



EarnIt! KeepIt! \$aveIt!

Save money and avoid hidden fees. Our trained tax preparers will make sure you receive the largest refund you qualify for this tax season. To be eligible for free tax help, your income must be less than \$50,000.

Ahorre dinero y evite cargos escondidos. Nuestros preparadores de impuestos entrenados se asegurarán que obtengan el máximo reembolso para el que son elegibles! Para recibir ayuda gratis, su ingreso debe ser menos de \$50,000 por adulto

DOCUMENTOS NECESARIOS

- Identificación con foto
- Tarjeta de Seguro Social o tarjeta con su número ITIN para el contribuyente, cónyuge y todos sus dependientes
- Formularios: W-2, 1099 de todos los ingresos, y otros documentos que reciba con información para sus impuestos
- Un cheque nulo, si optara por depósito directo
- Copia de los impuestos del año anterior

WHAT TO BRING

- Photo ID
- Social Security Card or ITIN for taxpayer, spouse and all dependents
- W-2s, 1099s, 1098s and any other tax forms you receive
- Voided check for direct deposit
- Last year's tax return



This program starts at RCCS on Saturdays only, February 2 through April 12, 2013 from 9:00 AM to Noon.

Call for your appointment, 869-3613 or walk-ins accepted:

16300 1st Street (the corner of 1st St and Church St.) in downtown Guerneville.

VETERANS HALL NEWS

Happy New Year! January has come and gone and there have been some exciting changes at the Veterans Hall.

Starting in February, Sister's Bingo will be held in the Veteran's Hall auditorium. We are excited to welcome the Sisters and this amazing event which raises so much money for our community. Bingo is always very popular so go to www.rrsisters.org to buy tickets.

February 9th: Free To Be Me Bingo - In support of Sonoma County Pride, Doors open at 6pm, Games start at 7pm

The Hogmanay Hootenany was a great event. Thank you to everyone who came and to all those who made the dance possible. The Fargo Brothers played some amazing music and the hall looked great. Special thanks go to Lyn Guittard who volunteered her time and expertise to decorate. It was really exciting to hold our first big event and there will be plenty more to come.

New Years Event at Vets Hall 2012 Volunteers:

Lyn Guittard, Vicki Halstead, Amber Twitchell, Brendan Coen, Tess Lowe, Max Lowe, Rick Harrington, Bobbi Noel, Mike Venn, Dan Boyce, Casey McCue, Vanessa Alexander

Our Fantastic Sponsors:

Bob & Marsha St. Clair *** Stumptown Brewery *** Mike Nicholls *** Jennell Parr *** Amber Twitchell *** Margaret Kennett



Mission Statement: Our mission is to nurture the healthy development of children and parents in our community. We offer resources, referrals and support to families and child care providers in western Sonoma County.

Kids need at least 60 minutes of physical activity each day.

Make family time active time!

- Take a family walk after dinner.
- Go on a bike ride.
- Play together — toss a ball, shoot some hoops, jump rope, play tag.
- Weed the garden, rake leaves, shovel snow.
- Walk to school with your kids.
- Play on a playground or hike at a local park.

Fun ways to get moving indoors...

- Play some music and have a family dance party.
- Blow up balloons and play indoor volleyball.
- Go bowling or indoor skating.
- Have a treasure hunt. See how fast everyone can find clues scattered around your home.
- Walk in the mall.

Sip smarter

- Drink water instead of sugary drinks. Kids can fill up on sweetened drinks and not have an appetite for foods they need for growth and health.
- A cold glass of low-fat (1%) milk is also a tasty way to quench your kids' thirst after play or school.



Did you know...

There are about 10 packets of sugar in a 12-ounce can of soda? Fruit drinks and sports drinks are other types of sugary drinks.



MyPlate at Home

U.S. Department of Agriculture • Food and Nutrition Service • September 2012 • FNS-447 • USDA is an equal opportunity provider and employer.

<http://teamnutrition.usda.gov>



Los niños y las niñas necesitan **al menos 60 minutos** de actividad física **todos los días**.

¡Realice actividades físicas con su familia!

- Den un paseo en familia luego de la cena.
- Den un paseo en bicicleta.
- Jueguen juntos: tiren una pelota, jueguen baloncesto, brinquen la cuerda, jueguen al corre que te pillo.
- Deshierben el jardín, rastrillen las hojas, espalen la nieve.
- Camine a la escuela con sus hijos(as).
- Jueguen en un parque recreativo o den una caminata en un parque local.

Maneras divertidas de mantenerse activo bajo techo...

- Pongan música y bailen en familia.
- Inflen globos y jueguen vóleybol bajo techo.
- Salgan a jugar bolos o a patinar bajo techo.
- Jueguen a buscar el tesoro. Anoten cuán rápido le toma a cada uno encontrar y resolver las pistas esparcidas por toda la casa.
- Den un paseo por el centro comercial.

Beba con consciencia

- Beba agua, en vez de bebidas azucaradas. Los niños y las niñas pueden llenarse con las bebidas azucaradas y perder el apetito para las comidas que necesitan para su crecimiento y salud.
- Un vaso de leche fría baja en grasa (1%) es otra manera de saciar la sed de sus hijos(as) al llegar de algún juego o de la escuela.



