

July 2008
Volume 1, Issue 3
Chelsea Bennett, Editor

Inside this Issue

- 1 Welcome
- 1 Did you know?
- 1 VITAL Kids: Movie Night
- 1 Thank you!
- 2 Bird Watching 101
- 2 Park Spotlight: Hueston Woods
- 2 You are VITAL
- 3 Can I leave my child at home alone?
- 3 Free Fun Ohio

BCCS VITAL
300 North Fair Avenue
Hamilton, OH 45011

V.I.T.A.L. News

Welcome to VITAL

Brett Richardson

Its summer now and VITAL is heating up along with the weather! We are excited about the surge of volunteers that are interested and helping make VITAL's vision a reality. We have events upcoming soon, and as always we look forward to your help and/or donations to make these events a success.

As you are out and about this summer, look to see our VITAL sign and come say hello! We are in recruiting mode full blast, so you are likely to see us anywhere! If you would like to help recruit at an event, please call me and we will get you started. As always, remember: Get Inspired! Volunteer! ☺

Did you know?

Only two people signed the Declaration of Independence on July 4th, John Hancock and Charles Thomson. Most of the rest signed on August 2, but the last signature wasn't added until 5 years later.

*(Fact courtesy of
<http://www.corsinet.com/trivia/u-triv.html>)*



July is National Recreation and Parks Month! Get out, soak up the sun and enjoy the weather!

Picture courtesy of City of Lynnwood Official Web Site

VITAL Kids You are invited!

What: Disney's Cars Movie
When: July 25th
Time: 5pm to 9pm
Where: Stratford Heights Church of God, 4419 Nelson Drive, Middletown OH



(Courtesy of Disney.com)

Thank you!

Thank you to **Stratford Heights Church of God** for donating your time and building a second time for our upcoming Movie and Game Night! Also, a big welcome and thank you to our new volunteers **Tamra and Rachel Kaczka** and **Lynn Hasebrock** for jumping in with both feet and volunteering with one of our infant foster children on no notice!

Bird Watching 101

In almost every habitat known to humans, from the lush tropics of Africa to the frozen tundra of the Antarctic, birds are found. They add color and song to our world. Bird watching in America is a popular hobby; in fact 37% of the population enjoys observing our feathered friends.

The Hamilton County Park District is home to more than 200 different bird species, from the common American robin to the not-so-common American bittern. The parks offer many great locations for bird watching. For best success, Naturalists recommend that you wear clothes with soft, natural hues. Walk softly and slowly. Ideally, you should choose a spot and sit quietly, field guide and binoculars in hand. Let the birds come to you.

Hamilton County Park District's Best Bird Watching Sites:

Miami Whitewater Forest - Shaker Trace Wetlands

This area is a birder's delight, no matter what the season. Located near the 2.0-mile marker of the Shaker Trace Trail are more than 130 acres of restored wetlands. The wildlife viewing shelter offers a panoramic view of the wetlands. The shelter is positioned to maximize the opportunity to observe birds and other wildlife. It faces north, taking advantage of natural lighting conditions. The shelter includes a visual guide to common wetland birds to help visitors identify those that they might see. The Shaker Trace Wetlands are home to several state-endangered birds, including the American and least bitterns, king rail and sedge wren. In the fall, you may see flocks of blue-winged teal and other migrating waterfowl resting and feeding as part of their

flight to southerly destinations.

Glenwood Gardens

This park offers 2.75 miles of trails among restored wetlands and prairies. You may spot great and little blue herons diving for a meal at one of the preserve's small ponds. Flickers are also in abundance, along with Carolina wrens, mockingbirds and Eastern bluebirds.

Woodland Mound

This park is situated along the Ohio River in Anderson Township. The glacial activity that occurred centuries ago carved the dramatic hills and bluffs of Woodland Mound. These natural features provide updrafts and soaring skies for raptors such as red-tailed

(Article Courtesy of Hamilton County Park District, www.hamiltoncountyparks.org)

Park Spotlight: Hueston Woods

From the bedrock to the top of the tallest tree, Hueston Woods State Park is a fascinating place. Just below the soil, the limestone is studded with well-preserved fossils of the strange and primitive inhabitants of the shallow sea that covered Ohio during the Ordovician period, about 450 million years ago. In this corner of Ohio, powerful geologic forces thrust the ancient rock layers upward, creating the Cincinnati Arch. Here and there, streams eventually scoured away the upper layers, exposing the Ordovician limestone layer to modern rock hounds who consider Hueston Woods' fossil beds to be some of the finest around. The final retreat of the glaciers about 14,000 years ago deposited deep and fertile soils in the area, prompting frontier-era explorers to dub the area the "Garden of Ohio."

