

CO-OP CAPERS

The Newsletter of the Williamsburg, Farm and Cooperative Enrichment



CO-OP CALENDAR



April	7-11	NO SCHOOL—Spring Vacation
	14 (M)	School Reopens
	19 (Sa)	TV Turnoff Week Kick-off Event, 2-4 p.m.
	24-25 (Th-F)	NO SCHOOL—Parent-Teacher Conferences
		AM 2's WILL meet
May	4 (Su)	Carnival, 2-4 p.m.
	23 (F)	Last Day
	26 (M)	Memorial Day
	27 (T)	Teachers Organize Clean-up
	28-29 (W-Th)	End of Year Clean-up

Deadlines for submissions are as follows: Wednesday, April 30. Please contact Lorealee Clark at 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

From Our President

Thanks to all the families who came out to Pizza & Pajama Night and helped to make it such a success. It is always so much fun to watch Co-op families enjoy a night out filled with good food, good company, and good music! I would like to extend a big thank you to the members of the Special Events Committee--Eileen O'Brien, Jennifer Youngs, Charlotte Bush, Cindy Kordek, and Annette Specht--for all their hard work in making the evening such a success. Without their time, effort, and organization, the evening would not have happened. Thank you!

I would also like to thank all the families who participated in Square 1 Art. Your support of Co-op is greatly appreciated and we hope you will enjoy your art treasures!

Please mark your calendars for our annual Parent Education Event on Saturday, April 19 and our Spring Carnival on Sunday, May 4. I hope to see you all then.

—Molly Gareis, Co-Op President

Announcements



Celebrate TV Turnoff Week with Co-Op Friends April 21-27, 2008

Kick-off Event: Saturday, April 19, 2-4 p.m. at the Co-Op: Featuring fun activities for children (indoors and out) that demonstrate wonderful, simple interactive alternatives to screen time as well as a brief talk by former Co-Op Parent and Pediatrician Dan Via M.D., F.A.A.P. (Williamsburg Pediatric, Adolescent & Sports Medicine). Childcare will be provided and there will be drawings for 10 family fun-night packs!

In an effort to help us celebrate National Turn-off TV week, local merchants are offering the following great discounts or activities (Co-op families will receive a flyer):

- Jumping Joeys: Buy one get one free open jump time (can be used more than once during the week)- closed Mondays
- School Crossing: Monday, April 21, 4-6pm, enjoy an afternoon of crafts hosted by a staff member
- California Tortilla: Tuesday, April 22, 5-9pm, receive 10% off total bill when you mention Williamsburg Parent Co-op
- Barnes and Noble: Wednesday, April 23, 6-8pm, enjoy a story time and activity

*Be sure to check with your classroom board representative to see what play date has been planned for your class




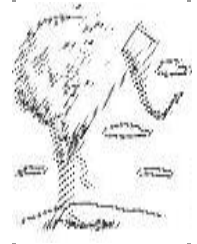


CO-OP CARNIVAL RAFFLE DONATIONS, BOOKS, CDs, SOFTWARE and VHS

Remember, this year's Co-op Carnival is on May 4, 2008. 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 4th. If you have any questions or need more information, contact either Cindy Kordek, 253-2971 or Jennifer Youngs, 566-4302.

We will be collecting children's and parenting books along with music cd's, software and VHS tapes for the sale at the carnival. Check the center room 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!!!

