

CO-OP CAPERS

The Newsletter of the Williamsburg Parent Cooperative Preschool

Announcements

Ukrop's Golden Gift Program

Thank you for shopping at Ukrop's in March! Watch the mail for your Golden Gift certificate to arrive in early May. Once you receive it, place the certificate in the large envelope marked "Ukrop's Golden Gift Certificates" hanging in the Co-op hallway. Then, we'll be eligible to collect our award. We appreciate your help!

Co-op is looking for a few new teachers for next year.

If you or someone you know is interested, please contact Molly Gareis at 229-5619 for more information.

Consignment Sale A Success!

Co-op's first spring consignment sale has been a magnificent success! The atmosphere was warm and friendly, cheery children found new toys, and pleased parents purchased bargain clothes. The spirit of Co-op shone through brightly. The proceeds are still being tallied, but it can be said with certainty that our pre-school's scholarship, equipment, and education funds benefited greatly from this first-time event. A big, big thank you to all of our volunteers and especially to the stupendously organized committee who gave both their time and their vision: Shirley Vermillion, Gaye Moth, Gaye's friend Colleen (not even affiliated with Co-op, just a generous soul), Laura Emery, and Hope Norman. A big thank you also to Chick-fil-a at Mooretown Road for donating bags and free Ice Dream certificates.

- Crisse Klee, President of the Board



CO-OP CARNIVAL RAFFLE DONATIONS,
CD'S, DVD'S, PUZZLES & GAMES

Remember, this year's Co-op Carnival is on May 3, 2009. If you are a consultant or a business owner, or know of anyone who would like to donate raffle items for this year's carnival raffle, it would be very appreciated. It is a good opportunity to have your products seen or make yourself known. Donations can be anything from individual items, to gift certificates or baskets. The carnival is such a fun time for all Co-op families, so please mark your calendar for May 3rd. If you have any questions or need more information, contact Cindy Kordek, 253-2971.

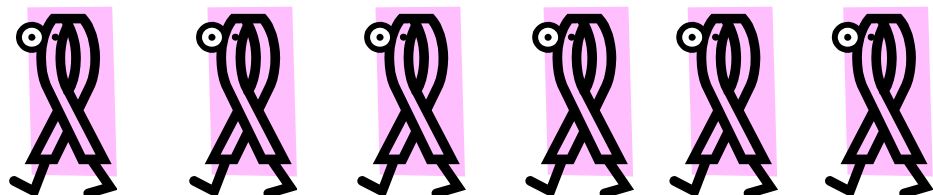
We will be collecting music cd's, dvd's, puzzles and games for the sale at the carnival. Check outside the playroom for a cardboard box to place your donations. There will also be a sign up sheet located near the playroom for goody bags for the Carnival games. Please feel free to call Annette @ 229-3609 if there are any questions. Thank you in advance for your support!!!

Relay for Life

Come join the Co-op Relay for Life team! We need 24 volunteers to sign up and walk the track (1 hour increments) for cancer research on May 29-30 at Jamestown High School. There will be an official sign up sheet posted the 1st and 2nd week of April on the playroom door! Please let Cindy Kordek (253-2971 or kdek10@yahoo.com) know if you are interested—there is an official Participant Registration form that each volunteer needs to fill out with an assigned number.

Our team goal is to raise \$2400.00!!! YEAH!!!! A portion of the proceeds from the May 3rd Carnival raffle will be donated to the Relay for Life Co-op Team.

There will be a tent, food, drinks and plenty of Co-op friendship at the event—a really fun time for a great cause! We hope to see you there!!!! If you have any questions, please do not hesitate to contact Cindy Kordek (253-2971 or kdek10@yahoo.com).



CBB Kid's EXPO for Cancer

Clara Byrd Baker Elementary School

Saturday, May 16th, 10 a.m.-3 p.m.

Booths and Events to explore as well as an amazing Silent Auction featuring items from each exhibitor. The proceeds go to Clara Byrd Baker's Relay for Life team (the American Cancer Society).

For more info- contact Shirley Vermillion sjvermillion@cox.net or 564-0955

"Whimsies & What-Nots"- do an art project for a donation, personalized prints by your child

Jenny Pritchard –Funky folk artist, earring maker-make a pair of earrings & watch her paint a masterpiece

Jocelyn Oldham – Professional musician & director of Music Together music classes invites kids of all ages & adults to participate in a music circle

The Art of Cooking for Kids & "Creative Kitchen Helpers"—demonstration of kid's favorite Pampered Chef Tools, techniques & recipes.

Chris Lakics, children's author & illustrator— work on an illustration for a poem of Chris'

Bartlebaby- accessories& jewelry

Blue Yonder Designs – hand crafted accessories, children's clothing, book purses

Bada Monkeys- hand-crafted sock monkeys

Mary Lynn Wilding- quilted purses & accessories

Angie's Little Monsters

Lisa Taylor- School spirit jewelry, repurposed Denim purses

Hayes Cloninger –jewelry , design a card with Hayes

Puzzles Plus- intricate wooden puzzles

Alison Howell- design a scrapbook page, book a party

Jennifer Miller- create a Spring-themed stamped card here, book a stamping party

Leslie George— whimsical hair bows, bow holders

Capture this Moment Photography- artistic photography

Binverted- baby & children's stationary & gifts

Kelly Charles- Swim Lessons for your child

Little people Yoga class

Ford's Colony Model Railroad Club-see trains & purchase a card for benefit of Norge Depot's continued renovation

Various Dance Institutes

Baeplex-Tae Kwon Do

KinderhausToys- quality wooden toys, books, products & classes of many types

Virginia's Finest Chocolates— the perfect Birthday Party!

