

# VILLAGE VOICES

*It takes a village to raise a child*

Healthy Child Coalition – Central Region

March-April 2014

## CARMAN FAMILY RESOURCE

Community partnerships are what Carman Family Resource Centre is all about. Since 1999, the resource centre has shared space with the regional health agency, moving to its new building in the Industrial Park in 2007.

Having Families First and public health staff just down the hall is a great benefit to the family resource centre, says Executive Director Michelle Bergsma who has been in the position for six years.

The RHA also offers in kind support for the centre in the form of free rent, phone and photocopying charges.

“We pay for the Internet,” Michelle says, adding that fundraising dollars go towards that.

“We are also very grateful for the financial support of both the Town of Carman and the R.M. of Dufferin,” she says.

The centre also enjoys a close relationship with school and churches, she says. Like other family resource programs, the Carman centre finds it a challenge to meet its operating costs.

(continued on page 2)



*Carman's Family Resource Centre is a bright and cheerful place to visit.*

Healthy Child Coalition  
Central Region



### Contact us:

Healthy Child Coalition –  
Central Region  
P.O. Box 39  
Langruth, MB R0H 0N0  
Telephone and fax  
204-445-2326  
Email  
hcc.centralregion@gmail.com

**Next issue will be out**

**May 2014**

Check us out on  
Facebook!

Follow our blog

“Living in the Village”

<http://hcccentralregion.wordpress.com/>

Want something  
included in this  
newsletter?

Contact Sharron  
Arksey, coordinator

## Seasonal Rhymes

### Easter Eggs

(Tune: Jingle Bells)

Easter eggs, Easter eggs

Hidden all around.

Come my children look about

And see where they are found.

Easter eggs, Easter eggs

They're a sight to see.

One for Tom and one for Ann

And a special one for me!

### Five Green Shamrocks

1 green shamrock, in the morning dew,  
Another one sprouted,  
and then there were two.

2 green shamrocks,  
growing beneath a tree;  
Another one sprouted  
and then there were three.

3 green shamrocks, by the cottage door;  
Another one sprouted,  
and then there were four.

4 green shamrocks, near a beehive  
Another one sprouted,  
and then there were five.

5 little shamrocks,  
bright and emerald green,  
Think of all the luck  
these shamrocks will bring.

### Happy St. Patrick's Day

(Tune: *I'm a Little Teapot*)

I'm a little leprechaun  
Dressed in green,  
The tiniest man  
That you have ever seen.  
If you ever catch me, so it's told,  
I'll give you my pot of gold.

## Carman Family Resource, continued

"It is easier to get grants for programming and for "things", but it is a challenge to find money for wages and administration," Michelle says.

Carman's main fundraiser is its One Stop Shop event in November each year, a joint effort of the centre and the local Kinettes Club. The Kinettes look after the lunch counter; the resource centre is responsible for the tables.

In addition, the centre is now hosting Mom-to-Mom sales at which parents can buy and sell clothing, toys and other items.

"I think of these as more of a service than a fundraiser, but they do raise a little money," Michelle says.

She estimates that the Carman family resource centre reaches as many as 150 area families each year.

"I think our immediate goal is just to keep up the good work we have been doing," she says. "Attendance has been very good."

The resource centre offers a range of programs from Bookmates literacy programs, physical activity programs such as Wiggle Giggle and Munch to cooking and parenting programs. Special events throughout the year include a Teddy Bear picnic and the annual wind-up party.

About two years ago the board held a strategic planning session at which centre exposure within the community was defined as one of its goals.

Since then, the centre has made a big effort to increase its exposure via social media, media interviews, an updated website, signage and its regular newsletter.

A new executive took over following the centre's AGM in January, with parent and program facilitator Heather Veldman as the incoming president.

Finding people to sit on the board or serve as facilitators and childminders for programming is not always easy, Michelle says.

"You think you have enough and then someone moves away or takes a full time job. We are always looking for help."

Sometimes, space can be an issue, as well. Although many of the programs can be run in the centre building, those programs involving physical activity need more space. That's where the partnerships with churches and schools comes into play.

