

Orca Sounds

January/February 2010



Upcoming Events

January

- 6 Volunteer/Leaders Meeting, 6:30pm, Puyallup office
- 8 Candy Sale Kick-Off, 7pm, Puyallup office
- 18 Martin Luther King Jr. Day
- 22 Candy Sale begins

February

- 16 Candy Sale ends
- 22 Candy Sale reports due
- 26 Hands On Art Workshop

March

- 18 Absolutely Incredible Kid Day
- 26 National Art Entries due
- 27 Junior Daffodil Parade

April

- * Torch Bearer Projects due
- 7 Volunteer/Leaders Meeting
- 10 Grand Floral Parade
- 14 State Arbor Day
- 22 Earth Day
- 30 National Arbor Day

May

- 1 Kids Health & Safety Fair
- 5 Volunteer/Leaders Meeting

June

- 4 Council Fire

For more information,
visit the Calendar page at:
www.campfireusaorca.org



Happy New Year!

2010 promises to be an exciting year for Orca Council.

We are hitting the ground running. Our first Leader/Volunteer's Meeting is January 6, the Candy Kickoff will be January 8, and the 2010 Candy Sale begins on January 22 and ends on February 16.

In March, Camp Fire USA is turning 100! Camp Fire has a long and distinctive history of which we all should be proud. A year of celebrations across the country will mark this centennial anniversary for the first nationwide organization for girls developed in the United States. We will be updating our website frequently as more information rolls in about events.

Talks are still underway with the Lower Columbia Council regarding a possible merger between the two councils. Whatever the final decision, we are confident that the decision will reflect what's best for Orca Council.

And finally, the office moved in December from McKinley Avenue to a residential building nearby at 404 South 30th Street, near Holy Rosary Church and School. We're looking forward to a fresh start in a new location. I look forward to working with all of you to make it a great year.

Kathy Unruh, Executive Director

Council Office Has Moved!

The new mailing address for the Orca office is PO Box 18170, Tacoma, WA 98419. The physical address is 404 South 30th Street, Tacoma. (This is NOT the mailing address!). Office phone numbers and email addresses remain the same.

Executive Director Kathy Unruh would like to thank everyone who helped with the move, including Stephanie, Lunnard, Chesney, Kate, Chris, Lori, Rebecca, Patti, Dick, Larry, Ben, Patrick, Amy, Rylee, and a special huge thanks to Randy, Kara and Don.



Wireless in Puyallup?

Orca Council's Board of Directors has approved a number of technology updates. Among the options is the possibility of making wireless internet available in the Puyallup office.

Some of the benefits to this proposal would be better access to information at Volunteer/Leaders meetings to aid in planning events, the ability to send and receive information from members immediately, and—who knows?—members could even “attend” meetings via web-cam.

Stay tuned for updates!



The 2010 Candy Sale

- Candy Kickoff: Friday, January 8 in Puyallup.
- Candy Sale starts: Friday, January 22
- Super Bowl: Sunday, February 7
- Candy Sale ends: Tuesday, February 16
- Candy Sale reports due: Monday, February 22

Your Candy Committee has been hard at work making plans for this year's sale. Among the ideas the committee has been working on are Centennial-themed marketing for the sale, and the promotion of candy donations to soldiers, either via “Operation Homefront” or through our contact last year at the USO (United Service Organizations). Details about this part of the sale will be available at the Candy Kickoff.

Also, the word from Tacoma's own Brown & Haley company is that there will most likely be NEW packaging with the Centennial logo and Centennial messaging on the Almond Roca, Almond Caramel Clusters and Mint Patties boxes. They are using up current inventory but expect the new packaging to be available.

By selling Camp Fire candy, members let others in our community know about our program, and provide valuable support to the Camp Fire's club and camping programs. It also allows members to earn credits to go to camp, purchase Camp Fire uniforms and merchandise, or pay for other Camp Fire events.

Questions about the Candy Sale?

Kathy Unruh	Overall questions	orcaku@hotmail.com
Stephanie Golka-Smith	Committee member	sgolkasmith@comcast.net
Pamela Hoirup	Committee member	batpoirup@comcast.net
Johna Noble	Committee member	johnanoble@yahoo.com
Nikki Levy	Store sales sign-up	
Kate Reynolds	Candy Depot	

Art Workshop February 26

Orca Council leader Rebecca Engelhardt has organized a hands-on art workshop with a friend, colleague, artist, and former Camp Fire kid who will help participants with ideas and inspiration for the National Art Competition.