(Courtesy of Ohio State Parks magazine Fall/Winter 2000, <http://www.dnr.state.oh.us/parks/magazine/magfallwin2000/parkspotfw2000hueston/tabid/476/Default.aspx>)

You are VITAL Volunteer opportunities

July 25, 2008

5p-9pm, Stratford Heights Church of God, 4419 Nelson Drive, Middletown OH

Movie Night

Volunteers are needed to provide child care and help with crafts. For more information please contact Brett Richardson at 887-4351.

July 21, 2008

7p-9p, Family Connections

FAST meeting Child Care

Volunteers are needed to provide child care and help with crafts. For more information please contact Brett Richardson at 887-4351.

August 18, 2008

7p-9p, Family Connections

FAST meeting Child Care

Volunteers are needed to provide child care and help with crafts. For more information please contact Brett Richardson at 887-4351.

Can't volunteer time? What about donations?

Donations are VITAL to helping upcoming events be successful. Everything from snacks, drinks, cups and plates to crafting supplies such as glue, crayons, paper would be gladly accepted. Anything you could donate will be VITAL.

Can I Leave My Child At Home Alone?

By: Yvonne Howard

Now that the school year has ended, children are planning all sorts of fun things to do; downloading music, playing video and computer games as well as playing outside. Some will spend countless hours talking on the phone and sending text messages to their friends. However for parents, the thought of having their children home alone for long periods during the day can be stressful. Many parents view school as a safe haven for their children while they go to work, school, or while attending to other family responsibilities. Deciding to leave children at home alone poses many questions. The State of Ohio does not have laws stating a specific age when children can be left home alone. Most parents feel around the age of 12 and up that children can be left alone. Here's a bit of advice. Before leaving children home alone parents must spend **time** with their children. **Time** together will allow parents to know the developmental levels of their children while giving the ability to monitor their behaviors. This will indicate whether or not to feel safe leaving them home alone. Parents must also have a good relationship with their children, one that is built on trust, before leaving them home alone. Here are some tips designed to set children up for success while leaving parents feeling more secure when their children at home alone.

Call a family meeting to establish the rules and expectations. Make the meeting fun; start off by having your child/children tell a joke. Make sure you allow enough time to go over all the rules.

Post the rules up on the refrigerator as a reminder. If possible have the rules laminated.

Post emergency numbers beside all telephones.

Have a trusted neighbor or relative check in on the children throughout the day.

Never allow your children to cook. Provide microwavable foods and snacks.

Don't allow your children to have guests in the home while you are away.

If you have a swimming pool - **NO SWIMMING ALLOWED** without an adult at the pool.

Teach your children how to take telephone messages without letting the caller know they are home alone.

Create a list of chores for your children to do- this will teach your children self discipline.

Encourage your children to follow the rules.

Praise your children when they have successfully followed the rules and completed all assigned chores and responsibilities.

Practice fire drills and tornado drills.

Keep all matches and lighters out of reach.

Instruct your children to keep all doors and windows locked at all times.

These tips only represent a select number of strategies you can implement. This information will be helpful to you and your children, but remember: spending **TIME** with your children is the key!

Yvonne Howard is the Program Prevention Specialist for Butler County Children Services. She is trained through the Common Sense Parenting Program. She has helped many parents improve their parenting skills. These parenting classes are free of charge and open to the public. If you are interested in attending these classes call (513) 785-5936

Free Fun Ohio

Taft Museum of Art

FREE admission on Wednesdays
Open Monday – Saturday: 10 am – 5 pm and Sunday: 1 pm – 5 pm
Location: 316 Pike Street, Cincinnati, Ohio
Phone (513) 241-0343
Web Site: www.taftmuseum.org

Harriet Beecher Stowe House

Admission is Free
Open Tuesday, Wednesday and Thursday from 10:00 a.m. – 4:00p. m.
Location: 2950 Gilbert Ave (State Route 3, U.S. 22), Cincinnati, OH
Phone: (513) 632- 5120
Web Site: www.ohiohistory.org

Columbus Jazz and Rib Fest

July 25- July 27
Friday & Saturday: 11 am - 10 pm
Sunday: 11 am – 8 pm
Columbus OH (Downtown at Riverfront / Bicentennial Park)

BUTLER COUNTY FAIR

July 20-26
Web Site: www.butlercofair.com

KIDS DAY

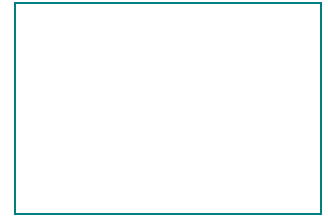
July 20th 12 p.m.-7 p.m.
Fairfield Aquatic Center
2605 Augusta Blvd.
Fairfield, OH 45014
\$5 donation (Bring a backpack and three people get in FREE!!)

54th ANNUAL ANTIQUE/CLASSIC CAR PARADE

July 26, 2008
Web Site: www.anticquecars.org

(Events may have fees associated with exhibits)

BCCS VITAL
300 North Fair Avenue
Hamilton, OH 45011



ADDRESS CORRECTION REQUESTED