¿Sabe usted que...

Hay aproximadamente 10 sobres de azúcar en una botella de soda de 12 onzas? Las bebidas deportivas y las bebidas a base de frutas son tipos de bebidas azucaradas?



2012 Holiday Children's Gifts Donor Elves!

Santa was assisted this year by hundreds of elves around West County! Over 400 children woke up to new toys and clothes on Christmas day. Many people and agencies working together helped make this holiday a little bit brighter for lots of families. The generosity of the community at this time of year is overwhelming. We so appreciate your support:

- ⌘ West America Bank, Guerneville branch
- ⌘ Community First Credit Union, Guerneville branch
- ⌘ Metropolitan Community Church, Guerneville
- ⌘ St Elizabeth's Guild and St. Elizabeth, St Colman, St. Catherine Catholic Churches & their parish members
- ⌘ Volunteer Center of Sonoma County, Secret Santa program
- ⌘ Steve Bosshard, USMC Reserves & Toys for Tots and Teens program
- ⌘ Welfare League of Santa Rosa, Christmas Unlimited program
- ⌘ Active 20-30 Club, #63 Sebastopol
- ⌘ Santa Tim, Tim Oxford
- ⌘ Deproto and Gerlach Associates
- ⌘ Mitch Molanix
- ⌘ Susan Poirier
- ⌘ Jerry D'Elia
- ⌘ Russian River Rotary Club members
- ⌘ Russian River Chamber of Commerce, business members
- ⌘ Lark's Drugs
- ⌘ King's Sport & Tackle
- ⌘ Guerneville 5 & 10
- ⌘ The Mercantile on Main St.
- ⌘ State Natural Reserve: Visitor Center at Armstrong Redwoods and Sonoma Coast Visitor Center



*A Big THANK YOU
to our December
Volunteers Super Elves!*

- Supervisor Efren Carrillo
- Patty Johnston
- Jennell Parr
- Jodi Chung
- Diego Garilazo
- Mike Venn



Save the Date - Reserve el Día

Evening of Honor Una Noche de Homenaje

A Celebration of the Early Childhood Education Community

*Una Celebración de la Comunidad
para la Educación de la Edad Temprana*

FRIDAY, APRIL 19, 2013

VIERNES, 19 DE ABRIL, 2013

6 - 8 PM

An Adult-Only Event – Solamente Adultos Por Favor

Light Refreshments - Refrescos

Honors & Recognition - Homenaje y Reconocimiento

Mary Agatha Furth Center

8400 Old Redwood Hwy, Windsor

Do you know someone who is retiring? - Conoce a alguien que se va a retirar?

Please contact/Por favor comuníquese con

Laura Vallejo: lvallejo@santarosa.edu



Do you know someone who deserves or needs a "hug" award?

Conoce a alguien que merece o necesita un premio "abrazo"?

Please contact/Por favor comuníquese con Missy Danneberg: fwdann@sbcglobal.net

CENTERS: PLEASE PRINT AND POST TO SHARE WITH STAFF!!

This event is sponsored by/Este evento es auspiciado por:

Sonoma County Association for the Education of Young Children (SCAEYC), Child Care Planning Council of Sonoma County (CCPC), Community Child Care Council (4Cs) of Sonoma County, CAP of Sonoma County Head Start, River to Coast Children's Services, PaceAPP and SRJC Child Development Department.

GIVE BACK TUESDAY DONORS:

- Dominic Maccario, Chef Extraordinary
- Lynn Guittard
- Jodi Chung
- Andy Hildale
- Jay Davis Menino
- Cindee Greene
- Lark Mercantile
- Russian River Glass Images
- Coffee Bazaar
- Guerneville 5 & 10
- Creation Salon
- Valerie Hausmann, Center for Sacred Studies
- Flavors Unlimited
- Bob's One Stop Shop
- Blue Door Gallery
- Suzie Rose, Photographer
- Subway
- Big Bottom Market
- Boon eat & drink

*Our December 2013 Donors:
Thank YOU for your generosity &
support!*

- WestAmerica Bank, Guerneville
- Heather Hendrickson
- Paula Chiotti
- Allison Lynne Stone
- Margaret and Michael Kennett
- Margaret King
- Linda Guittard
- Shauna Harbarth
- Fausta Baltazar
- Michael Nicholls
- Ila Donovan
- Jennell Parr
- Coastal Civil Engineering, Sweetwater Springs
- Jodi Chung

River to Coast Children's Services

P.O.Box 16/16300 1st St.
Guerneville, Ca 95446
(707)869-3613

Fax(707) 869-2616

email: info@rccservices.org
http://www.rccservices.org

Serving west Sonoma County with:

- Help paying for child care
- Referrals for child care
- Resources for children and their families
- Support for child care providers
- Emergency Resources Program
- Kindergym and Infantgym in Guerneville, Forestville and Bodega Bay
- Car Safety Seat Program
- Counseling Program for children and their families
- Preschools

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Sirviendo el Oeste del Condado de Sonoma con:

- Referencias para el Cuidado de Niños
- Recursos para los Niños y sus Familias
- Apoyo para los Proveedores del Cuidado de Niños
- Ayuda Monetaria para el Cuidado de Niños
- Programa de suministros de Emergencia
- Gimnasio para Niños en Guerneville, Forestville y Bodega Bay
- Programa de Asientos de Seguridad
- Programa de Conserjería Prescolar



River to Coast Children's Services

Staff and their phone number extensions.