Camelot Bears— have King Arthur come to your child's birthday here!

Trey Harris- magician & juggler

The Parent Trap

Bubbles the Clown and Kolonial Klowns

Mr. Trubenbach's Train- great birthday party accompaniment! All Proceeds go to CHKD

Williamsburg Regional Library- summer Reading Program info, summer schedules of activities

Hunter Moncure— piano lessons for all ages of children & adults

Jon Wade, local drummer-drum lessons for kids

Michael & Scott Orland, local guitarist— kids' guitar lessons

Waller Mill Parks –children's classes, summer camps

Park's & Recreation's- information on classes

Ranger Rick's-batting cage information

WISC and REC Center and YMCA- summer camp & party information

Super Sitters

Stroller Walking

Drummond's Field Horse Farm— book a birthday party

Heritage Humane Society

Easy As PI Learning Center- tutoring business

Mathew Whaley's toy check-out program

This Century Art Gallery- information & display of kid's art programs

Colonial Williamsburg- kid's programs information

School of ART – children's art classes

Twice as Nice and Sugar & Spice

I like your Style consignment

School Crossing- quality educational products & toys

Chick Fil-A Mooretown- Meet the cow, do an activity

RITA'S Italian Ice

Virginia Living Museum-classes and camp information

Busch Garden's/Water Country

Jamestown Settlement- Information about programs

Chippokes Plantation- great games from years past!

Boy Scout Troop 102 –make a project

Girl Scouts- do a craft

Jumping Joey's

Replay Sports-used sports equipment

Watermen's Museum- year-round activities, Summer camps

Youth Lacrosse Team

W & M gifted program- Summer Enrichment Program

Uncle Dave's Kettle Corn

Co-op Preschool's Consignment for Cancer

"Miles for Mom's" Teen Relay for Life Team

CBB Kid's EXPO for Cancer

Clara Byrd Baker Elementary School

Saturday, May 16th, 10 a.m.-3 p.m.

Dear Artist, Author or Business Owner:

A fun-filled day of activities & networking is being planned for **Saturday May 16th** from **10am-3pm** at **Clara Byrd Baker Elementary School** and **you're invited to join in!** Organizers of the event hope to meet several goals with the event: to give children & their families a fun event to look forward to this spring; to encourage more support of local artisans, & businesspeople; to provide a venue for fundraising efforts of local Relay for Life (American Cancer Society) teams which takes place Friday night May 29th at Jamestown High School. Information about teams or the event can be found at www.RelayforLife.org/Williamsburg.

Participants wishing to be included in this event are asked to send their **\$20 non-refundable, registration fee** (to cover each approximate 10 x 10 space/ or area for 1 eight foot table) to **Shirley Vermillion, 106 Greenbrier, Williamsburg, VA 23185**. Checks can be made Payable to Clara Byrd Baker Elementary School. Advertising/printing fees will be covered & the remains will go to Clara Byrd Baker's Relay for Life team.

Exhibitors are asked to provide their own **tables, table coverings, any other display materials & chair**.

Each Exhibitor is asked to donate 1 item for a silent auction to benefit CBB's Relay for Life Team. (I'm Pleased to report that **Chick-Fil-A Mooretown** has already pledged a **Birthday Party for 10 & a goody basket**- so the great energy is already flowing over 2 months in advance!)

Set-up will begin at 7:30 a.m. and tear-down will begin at 3 p.m. unless prior agreement has been made. Spaces will be pre-assigned.

No Bake sale items, please: CBB & a few other teams will have Baked goods, drink, food sales at the event.

The **artists** to be invited to attend are truly **top quality**... others unknown to the organizers will be required to submit photos of their work before they're officially invited. **We know that you'll want to help us to provide a high quality event for the community by sharing the news about this event with very talented individuals!** Individuals providing **services, items, art or books related to children** are welcomed to **apply for admission.**)

There will be few local authors/artists in attendance who have books/items that would also appeal to older children & adults- but the emphasis is on children!

Several ads will placed in the local newspapers and calendar sections of various publications. All schools in James City County will receive flyers, Relay for Life will post the event on its website & team captains will be emailed with notification. Some of the artists & businesspeople have extensive (e)mailing lists, word will be passed via PTA members, teachers and staff as well. We'll have many signs (at least 20) out the day of and a day or so prior in order to direct local traffic to the event. Email flyers will be available for all participants to distribute as they see fit.

Questions or further information: please contact Shirley Vermillion (sjvermillion@cox.net or 564-0955), Mary Antol, Lisa Sams, Maria Slavin, Barbara Husted & an ever- growing team of Clara Byrd Baker Relay for Life team Members.

