

Community Connection for Child Care

*Promoting Quality Child Care &
Ensuring Good Beginnings for All Children!*



2006 Greg & Steve Concerts Rock Bakersfield Better than Ever!

The Greg & Steve concert series has been a long-time fundraiser for the Agency raising more than \$100,000 over the last six years for our quality efforts in the community. With the help of Greg and Steve themselves, CCCC staff took the opportunity at the end of the 2005 concerts to rethink how to make the production more profitable and reach a greater audience of children. With the help and commitment of many, this year's concert were a huge success!

From March 7 to 10, Greg & Steve performed four concerts at **Valley Baptist Church** in Rosedale to a total audience of over 8,000! A large part of the concerts' success was the new venue which provided easier access for transportation and a bigger seating capacity with balcony and ground level seating with great views. The concert experience for Greg & Steve's fans was also enhanced by Valley Baptist's fantastic sound system and media center that featured two large video screen inside the concert as well as close-circuit televisions playing the concert outside in the foyer. The Church also offered bench seating which allowed classrooms to sit together. Best of all, the updated venue provided ramps and reserved open seating to allow for more children and adults with special needs to attend the concert.

For the first time, CCCC's **R&R Division** completely oversaw concert ticket sales, which in the past was managed by SchoolWorks. Centralized within the Agency, the new ticketing system streamlined the process saving time and money as well as improving the communication between attending schools and CCCC. R&R also for the first time oversaw the sale of Greg & Steve merchandise during the concerts allowing CCCC Foundation to receive 20 percent proceeds of all the merchandise sold. Next year, CCCC will hold five concerts at Valley Baptist Church during the week of March 12, 2007.

A special thank you to our MCs this year, **Lisa Krch, Baby Brady and Rusty Shoop KBAK TV 29 News, Kiyoshi Tomono, KGET TV 17, Greg Williams, CHP and Christine Saldivar, Buckley Broadcasting and 99.7 The Breeze**. During their week stay, Greg & Steve also appeared on two television spots with **KBAK TV 29** performing on the morning Daybreak show and the afternoon lunch news show.

The success of this concert series was only made possible by the generous volunteers from CCCC offices and their family members, Valley Baptist Church staff members and CCCC Foundation Board members!

Thank you to Cindy Burns, Lisa Duncan-Purcell, Sandra Poh, Rheanna Hilton, Barbara Antongiovanni & Brooke Antonioni for planning the event & the volunteers below for making it a success!

Steve Sanders
Kerri Jones
Mariah Hilton
Corina Vasquez
Pat Barron
Katy Williams
Beverly Brar
Roxanne Padilla
Kim Silva
Kathy Haskell, The Rock
Lorraine Lopez

Sally Ramirez
Kendra Cowart
Sherry Eggleston
Veronica Lievanos
Carol Spain
Jeanette Nelson
Sherri Hosey
Tarrisa Rickard
Wendy Wayne, CCCC Foundation
Becky Diltz, CCCC Foundation
Anne Hansen, CCCC Foundation

Amalia Altamirano
Nadine Lopez
Jason Krouse
Renee Lozano
Susie Alderete
Marco Barrientos
Debbie Jackson
Lisa Albert
Geanna Salmon



Staff Newsletter

March/April

"Our greatest natural resource is the minds of our children."
--Walt Disney

SAVE THE DATE!
CCCC Summit is April 28, 2006

Hodel's Restaurant

Did you miss the concerts? Check out the page 7 of this newsletter for a gallery of concert pictures!

CCCC Project Helps Preschoolers Get Ready for a Fit, Healthy Life

Teaching children the importance of physical activity and proper nutrition is vital to maintaining the health of today's youth. Childhood obesity rates have reached an all-time high. In January, CCCC launched **Get Ready, Get Set...Get Fit 4 Life!**, a preventative outreach project designed to help children thrive, by establishing healthy eating and activity habits in the early years. Funded by **Kaiser Permanente** and supported by the **Dairy Council of California**, *Get Ready, Get Set...Get Fit 4 Life* is a unique, innovative, web-based training program based upon a philosophy of healthy eating, and physical activity. The project extends nutrition and physical activity training, healthy recipes and resources to licensed child care preschool center staff and families.