The theme for this year's competition is "Art Goes Green." One of its goals is for participants to capture and communicate what it means to "be green" today—its significance to the artist and their futures, to their communities, and to the world.



Projects can consist of, but are not limited to, drawings, crafts, songs, poems, skits, photographs, and videos. Environmental and nature projects that use recycled materials are strongly encouraged.



The deadline for entries to be turned in at the council office is March 26



New Camp Fire USA Health Curriculum Encourages Kids To Take Charge of Their Health

(Kansas City, MO) – Getting kids to step away from their computers and cell phones and be enthusiastic about their own health can be difficult. Thanks to generous support from the MetLife Foundation, Camp Fire USA has created the *Hold On to Health* curriculum, a program

that not only encourages kids to have healthier lifestyles but also shows them how to have fun while doing it—at little to no cost.

Today millions of youth and families throughout the United States are facing serious health issues due to inactive lifestyles, poor nutrition, and other unhealthy choices. Children who have weight and other health challenges often have low self-esteem, which can lead to serious social and psychological problems. This, in turn, can result in poor academic and work performance.

Young people are now developing health conditions and diseases typically associated with much older adults. A study released in April 2009 showed that one in five four-year-olds are already obese. Of even more concern is evidence showing that if the obesity epidemic continues, this will be the first generation of children to have shorter life expectancies than their parents.

Hold On to Health employs goal-setting and decision-making exercises to teach youth and their families the importance of eating healthy, being physically active, and making healthy choices. It has specific activities designed for youth at each level, from kindergarten through ninth grade.

But even with a strong curriculum to support them, most children cannot do it alone. That's why *Hold On to Health* has an extensive family component for parents and guardians. Youth are encouraged to take home information and materials to share with their families so that everyone can be involved. Parents, guardians, and siblings can be invited to sessions and family events at which they can prepare healthy and low-cost meals and snacks, participate in fun and active games, and create support networks for attaining physically active lifestyles and eating balanced diets.

In current *Hold On to Health* programs, parents consistently report seeing positive changes in their children's behaviors and attitudes toward health. Janeal Nielsen, a leader at Camp Fire USA Southwest Louisiana Council, recounted, "I taught the group Elbow Tag and watched as the group of parents and youth ran around and giggled and laughed together. One of the parents mentioned that she had never run around and played games with her daughters and was thankful for this opportunity in our group."

Contact the council office for more information about this program.

National Camp Fire Has New Look, But Keeps Time-Tested Values

Camp Fire Cares

Across the country, Camp Fire cares for children in the out-of-school-time hours through a variety of quality child care opportunities.

Camp Fire offers early childhood, before- and after-school, full day, school-break and drop-in center programs supporting the child care needs of families. Children participate in indoor and outdoor age appropriate small group activities where they can explore personal interests, learn to make healthy choices, develop social skills, and have fun.



Camp Fire Camps

Camp Fire provides opportunities for children and youth to be outside to learn, explore, and play together, while developing a lifelong appreciation and respect for the outdoor environment.

Camp Fire provides day and overnight camps, trip and travel programs, and adventure challenge and environmental education sessions. These provide opportunities for youth to be part of a community that utilizes outdoor activities to stimulate their curiosity and desire to learn.



Camp Fire Contributes

Camp Fire contributes to the community by engaging youth in educational, enrichment, and service-learning programs that address social issues and build life skills.

Camp Fire provides interactive courses and short-term programs in areas such as self-reliance, peer pressure, healthy living, financial literacy, civic engagement, and job training.

Camp Fire Connects

Camp Fire connects children with caring, trained adults in a small group atmosphere, while also connecting families with each other in their communities.

Camp Fire does this by offering age appropriate youth, teen, and family clubs. Using outcome rich curriculum, groups choose from a variety of fun and educational activities and projects. Clubs meet regularly throughout the year and participants may be involved over many years.



Orca Council Cares, Camps, Contributes, Connects...



The Pinkie Pies Starflight club and their leader, Rebecca Engelhardt, were very busy in December!

Saturday, December 6, they represented Orca Council in the annual Santa Parade.



Friday, December 11, they baked and decorated dozens of holiday cookies.



Saturday, December 12, they delivered the tasty goodies to the fire station and police departments in Sumner, who said thanks to all the girls who worked so hard!