

CO-OP CAPERS

The Newsletter of the Williamsburg, Vermont Co-operative Food Store



An Autumn Night to Remember



That familiar flurry of excitement is in the air as the Auction Committee members, Co-op teachers, and Co-op families prepare for our annual fall auction to be held Saturday, November 3rd at 6:00 p.m.

Thanks to all of you who have generously donated an item or monetary contribution to your child's class basket—these are always a highlight!

Remember to check the sign up sheets on the Center Room door for food and beverage items you may have signed up to bring.

On November 3rd baked items may be dropped off at Co-op from 12-2 pm. Please place items in disposable containers and wrap them in clear plastic.



Remember to invite your family and friends to join you for an evening of great food, lots of fun, and lively bidding, of course!

It will be a fun-filled evening with lots of auction surprises and entertainment.

Find your babysitters now to enjoy an adult evening out!!



THANK YOU EVERYONE!

The parent education committee would like to thank everyone for coming out to the Ice Cream Social and helping to make it a success. The weather ended up being beautiful and we had a great turnout! We also would like to thank Bruster's for their sweet contribution.



CO-OP CALENDAR



November 3 (Sa)	Auction at St. Martins, 6:00 p.m.
November 8 & 9 (R, F)	NO SCHOOL— Parent/Teacher Conferences
November 21-23 (W-F)	NO SCHOOL—Thanksgiving Break
December 3 (M)	Monthly Tuition Due
December 14 (F)	Holiday Open House: 1 Day 2's, Barnes & Noble Fundraiser
December 17 (M)	Holiday Open House: 3 Day 3's, Both 3 Day 4's
December 18 (T)	Holiday Open House: 4 Day 4's, 2 Day AM 3's, 2 Day PM 3's, PM 2's
December 19 (W)-January 1 (M)	NO SCHOOL—Winter Break
January 2 (T)	School Re-opens, Monthly Tuition Due



EARTH CORNER: Protecting the Environment with your Preschooler

As parents, we all have a role to play in teaching our children about the importance of protecting the environment. Exposing children to environmental awareness at an early age will guide them as they grow and shape the decisions they make as adults. It will empower them with the knowledge that their actions are significant and that they too can have a role in changing the world. Here are some simple actions you and your children can take to protect the environment. By incorporating these into your day-to-day activities, you will give your children the foundation they need to grow into environmentally responsible citizens.

- Teach children about the importance of turning off lights, televisions, computers, etc. when leaving a room in order to conserve electricity.
- When coloring, encourage children to use both sides of the sheet to conserve paper. And don't forget to recycle any papers you don't need or want to keep.
- Teach your children not to waste water; have them turn off the tap while brushing their teeth.
- Encourage children to participate in recycling at home.
- When your child has outgrown or lost interest in a toy, have him/her recycle it by donating it to a charity or children's hospital.
- Try packing sandwiches, snacks and even drinks in reusable containers. Use cloth napkins, reusable cutlery and lunch boxes instead of a disposable bags.
(www.treehousetv.com)

How Thankful Are You? : A Fun Way to Teach Your Family to Reflect

Thanksgiving is a time for big dinners and family get-togethers. It's a time for pumpkin pie and pilgrim talk. But it's also a time for reflection. Sometimes, that's a hard concept for kids to grasp. Don't forget to include some thanks in your Thanksgiving. Even the youngest children can participate with this easy project, which we've dubbed A Hat Full of Thankful.



Think of the hat as a thought-collector of sorts. Here's how it works. Find your stiffest head topper—bowler, cowboy, top hat—any hat will do as long as it's not too soft. Place it upside-down on a table in the entryway of your home and surround it with a stack of index cards and a cluster of colored pens. As each guest arrives, take their coats and point them towards the hat. Ask them to write down at least one thing for which they're thankful. Younger kids may need a little bit of help, but anyone is old enough to know what makes them happy.

Once everyone has finished, collect the hat. Then at some point during dinner, pass it around the table and have each person reach in for a card and read it aloud. Listen up. We guarantee some of the things will surprise you!