April 2008

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 <u>April Fool's Day</u> Read a good joke book together.	2 Invent with large or small boxes; build cars, trains, etc.	3 During lunch create funny creatures out of fruits and veggies.	4 Construct an obstacle course inside or outside.	5 Make a garden planter at Home Depot, 9 a.m.
6 Take a walk on the Virginia Capital Trail; bring along a bird guide to identify birds.	7 <u>No Homework Day</u> Stay in your pajamas and cuddle!	8 Make a batch of Spring cookies using sugar cookie dough to create flowers.	9 Go outside and play freeze tag—invite your neighbors to play!	10 <u>National Sibling Day</u> Tell your siblings how much you love them	11 Use paper bags or old socks to make puppets and put on a show	12 Farmer's Market on DoG Street 8am-12pm Build an ant house at Lowes 10a.m.
13 <u>National Library Week</u> Check out your local library!	14 Let's go fly a kite...how long can you keep your kite up?	15 Eat breakfast together as a family.	16 Have a tea party. Wear Mom's or Dad's "dressy" clothes and enjoy lunch with each other.	17 Attend an outdoor concert on DoG Street, 3 p.m. (Manchester High School)	18 Camp indoors; cuddle up and read books under a tent/fort with a flashlight.	19 Join Parent Ed. Co. for National Turn-off TV kick-off 2-4 p.m. at Co-op.
20 Play your family's favorite board game.	21 Enjoy Crafts at <u>School Crossing</u> 4-6 p.m.	22 <u>Earth Day</u> Enjoy 10% off total bill at California Tortilla 5-9 p.m.	23 Join Co-op at Barnes and Noble for story time and activity 6-8 p.m.	24 Jumping Joey's is offering "buy one get one free" admission all week!	25 <u>Arbor Day</u> Plant a tree in your yard with the whole family.	26 Story time at Ukrops, 10am Make your favorite dinner together as a family.
27 Art on the Square 10 a.m.-5 p.m. DoG Street	28 Have a scavenger hunt inside or outside!	29 Roll up a pair of socks and play laundry basket basketball	30 Make a scrapbook page to remember your month of activities!			



Crafty Kids: April 22, 2008 is Earth Day!



My Planet Earth By: Amanda Formaro

The beauty of this project is that no two will ever be alike! Every child's creation will be completely unique. You can use this delicate but pretty recycled-crayon craft to teach children that the earth is also delicate and we need to look after it.

- WHAT YOU'LL NEED**
- Crayons in blue, green, brown and white
 - Scissors
 - Wax paper
 - Paper towel
 - Iron
 - String

1. Lay a piece of wax paper out flat on the work surface.
 2. Use a drinking cup or other stencil to draw a circle on the wax paper.
 3. Parents should shave the crayons using the blade on a pair of scissors or the edge of a knife.
 4. Have your child place the different colored crayon shavings within the circle however they like; blue for water, green and brown for land, white for cloud formations.
 5. Cut a piece of string about twelve-inches long. Double the string over and place the open ends together, lay them onto the crayon shavings. When the shavings melt in the following steps, the string will be melded into the cooled crayon to form your hanger.
 6. Place another piece of wax paper on top of the crayon shavings being careful not to disturb the shavings.
 7. Place a piece of paper towel on top of the wax paper.
 8. With iron on low setting, a grown-up can apply heat to melt the crayon shavings. Allow it to cool completely.
 9. Once cooled, use scissors to trim the creation into a circle, trimming off any excess if necessary. Be very careful not to cut your string!
 10. Carefully peel off one side of the wax paper, then the other.
 11. Hang in a window.
- The finished project is very delicate. Use this opportunity to discuss how our Earth is delicate as well and we should treat it with respect by recycling, throwing away our trash (not littering!) and conserving energy by closing doors and turning off lights.
 - If you prefer, you can leave one side of the wax paper on the project. This will help preserve it a little while longer and it will not be as vulnerable.
 - Before making this project, have a suction cup hook already hanging in the window. That way you can immediately hang the project out of eager little hands that may accidentally break it.

(kaboose.com) For more information on Earth Day check out
<http://ww2.earthday.net/~earthday/> and <http://holidays.kaboose.com/earth-day>