This nutrition education project utilizes the **Building A Healthy Me!** curriculum from the Dairy Council of California that reinforces language development and early math concepts while teaching fundamental nutrition concepts that introduce preschoolers to a range of healthy food choices in a fun way. Designed originally for Kindergarteners, the *Building A Healthy Me!* curriculum features hands-on activities that explore the MyPyramid food guidance system, simple recipe preparation, choosing food group foods for meals or snacks and the importance of breakfast.

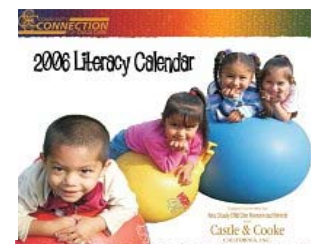
Get Ready, Get Set...Get Fit 4 Life! is a six-month pilot project designed to gather feedback that the Dairy Council of California can use when they revise and adapt this Kindergarten version of the curriculum into an age-appropriate preschool version. The project will end in June with an evaluation of the program by teachers and parents. Curriculum adaptations and participant feedback will be incorporated into the Dairy Council's upcoming preschool curriculum that will be used statewide.

Last December, CCCC staff held a series of project orientations where **Subway** (24th Street) provided sandwiches for the evening trainings to help support the enrollment of this project. A total of 69 individuals from 31 child care centers. The project is directed to Bakersfield area child care centers and preschools, however, there are nine preschool-age programs participating from Wasco, Shafter, Arvin and Lamont and the mountain communities of Tehachapi and Weldon.

CCCC staff provides weekly supporting activities and classroom/family recipes in addition to monthly provider and family activity planners and the family newsletter, *Food! Fun! Fitness!*, that can be downloaded online and distributed to classrooms and homes. Approximately 2,647 Kern County children ages 3 to 5 years will be participating in *Get Ready, Get Set...Get Fit 4 Life!* classroom activities taught by child care teachers and aides receiving this project's web-based resources and *Building A Healthy Me!* curriculum. Moreover, 19 percent of these children are Spanish-speaking and/or live in households where Spanish is the primary language. To learn more about this project, please visit www.everydaylearning.net/getfit.

Hot Off the Press: Literacy Calendar Helps to Raise Little Readers

CCCC is dedicated to building the foundation for early literacy in the community so that young children may be better prepared for success in school and in life. For many years, CCCC staff have translated latest research on language and literacy development into fun, practical activities for families and child care professionals to use with children. Some of the Agency's most recent early literacy projects have been the award winning "What Does R-E-A-D Say?" video and its Storytime Events, which are currently scheduled several times each month with funding from the United Way.



With a grant from **Castle & Cooke** and support of **Resource & Referral**, CCCC rolled out the **2006 "Links to Literacy" Activity Calendar** in March to offer parents, teachers and caregivers low-cost activities each day that foster the language and literacy development of very young children during their critical early years. The calendar activities are designed in a practical and colorful format that is easy to use in a home, family child care home, center classroom, or professional development workshop environment. The 12-month calendar (March 2006-February 2007) helps caregivers create a positive learning experience for infants and preschoolers of all abilities that does not take a lot of effort or time. The "Links to Literacy" Activity Calendar also features additional literacy enrichment advice, storytelling tips, snack ideas and arts and crafts each month.

The calendar is currently being used as an incentive for CCCC's monthly Storytime events and has been promoted on KCSOS websites and on TV 29 News. The calendars are available on-line at www.everydaylearning.net and printed copies are located at the 24th Street office.

Food Program Says Goodbye, But Not Farewell to Liz Maring

Liz Maring, one of CCCC's long-time staff members, will be retiring from the Agency on April 7. Liz's years of service with CCCC have contributed to the success of the Agency's growth and expanded outreach to the community over the last decade. Retirement often provides the time for reflection upon an individual's career and Liz's journey with CCCC has indeed been a remarkable one! For nearly 10 years, Liz has been the representative 'face' of CCCC, and many have benefited first hand from her sound, thoughtful advice born of her experience, broad expertise and abundant good sense. Before coming to CCCC, Liz operated a successful family child care home and was also an elementary school aide where her love of education benefited many young children and their families. In September 1997, she began with the Subsidized Division as a Program Facilitator II where her talents at organization and communication made her a very successful case manager.