CBB Kid's EXPO for Cancer

Clara Byrd Baker Elementary School

Saturday, May 16th, 10 a.m.-3 p.m.

Number of spaces needed: _____ 10x10 @ \$20 each

Do you need access to electricity? _____ (if so- you'll need to bring your own extension cord)

Name of Participant: _____

Name of Business (if applicable): _____

Mailing Address: _____

Phone Numbers): _____

EMAIL address: _____

Website if applicable: _____

While email is the preferred method of contact by the organizers, please indicate if that is not an option for you and which method you would like instead.

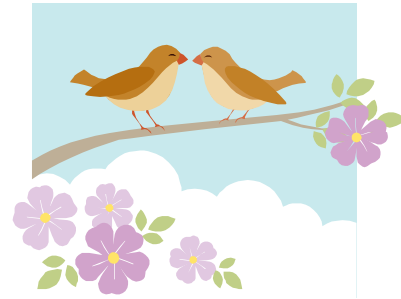
Description of business, service or talent- mention awards you've won, shows you've participated in:

Concise statement of business/service/talent for inclusion on a list of participants & in a BlogSpot showing the information of participants: _____

Description & Approximate value of item for Silent auction: _____

Make checks payable to **Clara Byrd Baker Elementary School, "Kid Expo" written in the memo section.** You may drop it at the school office (3131 Ironbound Rd.) or mail to Shirley Vermillion, 106 Greenbrier Williamsburg, VA 23185 **along with this sheet, business card and photos of work (if applicable) by April 10, 2009.** Latecomers may be allowed to participate but may not be included on the blog listing, announcement or PR in the paper, etc. Thanks for your interest and your support of such a wonderful cause! We look forward to working with you & welcoming your talent & business to our own circle of friends in Williamsburg!

CO-OP CALENDAR



April 1 (W)	April Tuition Payment Due
April 6-13 (M-M)	NO SCHOOL—Spring Vacation
April 14 (T)	School re-opens
April 23-24 (R-F)	NO SCHOOL—Parent/Teacher Conferences; AM 2's <u>will</u> meet
May 1 (F)	May Tuition Payment Due
May 3 (Su)	Carnival
21-22 (R-F)	Last Days
25 (M)	Memorial Day
26 (T)	Teacher's Organize Clean-Up
27-28 (W-R)	End-of-Year Clean-Up

Deadlines for submissions to Co-op Capers are as follows: 3/27, & 5/3. Please contact Lorelee Clark, 258-3254 for further information. We welcome news of local opportunities for family activities and/or any parent- or child-related materials. Submissions via e-mail are strongly encouraged: loralee13@verizon.net

Selected information from The Early Years Magazine, April 2009

- Third-hand smoke (the chemical that lingers in the air and on surfaces after a cigarette is put out) is harmful - especially for infants and children who ingest twice as much house dust as adults. If you smell smoke in an environment, trust your nose. The toxins are there. Even if no one's puffing, your child will be exposed.
- The new shot schedule is out. Go to Parenting.com/vaccines for the latest guidelines
- Vicks VapoRub can increase the risk of respiratory distress in kids under 2, a new study shows. Only use as directed.
- Mouthwashes containing alcohol, such as Listerine and Scope, have been linked to an increased risk of oral cancer, reports a new Australian study. Alcohol may affect the lining of the mouth, making it easier for cancer-causing substances to get through and cause harm.

**April Around Town:
Wondering what to do with
(or for) your kids
in Williamsburg this April?**

Infant/Child CPR classes. (Colonial Virginia Chapter of the Red Cross). Friday, 4/10, 9am to 1pm & Wednesday, 4/22, from 1-6pm. \$55, pre-registration required (757-253-0228). <http://cvc.redcross.org>.

Easter Egg Extravaganza. Saturday, 4/11, FREE. At the Warhill Sports Complex and the James River Community Center. Participants are divided by age to hunt for over 10,000 eggs. Call 259-3200 or go to www.jccegov.com for more information.

Special Interest Programs at JCWCC. FREE. Call the JCWCC for registration information for all programs (887-5810). **Posture Screening** (Wednesday, 4/8, 8-10am)- poor posture may be the root of several other health issues. **Turn Off TV Week** (Monday through Friday, 4/20-26, whenever the community center is open)- stop in any time to check out the display in the lobby. **Track Your Health** (Saturday, 4/25, 9:30am to 1pm)- Blood pressure and cholesterol screening.

Family Night at Chick-fil-a on Mooretown Road. Every Monday night in April, from 5-8pm.

Theatre IV: Rumpelstiltskin: Williamsburg Regional Library Theatre, Saturday, 4/18, 11am. FREE.

Story Time with the Arts: a Celebration of the Art of Dance. Williamsburg Regional Library Theatre. Young performers share the stories of favorite characters from children's literature. Saturday, 4/26, 11am to 1pm. www.wrl.org. FREE.

Barnes and Noble New Town "Turn Off TV Week" activities. Monday, 4/20, 7pm- Preschool and Elementary Story Time. Wednesday, 4/22, 7pm- Preschool Story Time and Elementary games. Friday, 4/24, 7pm- Preschool and Elementary Pajama Story Time. FREE.