—submitted by Patty Seftas (www.education.com)

Big Family Fun on a Small Budget

1. **Be a Hometown Tourist:** This is certainly the town for it! Set out to explore with a fresh perspective. Check out that out-of-the-way museum, shop or flea market you always wanted to see. Pick up your city's visitors guide at the local tourist bureau office or visit their web site. It will give you a complete rundown of all there is to do and see in your area, and it's likely to have several coupons and other discounts.
2. **Movie & Dinner:** Many movie theaters, playhouses and other performing arts organizations offer discounts for matinee performances, perhaps saving you enough for dinner afterwards. Check their schedules for matinees, and find out if lower ticket prices are offered for those performances. Many restaurants offer various "early bird" discounts as well. Call your favorite restaurants to inquire about early bird deals and any other seasonal or family specials they offer.
3. **Free & Easy Entertainment:** Most cities have a weekly activity guide, web site or daily newspaper that lists dozens of free activities occurring every weekend. Check for free concerts or movies at local parks, libraries and museums. Many museums and recreation centers also offer free admission at some time every week.
4. **Pack a Picnic:** Pack a delicious picnic lunch and head out to an area park that's new to you. This will also give you a fun (and free) way to walk off that big lunch.
5. **Volunteer for Adventure:** Your city's weekly activity guide probably lists the various volunteer activities taking place around town. Besides feeling good about giving back to your community, volunteering is a great way to make new friends and possibly embark on new adventures. Volunteering, for example, could lead to a free canoe trip down a local river to help clear litter from its banks. Or, make a pack of new friends by volunteering at a local animal shelter.

(adapted from homemadesimple.com)



Crafty Kids: Leaves of Great Ambition and Modest Ambition



Leaf T-shirts

- T-shirts (white cotton, tight weave works best)
- Fabric paint
- Small paint brushes
- Leaves
- Newspaper
- Paper cups
- Rolling pin, paint roller or baseball bat

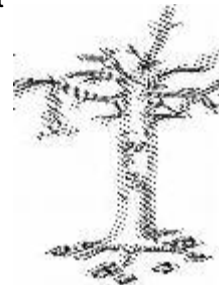
Spread down several layers of newspaper on a table. Squeeze fabric paint into paper cups. Make sure leaves are dry and clean. Completely paint the bottom of each leaf where the veins are more pronounced. Turn your t-shirts inside-out and place a piece of newspaper between the layers or sides. Place a leaf, paint side up, inside the shirt and spread shirt tightly over it to limit wrinkles. Imprint the leaf pattern to the shirt by using rolling pin, paint roller or baseball bat to press down on the shirt and painted leaf in one firm, rolling motion. Repeat the process on different areas of the shirt with as many colors of paint as you have available. Allow the paint to dry and then bond it to the shirt by throwing it into your dryer for 10-15 minutes on a low setting.

(homemadesimple.com)

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Make leaf pictures

Make collages of animals, fruit, toys, faces, instruments or vehicles. The leaves can be turned into whatever your child's current interest happens to be. Start by collecting **leaves** and pressing them between the pages of a **phone book or newspapers**, then weigh them down with something heavy. In 1-2 weeks they should be flat and dry. Arrange them on **paper**, playing with images and/or color. Remember, it is the process that is most important and not the product—there are no right or wrong collages. You may want to cut out eyes or mouths or use pieces of cut paper to embellish. Glue leaves into place with a **glue stick** and lay a clean sheet of paper on top of the glued leaves to rub them into place. Tah-dah! Beautiful reminders of Fall 2007.



Mothing In Perspective an excerpt By Mia Geiger (motheringmagazine.com)

I was at a meeting of a local nursing mothers' group, trying to listen to what the speaker had to say about keeping the spark alive after having children, and my 16-month-old daughter, Eliana, started screeching. I tried to distract her with a crayon, a pretzel, a sippy cup, a tortilla chip—nothing worked.

Meanwhile, the speaker was trying to get a point across and 12 women were trying to hear her. I turned to the mom next to me and, apologizing, mumbled something about Eliana being antsy. The woman smiled and said, "She's singing."

It was like someone flipped the switch in my brain. Here I was: embarrassed, anxiety-ridden and apologetic. And here was this other mom, calm as can be, smiling at my daughter. I wasn't smiling at Eliana and I certainly wasn't thinking such a pleasant thought. I was thinking: I'm tired, please behave, just a few more minutes.

The woman's comment got to me. It made me see how what we think is everything. I became so wrapped up in how the situation looked, how my daughter was making noise when she "shouldn't be," and how maybe I looked like I was unable to "control" my child. Why wasn't I focusing on the one thing I needed to at the time - the needs of my daughter? Why didn't I think that she was "singing?"

It's hard being a mom. And it's hard being a child. We take our sons and daughters with us to different places and we pray they will "behave." We ask them to "be a good girl" at the mall, when all they want to do is jump out of the stroller and run into the toy store. We ask them to "be a good boy" at the museum, when all they want to do is squeal with delight at all the new sights. We take them to the supermarket and ask them not to touch anything, yet we walk down aisles with colorful fruit, boxes with cheerful cartoon characters, and of course the checkout line with impulse buys that suddenly become impulse touches. We take them to restaurants and ask them not to drop any food, but who can resist pushing a piece of cereal off the corner to see where it will go?