(707) 869-3613

toll free calling

from the Sonoma Coast

1-800-994-3613

- Jynx Lopez (Executive Director) 111
- Kellie Nunez (Fiscal & Operations Manager) 105
- Andy Hildale (Bookkeeper) 106
- Soledad Cardona (Lead Family Case Manager, Senior NHTSA Certified Car Safety Seat Technician) 107
- Tess Lowe (Family Case Manager) 114
- Mel Wainwright (Case Management) 110
- Mendy Behrens (Child Development Resource Specialist) 117
- Cara Colombo (Child Development Resource Specialist) 112
- Lupita Dominguez and Jayme Melum 118
- Elaina Boyce (Community Resources Coordinator, Resource & Referral, Newsletter Editor) 104
- Vesta Griffith (Resource & Referral Counselor, NHTSA Certified Car Safety Seat Tech) & Front Desk Staff 101
- Counseling call 869-3613, leave a message with your request if calling when office is closed.
- David Cameron (Program Manager - Vets Hall) (707) 604-7725

◆ 2/5: Attendance sheets due in RCCS by 5 PM/ Hoy es el día límite de las Hojas de Asistencia a las 5 PM

◆ 2/ 4 & 5: Kindergym in Guerneville

◆ 2/6: Kindergym in Forestville

◆ 2/12: PAC Committee meets at 6:00 PM at RCCS.

Call Soledad at 869.3613 x 107 ♡ El Comité PAC se reúne a las 6:00 PM en RCCS. Por favor llamar a Soledad al 707-869-3613 x 107

◆ 2/11 & 12: Kindergym in Guerneville

◆ 2/13: Kindergym in Forestville

◆ 2/14 Kindergym in Bodega Bay

◆ 2/15: Provider Payday ♡ Día de pago de los proveedores

◆ 2/18: OFFICE CLOSED / OFICINA CERRADA

◆ 2/18 & 19: NO KINDERGYM IN GUERNEVILLE

◆ 2/20: Provider Workshop ♡ Taller de proveedores, 6:15 to 8:15 PM RSVP Mendy at 869-3613 x 117

◆ 2/20: Kindergym in Forestville

◆ 2/27: Board of Directors meeting / Mesa Directiva de RCCS se reúne, 6:30 at RCCS



◆ 2/27: Outreach Committee meeting 5:30 PM at RCCS ♡ El comité de publicidad de RCCS se reúne de 5:30 PM en RCCS

◆ 2/25 & 26: Kindergym in Guerneville

◆ 2/27: Kindergym in Forestville



Provider Workshop

"Every Thing You Wished You Knew About Mini Grants"

Susie Maron, presentor

February 20, 2013

6:15 Pm to 8:15 PM

at RCCS

Bring your questions about all things mini-grant and this expert will help you!



**River to
Coast
Children's
Services**

Resources, Referrals & Support ♦ Recursos, Referencias y Apoyo

**P.O. Box 16
Guerneville, CA 95446**

**U.S. POSTAGE
NON-PROFIT
GUERNEVILLE, CA 95446
PERMIT #18**

RETURN SERVICE REQUESTED

Ahora, artículos en español!

Ongoing Children's Activities from RCCS:

Kindergym:

- ☒ River to Coast Children's Services brings Kindergym to Forestville on Wednesday 9:30 AM to 12:30 PM. Held at the Forestville United Methodist Church, 6550 Covey Road in downtown Forestville. A bilingual program, features activities for children 0 to 5 years (accompanied by their care givers) FREE, but donations are accepted, Call 707.869.3613 for current schedule or check the current RCCS newsletter online at www.rccservices.org
- ☒ River to Coast Children's Services offers Kindergym Monday and Tuesday mornings 9:45 AM to 12:20 PM in Guerneville at the Guerneville Vets' Hall, located on the corner of 1st and Church Streets in downtown Guerneville. Features activities for children 0 to 6 years (accompanied by their care givers). FREE, but donations are accepted! Call 707.869.3613 for current schedule or check the current RCCS newsletter online at www.rccservices.org
- ☒ NEW! River to Coast Children's Services offers Kindergym in Bodega Bay starting Thursday, Dec 13, 2102 10:00 AM to 12:30 PM , continuing on the 2nd Thursday of each month. Held at the Bodega Bay Union Church, 1320 Bayview St. Features activities for children 0 to 5 years (accompanied by their care givers) FREE, but donations are accepted, Call 707.869.3613 for current schedule or check the current RCCS newsletter online at www.rccservices.org