Liz came to the Food Program in 1999 where she was reunited with Sheila Hayden, her site monitor when she was a family child care home provider. Liz covered all of Kern River Valley as well as large zipcode areas of Southwest Bakersfield often carrying a caseload of more than 100 providers and managed the paperwork for the Provider Pantry. Despite her caseload and responsibilities, Liz dedicated herself to keeping her providers well informed about program regulations and requirements in addition to sharing Internet resources, articles and current research with her clients. She eventually developed the "Tidbits and Activities" newsletter that the Food Program distributes to providers as a way to share ideas with providers and also assisted with any trainings the Food Program offered. On home visits, Liz was always eager to share her personal experience as a family child care home provider and offered ideas on creating learning environments and activities to providers. Her background as a provider helped Liz create strong relationships with her providers where they could feel more at ease with her and contact her with any questions or concerns. On the 2005 CCCC Provider Survey, providers described Liz as helpful and outstanding and complimented her enthusiasm, knowledge, and her ability to go beyond expectation.

Mary Straw describes Liz as not only an "exemplary case manager" but also a tremendous asset to the Food Program. During her time with the Food Program, Liz identified ways to do processing and case management more easily by revising internal forms for staff and recreating home visit forms to stay in better contact with providers. A few words out of many that describe Liz include: encourager, mentor, creative, versatile, energetic, committed and determined. Her energy and dedication have been an inspiration to all around her. Those who work closely with Liz recollect how she was always willing to help in any way she could. "Whenever a call went out for volunteers and committee members," recalled Sheila Hayden, "Lizzy would be first to check her schedule and workload to see how she could contribute or attend!" This energy and enthusiasm earned Liz the nickname "Busy Lizzy" from Sheila.

Those who know the energetic Liz Maring may be having a hard time picturing her retiring and settling down. Liz is looking forward to spending time with her family in their new home in Boulder City, Nevada. Liz will be sorely missed by CCCC staff and her providers who had the distinct pleasure of working with her and learning from her. We all wish Liz the best in all of her future endeavors!



Blueprints Committee Helps Plan 2006 CCCC Summit

Over the past month, the Blueprints for Innovation committee has been focused on the preparation of the 2006 Summit scheduled for Friday, April 28. The committee members are working on making the event informative, festive and fun! The committee first selected Hodel's Restaurant as a convenient location with ample space. Speakers were also selected for the morning panel and afternoon workshops. This year's theme will be celebrating the history of child care and role in shaping the society.

In addition to planning for the Summit, Blueprints for Innovation continues to work on and implement great ideas from staff.

❓ [Revamp the entrance to CCCC's 24th Street facility so the entrance is less confusing, more inviting and more kid-friendly.](#)

Status: Visit the 24th Street lobby and you will find some new brochure holders and literature racks mounted to the walls allowing visitors easier access to materials and service information. Some eye-catching, directory signs featuring children are getting their final touches and will be making their debut in April!

How Can I Participate in Blueprints for Innovation?

Feedback Form

Electronic or written, it can be emailed or dropped into the designated box

Division Meetings

Time to develop and prioritize group ideas and suggestions

Staff Meetings

Time at end to discuss ideas

KAEYC Invites Kern to "Build a Better Future for All Children"

The Week of the Young Child (April 2-8, 2006) is an annual celebration sponsored by the National Association for the Education of Young Children (NAEYC) and the Kern Association for the Education of Young Children (KAEYC). It is a way to remember the young children of our community, raise awareness of important issues affecting them, and most significantly celebrate the work you do as a provider for the children and families of this community. This year's theme is **"Building Better Futures for All Children."**