When we were starting to baby-proof our house, articles told us to get down low on the ground so we could see things from a baby's perspective. When I did that, everything looked big. It also looked new, interesting and fun.

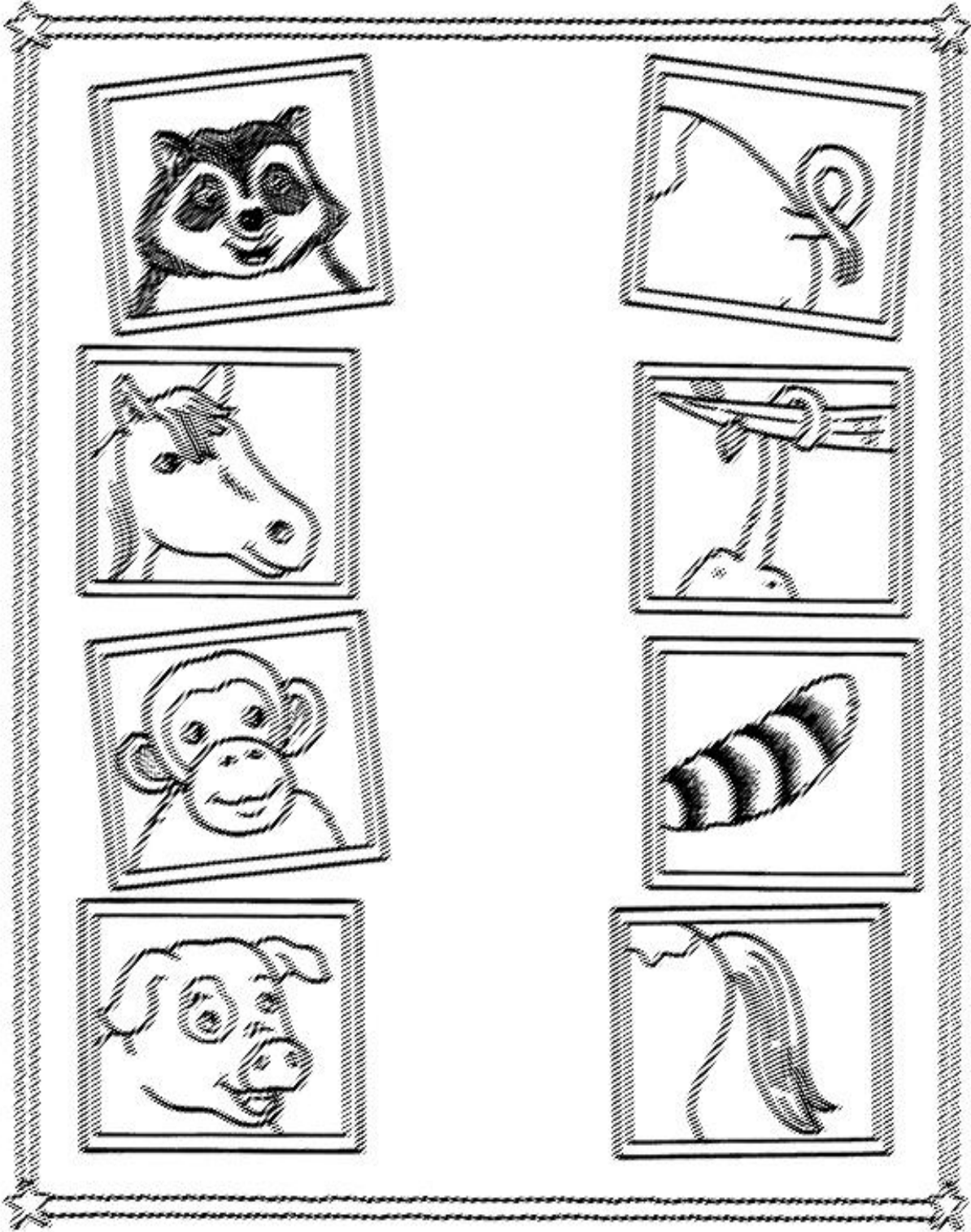
That day, after the meeting, I vowed to think about my daughter's feelings ahead of mine. And to think about what is going on in a different way. Sure, I hope she doesn't start to wail during a religious service or during dinner out or at another parents meeting. But if she does, I'll handle it without apologizing.

Actually, I hope she does squeal with glee when she sees a well-loved friend, no matter where we are. I hope she does laugh loudly when something is funny. And I hope she does cry to let me know something is wrong.

Because that will be music to my ears.



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*These animals would love to find their tails!
Draw a line from each animal to its tail
and you will make them very happy!*