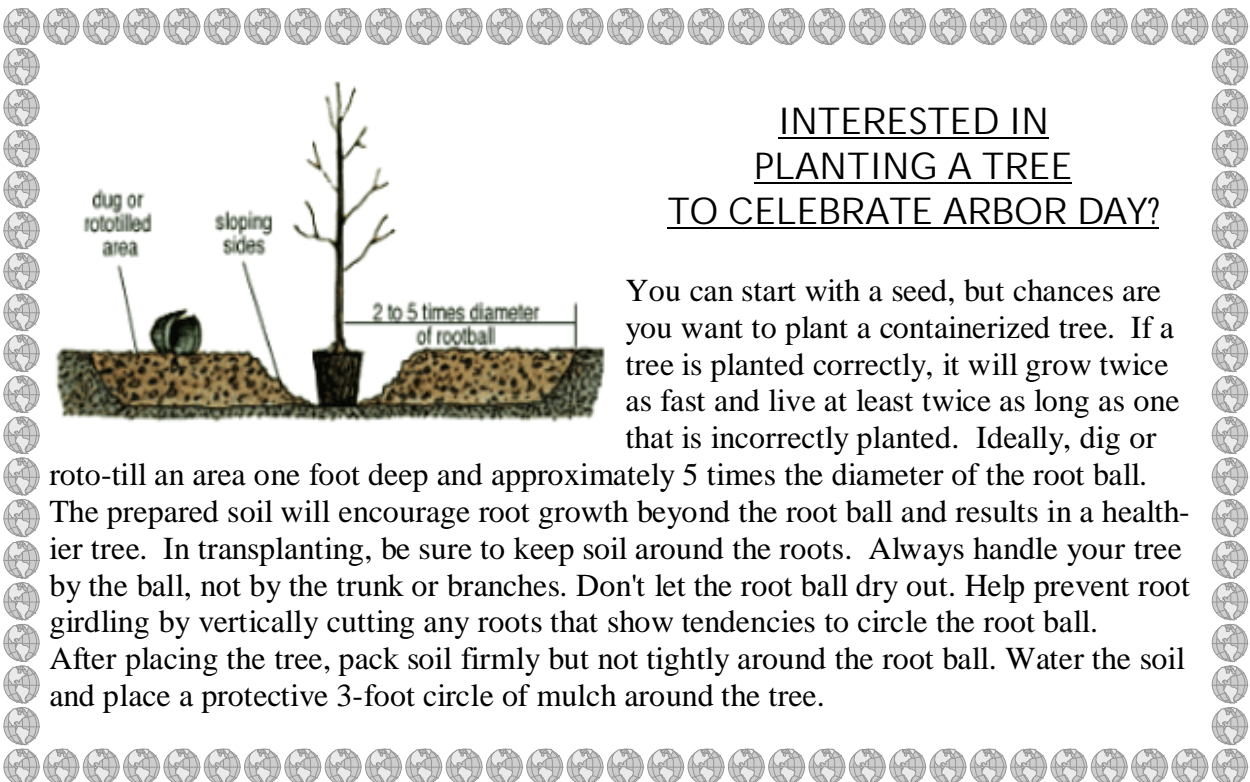


EARTH CORNER: April 25, 2008 is Arbor Day!

Want to help your children celebrate the day dedicated to the celebration of trees? Arbor Day is a nationally-celebrated observance that encourages tree planting and care. If you or your child is interested in a Kids Explore Club Membership with the Arbor Day Foundation, it includes:

- Ten exciting adventures with fun activities that take children, and their families, outside exploring in their own backyards and neighborhoods
- Mission Clipboard
- Magic Tree Ring Magnifying Glass
- Explorer's Portfolio
- Personalized membership card

A one-year membership is \$20.00 and would make a great gift for a birthday, good report card reward, or simply a nice investment in the Earth. You can check out the details and sign up at arborday.org/shopping/kec/join.cfm



INTERESTED IN PLANTING A TREE TO CELEBRATE ARBOR DAY?

You can start with a seed, but chances are you want to plant a containerized tree. If a tree is planted correctly, it will grow twice as fast and live at least twice as long as one that is incorrectly planted. Ideally, dig or

roto-till an area one foot deep and approximately 5 times the diameter of the root ball.

The prepared soil will encourage root growth beyond the root ball and results in a healthier tree. In transplanting, be sure to keep soil around the roots. Always handle your tree by the ball, not by the trunk or branches. Don't let the root ball dry out. Help prevent root girdling by vertically cutting any roots that show tendencies to circle the root ball.

After placing the tree, pack soil firmly but not tightly around the root ball. Water the soil and place a protective 3-foot circle of mulch around the tree.



The Value of Trees to a Community

The following are some statistics on just how important trees are in a community setting.

