator@telus.net](mailto:afscordinator@telus.net).



**Kootenay Kidsafe.** West Kootenay Boundary Boost B. C. 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 and Boost BC presentations to West Kootenay Schools: Serves the Trail, Castlegar & Nelson 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 or [kidsafe@telus.net](mailto:kidsafe@telus.net).

**Regional Crisis Line:** Confidential 24/7 support and information. 1-800-515-6999 or 364-1718. [www.trailfair.ca](http://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. 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 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. 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 505 7226, Trail 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 365-7711, Nelson 505-7200, Trail 364-6200, Nakusp 265-3608, Kaslo 353-2291.

**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 505-7200, Trail 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. 505-7232.

### Literacy Programs

**The Columbia Basin Alliance for Literacy** offers family and adult literacy programs in communities across the Columbia Basin. For information about programs in your community, visit our website [www.cbal.org](http://www.cbal.org) or

## Family Services Directory

call a coordinator in each of the following West Kootenay communities:

### Castlegar

Margaret Sutherland 365-3336.

### Kaslo

Barb Szuta 353-7691.

### Nakusp

Rhonda Palmer 265-3779 or  
Jennifer Cliff-Marks 265-3876.

### Nelson

Joan Exley 352-6698.

### Salmo

Laurie MacDonald 357-2874.

### Slocan Valley

Christine Nichol 355-0032.

### Trail and Area

Kelly Fryer 364-1275 ex. 247.

### Grand Forks

Lizanne Eastwood 442-2533 or  
Christy Luke 442-2704 Ext 223.

### Revelstoke

Tracy Spannier 837-6669.

## Pregnancy Support

### CASTLEGAR & DISTRICT

**Beautiful Beginnings:** For pre and postnatal moms. Weekly lunch, food vouchers, vitamins, workshops, information and encouragement. Neighbourhood House, 767 11th Ave., Castlegar 365-3662. Mondays. Free.

### GREATER TRAIL

**Building Beautiful Babies** – Trail. Pregnancy and post-natal support, free vitamins, food vouchers, breastfeeding and nutrition info, weekly lunch and education/support group with guest speakers. Call 364-2326 or see [www.trailfair.ca](http://www.trailfair.ca) for more info.



### KASLO

**Kaslo Pregnancy Outreach Program** for all pregnant, breast feeding moms and moms with infants. Leave message at 353-2083.

### 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 352-6678 ext 229. [www.kootenaykids.ca](http://www.kootenaykids.ca)

## Services for Children Who Need Extra Support

**West Kootenay Boundary Supported Child Development.** Support for children 0-12 years who require extra supports in a child care setting. Regional service office: Kootenay Family Place, 767 11th Ave., Castlegar. 365-5616. 1-888-644-5616. Monday – Friday. Free.

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

**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, 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.

**Preschool 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. Office: Kootenay Family Place, 767 11th Ave., Castlegar. 365-5616. 1-888-644-5616. Monday – Friday. Free.

**Preschool Physiotherapy.** Serves children birth to school age who need help with movement, balance, strength or coordination. Serves Castlegar, Trail, Rossland and areas. Open referral with parent consent. Office: Kootenay Family Place, 767 11th Ave., Castlegar. 365-5616. 1-888-644-5616. Monday – Friday. Free.

**Preschool 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: Kootenay Family Place, 767 11th Ave., Castlegar. 365-5616. 1-888-644-5616 Monday – Friday. Free.

**Behaviour Support Services.** Support Services for children & youth diagnosed with Autism Spectrum Disorder. Contact Teri at 304-5473.

## Arts and Recreation Programs

**Kindermusik.** Singing, dancing, storytime and instrument exploration; for babies to big kids. Led by Ruth Langevin: music therapist, professional musician. 250-229-5731. [lange23@shaw.ca](mailto:lange23@shaw.ca).

# 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.

## ■ ■ Super Grandparents ■ ■ ■ ■ ■ ■ ■ ■ ■ ■

*Continued from page 8*

when playing together. Favorite activities include building with play-doh, doing puzzles, reading books together and of course bubbly bath time is a favorite for everyone.

**What kind of support do families need?** Anita feels that young families need more support than ever before from extended family. These days both parents usually need to work to cover the costs of living, so Anita feels it is beneficial if grandparents can help to ease the workload. She feels fortunate that both sets of grandparents are able to help the young family.

**Do you have any fond memories of a special moment with grandchildren?** Anita recalls that at the end of the day when Nana and Papa leave the twins' home, they are both given big hugs and kisses. Each time this happens, it brings tears to Papa's eyes.

**Can you offer any words of wisdom for new grandparents?** Anita urges grandparents to relax and enjoy this very special time with grandchildren. Our grandchildren think the sun rises and sets on all four of their grandparents and we all love them to pieces. Anita also suggests that grandparents be prepared to let parents figure things out and only give advice if you are asked to.



Super Grandparents Irena and Jozef Malkowski and Anita and Ken Fricke with twins (2 1/2 years old) Andrew and Claire Fricke.

# Nelson Christian Community School

"Excellence in Learning, Excitement in Living"

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"The mission of NCCS is to assist families by providing students with a Christ-centered, biblically integrated education which instills the vision and practice of excellence in academics, moral character, and service to others."

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- BC certified Christian teachers

## CHEK Across BC

**Christian Home Education in the Kootenays offers:**

- ✓ Kindergarten to grade 12.
- ✓ Face to face contact with Christian BC certified teachers.
- ✓ Local group activities.

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## THE COLUMBIA BASIN TRUST IS PROUD TO SUPPORT WEST KOOTENAY FAMILIES AND COMMUNITIES

The Columbia Basin Trust is a proud supporter of community projects and economic development in the Columbia Basin. Since 1996, CBT has provided over \$40 million in grants and services towards community supported projects and initiatives.

CBT believes that healthy families are an important part of vibrant communities. We are pleased to be able to partner with Basin groups to offer Resources for Family Literacy, numerous recreational and outdoor opportunities for families, local festivals and family events, Classrooms with Outdoors, and a variety of youth projects.

Columbia Basin Trust is a regionally-based Crown corporation that delivers social, economic, and environmental benefits to residents of the Columbia Basin.

If you would like more information about the CBT and its programs, contact us at 1-800-505-8998 or visit [www.cbt.org](http://www.cbt.org).



ACTIVE CHILDREN

STRONG FAMILIES

VIBRANT COMMUNITIES

# 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.**