Lil' Artists Spring Scrapbooking. WISC. Saturday, 4/4. 10-11am or 11am-noon. Call the WISC for registration and fee information (253-1947).

Open Bounce. WISC. Saturday, 4/18. 6-8pm. Call the WISC for registration and fee information (253-1947).

Pottery Painting with Robin from Paint on Pottery, Too. WISC. Ages 4-12 years old. Tuesday, 4/21, 4:30 to 6pm. Call the WISC for registration and fee information (253-1947).

Lil' Musicians: Music Together with Jocelyn. WISC. Tuesday, 4/28. 5:30 to 6:15pm. Call the WISC for registration and fee information (253-1947).

Yankee Candle Factory Williamsburg. You can spend your entire Spring Break at Yankee Candle Factory. It is the Grand Opening of Wax Works, and they are having a Spring Fling from 4/4-12. Go to www.yankeecandle.com for all of the details!

Jumping Joey's Friday Night Frolics. Every Friday night through Memorial Day, from 6-8pm. Special Guests, Karaoke and Family Games. No additional fee above the price to jump. Go to www.ijfuncenter.com for activity details. 757-565-JUMP.

Easter/Spring Chocolate Fun for Children. Saturday, 4/4, from 1-3pm. Powhatan Secondary Clubhouse, 102 Charter House Lane. Two hours of hands-on creative fun. Create chocolates, crafts and other holiday goodies. \$20 per child. Call Virginia's Finest Chocolates (757-258-5465) or email maryq@chocolategifts.com for reservations.

17th Annual Earth Day Environmental Fair and Trade Show. Wednesday, 4/22, noon-2pm. 2007 Legacy Hall, 4301 New Town Avenue. Recycle your plastic shopping bags, cell phones, rechargeable batteries, and printer toner cartridges. Pick up a free reusable shopping tote. Lots of other giveaways. FREE.

YMCA Healthy Kids Day. R.F. Wilkinson Family YMCA. Saturday, 4/18, 10am to noon. The YMCA opens its doors to the public for fun games and healthy activities. FREE.

Story Time at The College of William & Mary Barnes and Noble. Every Wednesday and Saturday, 11am to noon. FREE.

Story Time at Williamsburg Regional Library: (WL- Williamsburg Library, 515 Scotland Street) (JCCL- James City County Library, 7770 Croaker Road)

Monday	10:30am at WL (Preschool) 2:15 at WL (all ages)
Tuesday	10:30 at JCCL (Preschool)
Wednesday	10:30 at JCCL (Little Bits)
Thursday	10:30 and 11:00 at WL (Little Bits) 2:15 at WL (all ages)
Saturday	10am "Feed Me a Story" at Ukrop's on Monticello Ave. (all ages)

Story Time and Barnes and Noble in New Town. Every Tuesday and Friday at 10:30am. FREE.

Story Time at the WISC. Every Wednesday in April (except 4/8) at 10:30am. FREE.



Crafty Kids:
Getting Ready
for the Easter
Bunny and
Spring!



Duck and Chick Prints

You'll need: Orange and yellow Paint, Small Spatulas, Paper, Pie Tin, and a Fork.

Mix Orange and/or yellow paint. Pour in a large pie tin. Place one or two (small) spatulas on top of each color of paint. The children walk the spatulas across the paper to make prints. Talk about how the spatulas make a shape like the duck's webbed feet. To Do again, use forks to make chick's feet.

<http://www.preschooleducation.com/aspring.shtml>

Bunny Envelope

- 4X6 envelope in pastel shade
- Pencil
- Scissors
- Pink construction paper
- White and black construction paper or wiggle eyes
- Red marker, pen, or crayon
- Small pink pom-pom

1. Lick the envelope shut.
2. Turn the envelope up long ways (portrait). Note: Most of the envelope will be ears.
3. Leave about 2 inches to draw on the bunny face. Draw on ears and cut around the ears. Note: This leaves you with a little opening for the grass and goodies.
4. Cut out inner ears out of pink construction paper and glue in place.
5. Glue on wiggle eyes, or cut eyes out of construction paper and glue in place.
6. Glue on pom-pom nose, or cut a nose out of construction paper and glue in place.
7. Draw on mouth with red pen.
8. Fill opening with Easter grass and an egg or goodies.



EARTH CORNER: Earth Day is April 22, 2009

Climate Change Solutions: What You can Do Right Now

Here's a selection of Earth Day Network's list of actions to take as a first step in reducing your contribution to global warming.

1. **Change your light bulbs:** There are now highly efficient compact fluorescent light bulbs (CFLs) that last for years, use a third of the energy of regular bulbs and actually produce more light. Look for the government's ENERGY STAR label, which means the bulb has been tested for quality and efficiency. While these bulbs cost more initially - anywhere from \$4 to \$15 a piece - remember that there are two price tags: what you pay at the register and what you pay in energy costs over the bulb's lifetime. You may pay more up front, but you will actually save hundreds of dollars in your household budget over the long term because of their long life. Five ENERGY STAR light bulbs will save your household at least \$150 over their lifetime. If every household in the U.S. replaced a burned-out bulb with an energy-efficient, ENERGY STAR qualified compact fluorescent bulb, it would prevent greenhouse gas emissions equivalent to that from nearly 800,000 cars. It would also save enough energy to light 2.5 million homes for a year.