- "The net cooling effect of a young, healthy tree is equivalent to ten room-size air conditioners operating 20 hours a day." -U.S. Department of Agriculture
- "Trees can boost the market value of your home by an average of 6 or 7 percent." -Dr. Lowell Ponte
- "Landscaping, especially with trees, can increase property values as much as 20 percent." -Management Information Services/ICMA
- "One acre of forest absorbs six tons of carbon dioxide and puts out four tons of oxygen. This is enough to meet the annual needs of 18 people." -U.S. Department of Agriculture
- "There are about 60-to 200- million spaces along our city streets where trees could be planted. This translates to the potential to absorb 33 million more tons of CO₂ every year, and saving \$4 billion in energy costs." -National Wildlife Federation
- "Trees can be a stimulus to economic development, attracting new business and tourism. Commercial retail areas are more attractive to shoppers, apartments rent more quickly, tenants stay longer, and space in a wooded setting is more valuable to sell or rent." -The National Arbor Day Foundation
- "Shade from trees could save up to \$175 per year (per structure) in air conditioning costs." -Dr. Lowell Ponte
- "Healthy, mature trees add an average of 10 percent to a property's value." -USDA Forest Service
- "The planting of trees means improved water quality, resulting in less runoff and erosion. This allows more recharging of the ground water supply. Wooded areas help prevent the transport of sediment and chemicals into streams." -USDA Forest Service
- "In laboratory research, visual exposure to settings with trees has produced significant recovery from stress within five minutes, as indicated by changes in blood pressure and muscle tension." -Dr. Roger S. Ulrich Texas A&M University
- "Nationally, the 60 million street trees have an average value of \$525 per tree." -Management Information Services



When one of my friends discovered that I made lunches for my teenage children every morning before school, even though I am also rushing to leave for work, she was horrified. "They're old enough to be making their own lunches," she said. "You shouldn't do things for them that they can do for themselves."

Yes, they can make their own lunches--and other meals, too--and they often do if I am kept late at work or am busy in other ways. They also do their own laundry and help around the house. But making their lunches is one way I can give them more than they have asked for--and I've come to believe that this kind of giving is an important way of demonstrating love.

I first discovered this principle when my oldest son, Matthew, was about 13 months old and I was pregnant again. I was feeling tired and sick much of the time and I'd fall asleep exhausted, only to be awakened three or four times every night by his persistent requests for "nummies." In the morning I often felt even more exhausted than I had when I'd gone to bed.

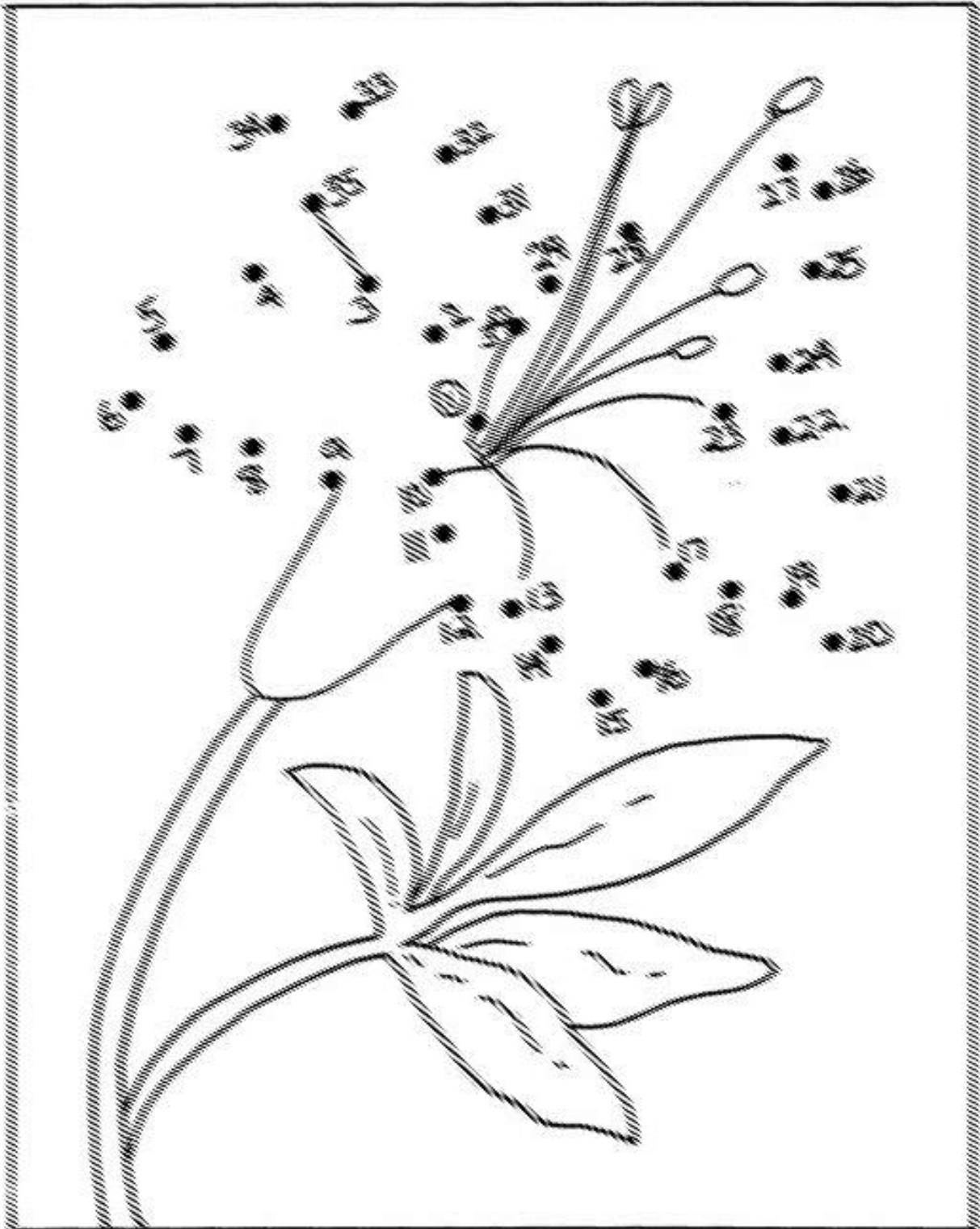
My friends, relatives, and physician all had the same solution: wean him. I knew I had to do this gradually, so I tried to distract him when he seemed to be thinking about nursing, arming myself with a repertoire of toys, songs, and games, as well as appealing snacks and treats. But the more I tried to push him away, the more desperate to nurse he became. After a few weeks of this, he was nursing five or six times a night, instead of just three or four, and I was worn out from all my efforts to distract him.