Activities that you might suggest for providers and early childhood educators

- Have a family potluck
- Make buttons or ribbons to distribute to parents with slogans such as **"I am at work today because I have quality child care"** or **"This employee made possible by quality child care."**
- Have a daily focus for each day (or only one day) of the week where information is distributed to parents such as information on:
 - ❓ Children's health
 - ❓ Violence prevention
 - ❓ Importance of reading
 - ❓ Tips for monitoring children's television watching
 - ❓ Parent advocacy tips
- Place children's art, or stories in banks, malls, businesses in your neighborhood, etc. (create sidewalk art or window painting for businesses, have a "showing" of children's art in a parent's place of work)
- Have a Saturday or weekday open house and program tour
- Join with other centers/family child care providers to have a picnic in the park for lunch
- Plant a garden
- Give staff small notes of encouragement and small treats each day to remind them of the impact they have (or have children and parents prepare the notes for the staff)
- Have the children send a note to their parents at their work site telling them how much they love them
- Invite parents, elected officials or business leaders to visit your center to read to the children
- Have children draw pictures, write their messages on them and then send to elected officials or newspapers

Activities that you might suggest for families

- Have a "No TV night" also links with the National TV Turnoff Week in April. Provide a listing of alternative activities such as board games, reading or cooking together, taking walks, go to the park, etc.
- Visit libraries or book stores for special reading times and story telling
- Russo's Book Stores will be having story/music time on April 3 at 10:00 a.m. at the East Hills Mall and April 5 at 10:00 a.m. at the Market Place.
- Barnes & Noble Book Store on California Avenue will be having a special story/music time with Clifford the Dog on April 8 at noon.
- Borders Book Store on Stockdale Highway will be having a story/music time on April 8 (tentative).
- Visit local museums such as the Kern County Museum, California Living Museum (CALM) and the Bakersfield Museum of Art.
- Plan special family activities

For more activities visit NAEYC's web site at www.naeyc.org and click on Week of the Young Child. Also visit the Kern County Child Care Council's web site for local activities at <http://kcsos.kern.org/kcccc>

Please contact Tammy Burns at 636.4444 to share any information about any Week of the Young Child events you may know about. KAEYC would like to highlight those activities in their newsletter to publicly recognize dedication to the young children in our community.

CCCC Foundation Board Update

The Foundation welcomes a new Board Member in **Karen Goh**, Executive Director of The Garden Pathways/The Garden.

CCCC would like to thank the **Bakersfield Condors** for hosting CFK Recycling Night at the March 14 hockey game. CCCC received support from recyclables donated and through the funds generated from the Jersey Raffle of that night as the "Charity of the Night." A big thank you to **Lisa Duncan-Purcell, Courtney Purcell, Bev Brar** and **Curtis Furr** for volunteering their time at the CCCC information booth to discuss CCCC services with Condor fans!



Mark your calendar! The 2nd annual **A Day on the Green** golf tournament will be held on August 26 at the Rio Bravo Country Club. All proceeds from this fundraiser will benefit the **Valley Fever Americas Foundation** and **CCCC Foundation**. CCCC staff are invited to put a team together for this charity event. Look for more details in future newsletters.

The Tournament's principal sponsor is **Barber Honda**. Tournament organizers are seeking additional sponsors (platinum, gold, and silver sponsors) and hole sponsors to support the tournament. **Lauraine Cook**, CCCC Foundation Board Member and owner of Mirage Salon and Day Spa, will be assisting Brooke Antonioni in recruiting sponsors for the event.

Donor Highlight:

PG&E

PG&E's 2006 Corporation Campaign for the Community is the company's annual workplace giving drive designed to create awareness for nonprofit organizations in communities while encouraging employees and retirees to make a pledge to the charities of their choice. PG&E fully funds all administrative costs associated with this program, ensuring that 100 percent of employees' and retirees' contributions went to their designated charities.



CCCC Foundation received \$768 from one unnamed PG&E staff member through her payroll pledge. The Foundation would like to thank this PG&E staff member for her designations and her dedication to our community's children!



MS EXCEL Tips to Make Data Entry Faster & More Fun!

- Ctrl + Home will always take you back to the first active cell in the spreadsheet.
- Ctrl + End will take you to the last active cell in the spreadsheet.
- Freeze rows in Excel by selecting the row under the one you want to show and click on the number to the left of the row. Select Window from the menu bar and click Freeze Panes. The row(s) above the selected row will not move when scrolling. This also works with Columns.
- Edit cells in a spreadsheet by navigating to the cell and pressing the F2 key on your keyboard.
- Create a quick chart in Excel by selecting the data for the chart and pressing the F11 Key on your keyboard.
- Select active data in a spreadsheet press CTRL + SHIFT + ASTERISK (*). This will not select empty cells in a worksheet.
- Preview calculations before you write the formula by using the status bar. Change the calculation by right-clicking on the status bar. The status bar is at the bottom of the Excel screen.