2. **Drive your car differently:** Drive less. Every year, Americans as a whole drive more miles than they did the year before. Stop this trend. Telecommuting and public transportation are great options. Leaving your car at home two days a week will reduce your CO2 emissions by 1,590 pounds a year. Even piling multiple errands into one trip helps and if you can walk instead of drive, even better. Get your car tuned up. Just a simple tune-up often improves fuel efficiency. Studies have shown that a poorly tuned engine can increase fuel consumption by as much as 10-20 percent. Slow down, don't race your car's engine, and watch your idling. All of these save on gas (saving you money) and have a big impact on burning gasoline. You can save gas by turning the engine off and restarting it again if you expect to idle for more than 30 seconds.

3. **Make sure your house is not too hot, not too cold:** 42% of your household energy costs go toward just two things - heating and cooling. Tune up your heating system. By keeping your furnace clean, lubricated and properly adjusted, you can save up to 5 percent in heating costs. Clean vents, close unused vents, and change filters in the vents. Again, just these simple things will save you up to 5 percent in costs. Buy a programmable thermostat, which can regulate different temperatures at different times of the day. And if you have one, use it! These thermostats reduce energy use by 5-30 percent and save you \$100-\$150 in energy costs each year. Add two degrees to the AC thermostat in summer, and two degrees in winter. If everyone did this, the cumulative impact is significant. Make sure windows and doors are sealed. Sealing air leaks and adding insulation can reduce your annual energy bill by 10 percent. Of course, if you can stand it, by far the best approach is to avoid using air conditioners; use ceiling fans—they use 80% less energy than central air conditioners. By only using ceiling fans you can reduce your annual cooling costs by 10-65%. In warm weather run the fan blades in a counter-clockwise direction to feel 5 degrees cooler. During the winter set the fan blades to rotate clockwise at a low speed to force warm air from the ceiling down into the living space.

4. **Tame the refrigerator monster:** Did you know that your friendly refrigerator has a voracious energy appetite? It is the biggest consumer of electricity among household appliances and responsible for 10-15 percent of the electricity you use each year. Don't set the thermostat too high. Lowering the temperature even 1 degree will make a big difference. If your refrigerator is near a heating vent, or always in the sun, then change the location, cover up the heating vent near it or cover the window. Turn on your "energy saver" switch near the thermostat. Clean the condenser coil. This one, very simple thing can improve the efficiency of your refrigerator reducing your annual energy costs by \$20. Make sure the doors seal properly, and keep the cool in.

5. **Green plants with less water, more trees to provide shade:** While it is true that planting more trees will help in the short term because they essentially soak up carbon, they also release carbon dioxide when they die. So it just postpones the problem. But there are other reasons to plant trees - as wind breaks to save energy, and as shade to lower cooling costs. And even the short-term help while we get our act together is a good thing. As for plants, do everything you can in your yard and garden to create ways in which plants use less water. Choose hardier plants, plant things in groups that need more water and put in mulch to help keep moisture in. When you mow your grass, make sure you do it smartly - with sharp blades, and only when the grass needs cutting. Finally, make sure you water your lawn sparingly. All of these will conserve energy.

6. **Be a minimalist:** In today's consumer economy an easy way to conserve energy is to simply use - and buy -- less. Every time you buy something, energy has gone into getting that product to you. So the less you buy, the more you save energy-wise. It's a simple equation. This is the single biggest way to make a dent in the global warming problem. So how about some specific things? Here are a few: Buy in bulk. In short, bulk items use less packaging, which translates into less energy. Buy one of something, not 21 of something. You don't need 21 pairs of shoes, if one pair works just as well. Go through your closet. Donate or recycle what you really don't need, then make a pledge not to replace everything you just got rid of. Buy quality products that will last longer. Over time, you'll obviously buy fewer products that way. Be creative in what you use for work, play and leisure. You don't always have to buy new products for activities.

These links to federal government Web sites for kids are related to Earth Day and the environment and are provided by earthday.gov.

Endangered species: games and how you can help. **endangered.fws.gov/kids/**

Environmental Protection Agency's Kids Club: games and activities about environmental issues **epa.gov/kids/**

National Institute of Environmental Health Sciences Kids' pages: play games, read stories, sing along, and color. **niehs.nih.gov/kids/home.htm**

National Park Service WebRangers: fun and activities in our National Parks. **nps.gov/webrangers/**

Nature Watch: see animals in action. **fs.fed.us/outdoors/naturewatch/**

Sci4Kids: stories about plants and bugs. **ars.usda.gov/is/kids/plants/plantsintro.htm**
ars.usda.gov/is/kids/insects/insectintro.htm

Earth Day Festival

“Of the Earth...For the Earth...”