Finally, one night I said to him, "I'm going to nurse you so much you won't be able to stand it." During the day, instead of trying to distract him, I began to offer nursings frequently. If he so much as looked at me, I lifted up my shirt! Any sign of tension or fussiness brought an offer to nurse. At night I slept topless so that he would have easy access whenever he wanted to nurse. And instead of trying to keep his time at the breast short, I'd cuddle with him, talk lovingly to him, and let him nurse as long as he wanted. In fact, if he let go, I'd ask him if he wanted any more.

At first, I think he was amazed. He eagerly climbed onto my lap to nurse every time I offered it and asked frequently in between. But after three or four days, a funny thing happened. Matthew began to say no sometimes when I asked him if he would like to nurse. Now that he knew he could nurse any time he wanted, he didn't want to so often. He nursed less frequently at night, and by the time his baby sister was born, he often slept all night without it.

I think that we are encouraged to give our children as little as they will accept, especially our babies. If they don't insist on being carried around, leave them lying in a car seat or crib, people will say. When babies cry, plug in a pacifier first before feeding--and wait until they spit it out and cry really hard before you do. If you can distract your toddler with toys or crackers, then nursing is not necessary. But I believe children deserve more than the bare minimum we can get away with. It is doing those extra things that convey love: picking up your child for a cuddle just because you love to see that smile. The fact that your baby will sit alone in a crib without crying or protesting doesn't mean it's a good experience. And when I respond only to my children's pleas or demands for attention, doing only what they ask for, they feel that I am giving to them grudgingly, and that they may need to step up the intensity of their demands to ensure they get what they need. Consider your relationship with your partner. If you ask him to kiss you and he does, that's pleasant. If he does the dishes when you ask him--even if he does them with a few complaints--you appreciate it. But how much more valuable are those kisses given without being requested! Don't you feel far more pleased when he notices, without your saying a word, that the dishes need doing, washes them all, and then takes you and the baby out for dinner?

Although my mornings are very busy, I continue to prepare the lunches for my children to take to school. I liked sending them off each day with a meal that I had lovingly prepared--making sure Lisa had enough lettuce on her sandwich, that Danny had crunchy, not smooth, peanut butter in his, and that everyone got a little treat. It was a small effort, but it was a way of expressing my love for them. Love is a verb, not a noun; and it's giving a little more than we have to that makes it love in action.



These seeds

These flowers are so highly colored that
they might seem like they're on fire.