



Building Healthy Families

Strengthening families through support and education



Look for the Red Ribbon



In 1985, Drug Enforcement Administration agent Enrique "Kiki" Camarena was kidnapped, tortured, and brutally murdered while working undercover in Guadalajara, Mexico. After his murder, citizens in his home town of Calexico, California began wearing red ribbons in his honor. The red ribbon became their symbol for prevention in order to reduce the demand of illegal drugs. Today, the red ribbon symbolizes an individual's commitment to a healthy and drug free lifestyle. Red ribbons are worn and displayed every year during Red Ribbon Week in October to present

a unified and visible effort to empower healthy and drug free choices. The Wallowa County Prevention Collaborative has chosen the red ribbon as our logo because we want to make this effort visible to our community year round. When you see the red ribbon, we hope you think of healthy family relationships and responsible decisions.

Recently, the Wallowa County Prevention Collaborative (WCPC) has come together as a community minded partnership to drive substance abuse prevention and awareness in Wallowa County. This col-

laborative is made up of representatives from Building Healthy Families, Wallowa Valley Center for Wellness, Wallowa County Health Department, Safe Harbors, Wallowa County Department of Youth Services, and Department of Human Services.

Substance abuse prevention and awareness are still alive and well in Wallowa County so be sure to look for the red ribbon! For more information, please telephone Wallowa County Prevention Coordinator Billie-Jo Craigmile at Building Healthy Families: 541-426-9411.

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Upcoming Family Events and Parent Education Opportunities

- ☺ 9/4- Juniper Jam Music Festival
- ☺ 9/12-Grandparents Day
- ☺ 9/27-National Family Night Out
- ☺ Tues 9/28-11/2 Strengthening Families
- ☺ Thurs 10/7-11/4 Make Parenting a Pleasure
- ☺ Mon. 10/11-10/18 Successful Fathering

New Funding Opens Wealth of Opportunities

While many organizations are being forced to cut-back during tough economic times, the good work of Building Healthy Families has been continually recognized by funders, and new granting opportunities have allowed us to continue current services and expand both staff and programming efforts! July

2010 marked the beginning of two new funding opportunities from the Oregon Community Foundation (OCF). In an effort to increase community involvement in positive youth development, BHF received three-year funding for our Mentor Match Program. These funds will provide all three school districts

with the K-3rd Books Bridging Generations Program (formally SMART reading), the 5th-12th grade Tutoring and Mentoring Exploration Program, and our new High School Youth Entrepreneurship Program.

BHF was also awarded a HUB grant from OCF,

BHF Wish List to help ups better serve our families

Art Supplies

Science Lab Equipment

Sandbox with Cover

Misc. Power Tools

Diapers/Wipes

Overhead Projector

Trikes/Push Toys 6

Building Healthy Families



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Building Healthy Families is an independent, nonprofit family support organization, offering personalized and universal support and education for parents, caregivers, parents-to-be and students through a variety of diversified programming.



Back to School Tips for the Entire Family

- **Avoid the morning chaos** (and potential arguments) by doing as much as possible the night before. Pick out clothes, organize backpacks and pack lunches before going to bed!
- **Stagger bedtimes** so that you have a few minutes to touch base with each child about their own day at school.
- **Serve a glass of water with breakfast** to get your students mind running and prevent dehydration throughout the day.
- **Put together an Emergency Pack for the car** that includes a quick breakfast options, hairbrush, travel toothbrush and spare lunch money!

New Funding Opens Wealth of Opportunity Continued from Pg. 1

Designating BHF as a regional "Hub" for Parent Education in Northeast Oregon. This funding will not only be used to continue traditional parent education classes and workshops, but will also allow us to expand our presence at community events, provide resources and training for childcare providers, distribute well-baby bags to local medical providers and begin providing a variety of parent education services to Baker County.

Each of these new and continuing programs opens of a wealth of opportunity for volunteer and community support. If you have a heart for serving children and families, helping a child succeed academically, or working "behind the scenes," please contact the staff at Building Healthy Families to find the opportunity that provides the best fit for your interests!

Pack it Together!!!

You love to spend time with your kids, and kids love to spend time in the kitchen! Why not spend some time packing tomorrow's lunch with this creative, healthy lunch idea!

Banana Dogs in a Bun

Ingredients

- 1 hot dog bun (whole wheat, if possible)
- 1 tbsp. (15 mL) peanut butter (or cream cheese)
- 1 tbsp. (15 mL) strawberry or other jam (or honey, if preferred)
- 1 whole banana
- raisins, shredded coconut or chopped peanuts

Cooking Instructions

- Spread one inner surface of a split hot dog bun with peanut butter or cream cheese. Spread the other side with jam or honey. Wrap in plastic wrap and place in your child's lunch bag. Also, pack a whole banana (in the peel) and a small container of toppings, such as raisins, coconut, peanuts or whatever else you can think of.
- At lunchtime, your child can peel the banana and place it in the bun, sprinkle on the toppings and eat.

Let kids help by spreading the peanut butter and jelly on the bun, packing individual toppings and of course, assembling at school