Saturday April 18, 10am-3pm at First Colony Park & Clubhouse

Arts, Crafts, Information, Food, Products

- | | |
|---|--|
| <ul style="list-style-type: none">• Williamsburg Event Rentals- Representing Eco-Discovery Park• Master Gardeners• Busch Gardens Gardeners• Garden Clubs• Bamboo Flooring• The Land Conservancy• Recycled Glass Tile• Individuals doing a plant Giveaway/Exchange• Freecycle• Soil & Water Conservation• Local Harvest Co-op Farms delivering to Williamsburg• Dayspring Farm- Cologne, VA | <ul style="list-style-type: none">• Quail Cove Farms- Eastern Shore, VA• Organic Meat Farms- Claillagh Farms• Ukrops (earth friendly cleaners & products)• 4-H camp• Waller Mill Park Camps/Classes• Virginia Gazette's Green tips• Birding groups• Landscapers with a green, drought-tolerant, earth-friendly approach• Cookes' Gardens'• Bartlett Tree Experts• Trader Joes (earth friendly cleaners/products)• Boy Scout Troop 102 (Kids can build a birdhouse here from recycled wood.) |
|---|--|

Potential Artists

- | | |
|--|---|
| <ul style="list-style-type: none">• <u>Kordek's Creations</u>: pedestal cake plates from found/antique plates• Jenny Pritchard: funky folk art, men's garage art• Kelly Charles: wrapped sea glass jewelry• Emily Dill: jewelry from antique silverware• <u>Northcott-Wilson Designs</u>: recycled silk & other fabric purses• Lisa Taylor-repurposed jeans (purses), jams• <u>Turner-Jenson Pottery</u>• Rod & Mary Lou Linnekin: local nature & landscape photography• <u>Savanna Images</u>: Nature Photography• John Orehevec: Nature Photography• <u>Shelton Glass</u>: hand-blown glass• <u>Blue Yonder Designs</u>- purses from old books, | <ul style="list-style-type: none">children's clothing & more• <u>The Cat's Meow</u>: hand sewn & quilted treasures, many from scrap fabrics• <u>Bartlebaby</u>: cotton accessories & jewelry• Sheila Glennon's hand-painted wooden furniture• Bruce Long or other local woodworker• <u>Puzzles Plus</u>: intricate wooden puzzles• <u>Flour City Breads</u>• <u>Kinderhaus Toys</u>: wooden toys• <u>Junkafied</u>: funky art from found objects• Augie Liebler: Eclectic Garden art from drift wood & other found sea treasures• <u>Squash Patch</u>: hand painted gourd bird houses |
|--|---|

Questions? Contact Shirley Vermillion @ sjvermillion@cox.net or 564-0955



Earth Day Festival “Of the Earth...For the Earth...” ...anyone?

I'm using this mode of communication because of incredible time constraints—to ask if there are any folks in town who would like to help put together a gathering to celebrate Earth & Arbor Day! On the previous page I have listed a variety of businesses, artists, citizens with information, products and art related to— and friendly to— the earth! I envision a fun, family- friendly, informative, supportive, low-key kind of event-that would include:

- music
- artists who specialize in repurposing used items
- practical information being shared by Mary Ann Moxon (in the Gazette)
- Nike collecting a big box of old tennis shoes to turn into rubber mulch for playgrounds
- containers for kids and parents to clear out their stashes of plastic grocery bags
- Landscapers' information about drought tolerant species
- The Land Conservancy & Soil & Water Conservation Board
- the Eco-Discovery Park Plan for the Jamestown Rd Campsite area,
- simple tips for plant & tree health from Master Gardeners & certified arborists,
- birding groups
- vendors of recycled Glass tiles & bamboo flooring
- Representative from the Organic Section at Ukrops
- Local Harvest Farms
- groups wanting to do plant exchanges or sales.

Part of my challenge is not having the time to go directly to many of these folks in their businesses & solicit their interest!

I'd also love there to be some sponsors to be able to offer a commemorative t-shirt to a number of attendees.

One challenge of any such event is to have a large enough, visible venue- with ample parking...that would **donate** the space for this event to keep it affordable for participants to be there in exchange

for traffic to their certain area (until the event is up & running in future years & more money is needed to be able to offer a variety of entertainment, music, etc). I've thought of New Town, the space across from Duke of Gloucester Street where the Farmer's Market sets up (on Campus of W & M); in fact – it would be great to have these folks be able to set up in & next to the Farmer's Market area – not sure what the rules are there (I like the central location of each of these), Chickahominy Riverfront Park & New Quarter Park also come to mind, maybe also Waller Mill Park.

My original idea was to just try & start this in my neighborhood of First Colony (**we do have the clubhouse & park area reserved for the day of Saturday April 18th**)— and have the participant fees go to a local Relay for Life Team— but I'd really like it to be in a more central location where more folks could see the fun & festivities and just drop in- perhaps **next year** when there is more time to plan! We will work participants this year. I'm asking for feedback & assistance of all types to help me make this event happen on the scale that it deserves!