EXCEL Keyboard Shortcuts

Ctrl + 1 Format Cells

Ctrl + ; (semicolon) Insert current date

Ctrl + : (colon) Insert current time

Ctrl + F3 Name range

Ctrl + Page Down Move to next worksheet

Ctrl + Page Up Move to previous worksheet

Ctrl + Home Return to beginning of worksheet

Ctrl + Shift + O (letter O) Select all cells which contain comments

Alt + Enter Start a new line in the same cell

Shift + Tab Complete the entry and move one cell left

Ctrl + K Insert a hyperlink

F7 Run the spell-check

F5 Go to

Ctrl + Z Undo

Ctrl + F4 Close the current workbook

Ctrl + A Select all cells in the worksheet

Ctrl + N Open new workbook

Shift + F11 Insert new worksheet

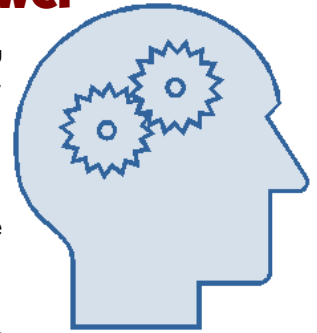
Shift + F3 Open the Past Function

Ctrl + Spacebar Select Column

Shift + Spacebar Select Column

Work-Life Balance **Tips on How to Boost Your Brain Power**

Do you sometimes feel as if your brain is on “empty?” Here’s how to keep it in shape so you can pump up your problem solving abilities, fight forgetfulness and think more clearly and creatively:



Practice mentally: Studies of athletes indicate that imagining a tennis serve or ski run between competitions can boost performance. Possible reason: Mental rehearsals use most of the brain connections switched on during the real thing, so they help build mental muscle.

Capture creative peaks: Experts believe the brain to be in a highly creative state just before going to sleep and right after waking up. Action: Use these times to think about solutions to problems and jot down any ideas that come to you.

Focus your attention: To help remember “where”: If you tend to misplace your car keys, for example, say to yourself, “I’m placing the keys on the shelf by the hallway mirror.” To help remember “when”: Note the weather, the day’s headline news or what you’re wearing at the time of performing a task.

Use it or lose it: Research suggests that as you age, you can reverse a decline in thinking abilities by becoming more mentally active. Smart moves: Learn a new language, study a new subject, play games like checkers and do cross-words and other puzzles.

Keep fit: Evidence shows that people in their 70s and 80s who stay healthy can expand their brain power and easily match the mental abilities of a 30-year-old. Helpful: Keep physically active, manage stress and maintain a positive attitude.

More mental muscle builders: Read more., eat foods rich in brain-boosting beta-carotene (like apricots, carrots, papayas and sweet potatoes), use rhymes and acronyms to help remember facts and names.

Kern County Child Care Spaces (as of March 27, 2006)		
<u>Providers</u>		<u>Spaces</u>
1,142	Total Family Day Care	10,912
846	Small (Cap. 8)	
296	Large (Cap. 14)	
268	Total Child Care Centers	18,926
206	Licensed Centers	13,238
62	License-Exempt Centers	5,688
Grand Total		29,838

*For more information about Kern County and individual community child care supply and demand, please visit the **Kern County Child Care 2005 Report** at kcsos.kern.org/cccc/lincc*

CCCC Comings & Goings

Promotion

Gail Goar has been promoted to Supervisor (Lake Isabella and Ridgecrest)

Juanita Valdez has been promoted to Supervisor (Delano)

Retired

Liz Maring, Program Facilitator II (Food Program) will be retiring April 7 after nearly 9 years of service to the providers and community.

Resigned

Sherri Hosey, Program Facilitator II (CalWORKs)

Moved to Another KCSOS Division

Martha Gomez, Secretary II, transferred to the Kern County Network for Children