Despite the ongoing challenges, Carman Family Resource Centre has come a long way from its beginnings eighteen years ago and Michelle is excited about the future.

"We want to continue increasing the quality of life for families in the Carman area," she says.

Want something to read on St.  
Patrick's Day?

**Green Eggs and Ham** by Dr.  
Seuss!



# Rain, Rain, Go Away

We haven't said goodbye to snow yet, but sometime soon those white flakes will be replaced by raindrops. Here's an activity for a rainy day.

## What you'll need:

- Large paper plates
- Markers and/or crayons

Give each child a paper plate with a hole poked out in the middle. Let the children decorate their plates as they wish with markers or crayons. If you have stickers, you can add those, too. When they're finished get them to stick their index fingers through the hole and hold the paper plates above their heads just as they would an umbrella.



Say this rhyme together with the children as they move around the room, holding their umbrellas in the air:

It's raining, It's raining,  
Oh me, oh my!  
But our umbrellas will keep us dry!

## Easy to Make Plastic Bag Bunnies for Easter



### What you'll need

- a white plastic bag with handles
- stuffing
- rubber bands or twist ties
- a permanent marker and/or dot stickers
- pipe cleaners
- tape

### How to make it

Stuff a plastic bag with something soft and tie the handles together at the top. For stuffing you can use shredded paper, more plastic bags or old clothes.

Put a rubber band over the bag to make a bunny head

Draw or stick on facial features.

If you have another rubber band handy, consider popping one on the bunny's backside to make a tail.



### Leprechaun Dust

Empty a box of lime Jell-O into an empty salt shaker. Cover the shaker with green paper and label it "Leprechaun Dust". Give each child apple slices, making sure they have a little moisture or water on them. Let children sprinkle leprechaun dust on their apples. As soon as the Jell-O hits the apple, it will turn green.



*Members of the Prairie Sage drum group and Hon. Kevin Chief, Minister for Children and Youth Opportunities in Portage la Prairie February 21.*

## STARTING STRONG STAYING STRONG

More than 95 people attended the Starting Strong Staying Strong professional development opportunity in Portage la Prairie February 21.

Sponsored by Healthy Child Coalition – Central Region, the day-long event was billed as a learning opportunity for those who worked with indigenous families.

Participants ranged from Families First and public health workers and school counsellors and teaching staff to family resource program and children’s protective services staff.

The keynote address was delivered by the Hon. Kevin Chief, minister for Children and Youth Opportunities. The minister followed his presentation with a meet and greet session.

The afternoon sessions began with presentations on aboriginal childrearing practices. Shannon Buck, led participants through an exercise designed to show the difference between old and modern cultures. Ko’ona Cochrane spoke on her experiences as an aboriginal child and parent.

This was followed by three presentations on existing programs of possible benefit to indigenous communities. Wanda Phillips-Beck and Michele Kearly discussed a pilot program designed for on-reserve families which cannot access the provincial Healthy Baby program. Sharon Brown presented on the Nobody’s Perfect parenting program and Bookmates’ Katherena Vermette outlined the Rock and Read – Reflecting Community Culture program.

## NOTABLES

### ALPHABET SOUP IN MOTION

Bookmates Alphabet Soup in Motion is a six-week program developed for parents (caregivers) and their preschool children ages 2 to 5 years. This program is focuses on active play, literacy and family eating principles over six weekly sessions. Together parents and children will participate in active rhymes, songs and activities. These activities range from sharing books together to yoga poses, body movement, and creating and eating snacks together. Families will enjoy time together and then time apart as they then engage in adult activities and child activities.

Dates for this training will be announced when they are confirmed.

### KIT & KABOODLE

One or more trainings for the Kit & Kaboodle literacy program will be held this spring. If numbers warrant, separate training sessions will be held in northern and southern regional locations. Dates to be announced soon.

### CALL FOR PROPOSALS

Application forms are now available for HCC-CR grant funding for 2014-2015. Deadline for applications is April 30, 2014. **Applications received after this date will not be accepted without prior consent.** Programs which have received funding in the past will receive application forms automatically.

## THOUGHT FOR THE SEASON

Spring has returned. The Earth is like a child that knows poems.

Rainer Maria Rilke