Why the American Cancer Society? Because in my experience there's often a direct correlation between environmentally/earth friendly practices and better health- possible avoidance of cancer! My grandfather & his 3 brothers were all farmers in the Northern Neck...he used to talk to me about his concerns of the fields being sprayed with the chemicals. Of course I was told to go inside when the planes were spraying- but he would comment that it was still affecting our water, the food we'd eat... He knew that chemicals so powerful to kill the weeds almost immediately had to be drastically affecting our bodies! He sprayed his fields minimally - but the run-off from everyone else's -I'm sure affected him. One brother died pretty young of a cancer in his 50's, one died of lymphoma, one of stomach cancer,& my grandfather from Pancreatic cancer. Multitudes of other farmers & residents of these traditional farming communities are affected similarly. I **know** that there's a genetic component- & that it's not **all** environmental toxins that cause the disease- but learning more about healthier eating & living, exposing ourselves to healthier products & choices will help us, our kids, & our community to lead healthier lives!

Any folks/businesses interested in helping such a gathering to happen; or being included in the exhibitors-please contact Shirley Vermillion at sjvermillion@cox.net or 564-0955. Email is preferred!

**The ABCs of RSV: Fundamentals for Babies
from This Common Virus,
by Caroline Hall, MD
From Pediatrics for Parents Newsletter,
(February 2009)**

Parents gearing up for fall and winter need to know that, sometimes, seasonal sniffles mean more than just a cold. Respiratory syncytial virus (RSV) is a common virus that usually causes cold-like symptoms in adults and children. But for some babies, especially those born premature or susceptible to other risk factors, RSV can be very serious.

All about RSV: RSV is very common, with virtually all babies contracting it at least once by the age of two. RSV infects the upper respiratory system with symptoms similar to a common cold or influenza. It is the leading cause of hospitalization of children under the age of one, and accounts for more than 125,000 hospitalizations in the United States annually.

RSV recurs yearly throughout the world and can be contracted more than once over a person's lifetime. In North America, the typical "RSV season" begins in October or November and lasts four to five months.

Babies Most at Risk: All babies are at risk for contracting "RSV, particularly within the first six months of life. Babies born premature (earlier than 37 weeks) are particularly vulnerable to contracting RSV because they generally have underdeveloped lungs and lack important antibodies they need to fight off infections. Additional factors, such as low birth weight (less than 5 1/2 pounds), contact with other children, family, history of asthma, and exposure to tobacco smoke, also put babies at high risk for contracting RSV.

Preemies and babies suffering from lung disease, heart disease or immune deficiency should be watched more closely for a longer period of time because RSV can lead to life-threatening lower respiratory tract infections, including bronchiolitis or pneumonia.

What to Look For: Common symptoms of RSV include a severe cough, persistent wheezing or difficulty breathing. Possible signs of a more serious infection that may require a trip to the

emergency room include apnea (if the baby stops breathing for more than 10 seconds), turning blue or such rapid breathing that the baby can't breast-feed or bottle-feed.

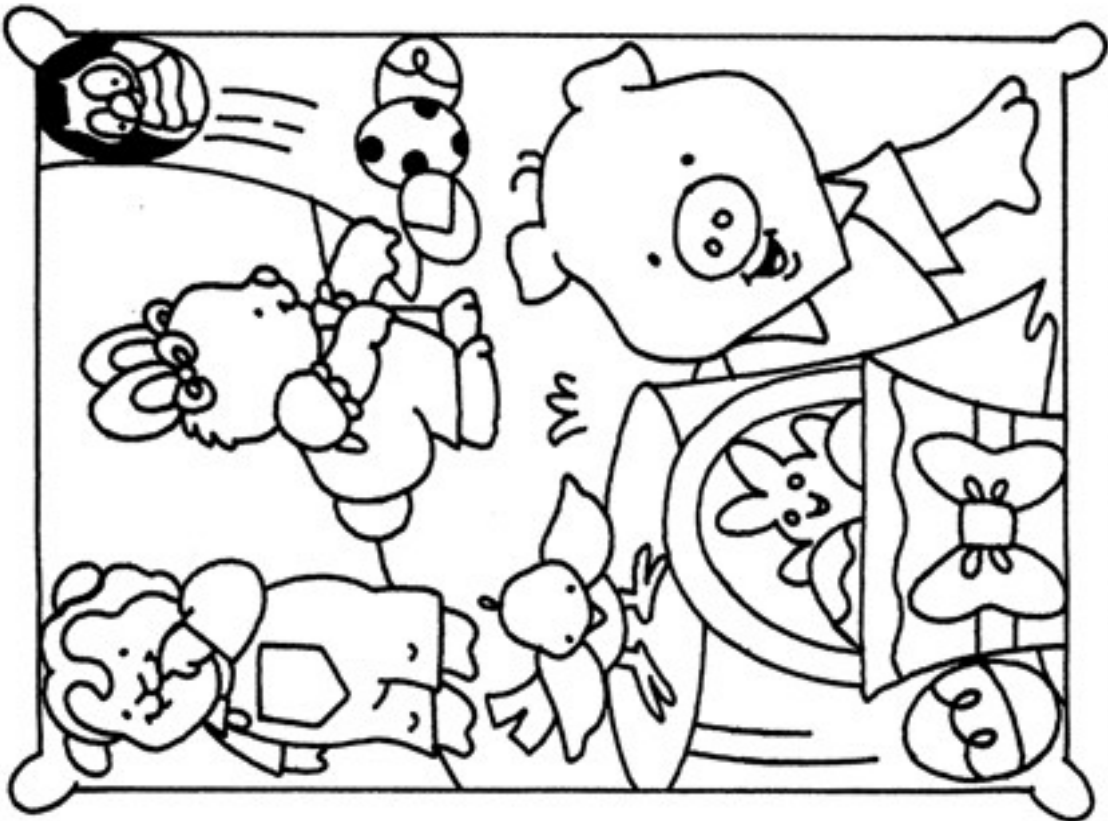
Caring for Your Baby: Prevention is the key to helping your baby stay healthy. RSV lives on surfaces like countertops and in tissues for up to several hours and is easily transferred through direct contact, especially from the hands to the baby.

Keep other children and adults who have coughs, colds or are sneezing away from your baby. Additionally, frequently clean your baby's bedding, toys and personal items, and anyone handling your baby should wash her hands or use antibacterial gels. Also, keep your baby's nose clear of secretions and make sure she receives enough fluids.

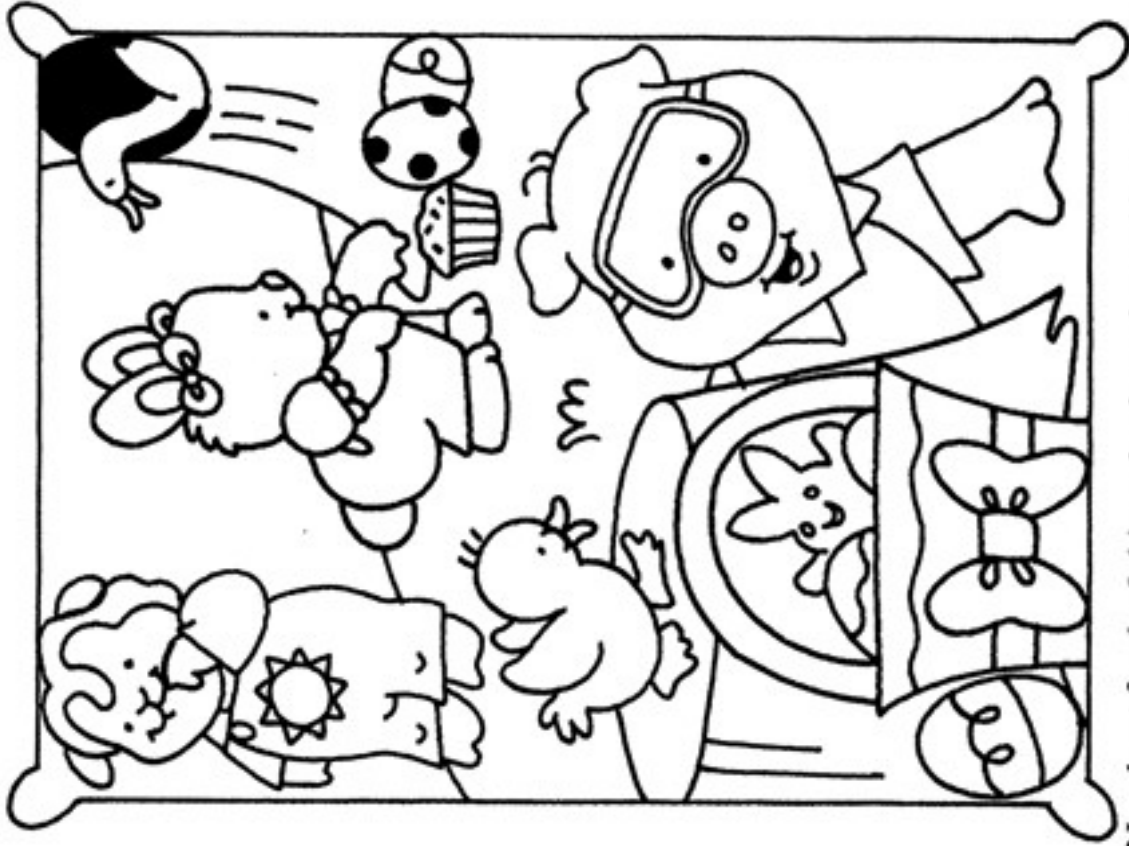
Because RSV is a viral infection, antibiotics don't help, and there is currently no vaccine available for RSV. For certain groups of infants who are at high risk for acquiring severe RSV disease, such as premature infants and those with chronic lung and heart disease, one prescription medication called Synagis is available to help protect at-risk babies from contracting severe RSV. Your physician will know about this medication, which is administered monthly, and whether your baby meets the criteria to receive it.

Tips to Protect Your Baby Parents should remember the following during RSV season and beyond:

1. Check with your pediatrician to see if your baby is at risk for RSV and understand your options.
2. Ask visitors to wash their hands before touching your baby (and keep hand sanitizer nearby).
3. Limit your baby's exposure to small children that attend daycare or school.
4. Monitor your baby for persistent coughing, wheezing or difficulty breathing, and seek a pediatrician's care if symptoms develop.
5. Remember that you know your baby best. If you are at all concerned, call your pediatrician.



Won't you join this Easter egg hunt? It's lots of fun!



Now hunt for the 5 things that have changed in the picture. Find and circle them.