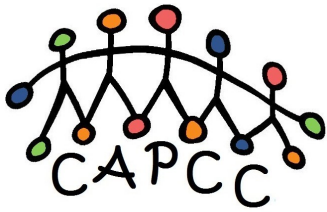


# Simplify The Season



## Self-Care and De-stressing During the Holidays

By Forrest Archer



The holidays are regarded as the season of giving and warmth, but how often do you remember to give warmth to yourself? Balancing your family’s regular schedule on top of the excitement of holiday fun can add a lot of stress to your day no matter how hard you try to hide it.

This holiday season, consider simplifying your holiday schedule. Taking time with family to snuggle with a movie can create just as many fun family memories as planning a large get-together. Prioritize things that you find genuinely enjoyable. When you enjoy your time, your children will enjoy their time with you.



Self-care in the holiday season doesn’t have to look like grand gestures to yourself at the expense of others. Sometimes, self-care looks like delegating tasks. When I look back on my own childhood, I remember feeling so honored to be asked to wrap presents for my family. While the presents were quite messy that first year, my mom enjoyed being able to spend a few extra minutes with her peppermint coffee. In other years we saved time by “wrapping” presents in tissue paper and putting them in bags instead. Self-care can also look like preparing ahead of time. Writing down each task on a calendar can help you stay organized and skip some of the dreaded holiday scrambles. For more ideas on how to prioritize self-care during the holiday season, please check out: [Holiday Wellness Tips](#), [Improving Family Wellness](#), [Mindfulness for Kids](#), and [20 Tips for Holiday Self-Care During the Holidays](#).



**Child Abuse Prevention Coordinating Council of Humboldt County**  
**www.capcchumboldt.org**  
**P.O. Box 854, Eureka, CA 95502**

## Craft Corner: 21 Super DIY Sensory Bottles

What is a sensory bottle? A sensory bottle can be made by filling an empty bottle with objects you find around the house or outside. Sensory bottles can be visual, auditory, tactile, or a combination. But what is the point of a sensory bottle? Sensory bottles can be a calm-down tool after an overwhelming emotional experience. Making sensory bottles create a

sense of wonder and curiosity as children use their senses to explore and discover items to add to the bottles. Sensory bottles can also help develop fine motor, language, and social skills when children are involved in making and sharing the bottles. To learn how to make 21 DIY sensory bottles, [click here](#).

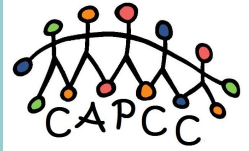




# Simplify The Season

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## Northcoast Children's Services

Head Start, Early Head Start, & State Preschool programs

### Community Needs Survey

Every 5 years Northcoast Children's Services conducts a comprehensive community needs assessment to help us better understand the needs of the community.

We are pleased to announce that we have launched our survey and it will be open until midnight on December 15, 2022. Please share with your community.

**Please take a few minutes to help better inform us of the needs in your community by either following the link below or using the QR code to access the survey.**



Survey link:

<http://bit.ly/3U2VO1Y>



Northcoast Children's Services offers Head Start, Early Head Start, state preschool, and childcare programs across Humboldt and Del Norte counties. NCS center-based and home-based programs serve families with pregnant women and children 0-5 years old. In addition to educational services, we partner with families to support basic needs, wellness, safety, life skills, and parenting.

For more information about NCS or to apply for services, please visit [www.ncsheadstart.org](http://www.ncsheadstart.org)



# The Gift is in the Experience

By Rebecca Stevens



Are you tired of spending too much money when doing things with your kids? The holidays are approaching, with money often tight and extended school breaks starting soon, you don't want to constantly have to spend money to entertain your children. There are many free or low-cost activity options in Humboldt that kids of all ages and their families can participate in together.

## Have a young child that you need to keep busy? Try:

- [First 5 playgroups](#)
- [Library story times](#)
- Listen to Shoshanna on Starfish Radio Hour, Humboldt Hot Air, Saturday mornings at 8:30. [www.humboldthotair.com](http://www.humboldthotair.com)

## Get outside together and get active! Try:

- Plant a [winter garden](#) together
- Get a [permit](#) to cut down your own Christmas tree
- Go for a [mushroom](#) or [plant](#) identification walk
- Use a clipboard (or make your own out of cardboard and binder clips), take them with you on a walk and [draw what you see](#)



## Encourage natural science interests. Try:

- [Scotia Fisheries Center](#)- a cool free exhibit where you can learn about fish
- [Mad River Fish Hatchery](#)
- [Guided Nature Walk at the Humboldt Wildlife Refuge](#), first Wednesday of every month
- [Arcata Marsh tour](#), Saturdays 2:00 to 3:30, [info@arcatamarshfriends.org](mailto:info@arcatamarshfriends.org)

## Play and work together. Try:

- Build a fort, inside or outside
- Make a [holiday-themed scavenger hunt](#)
- Host a toy exchange with a small group of your child's friends

## Get creative! Try:

- Make a [popcorn garland](#)
- [Involve your child](#) in using a festive recipe for a meal you already had planned
- Make salt dough ornaments:

### Salt Dough Ornaments

- 2 cups all-purpose flour
- 1 cup salt
- 1 cup cold water



Mix, roll out dough to 1/8 inch thickness, and cut with cookie cutters. Bake in a 250-degree oven for about two hours, until the dough is dry and hard.

Allow to cool, then paint or glue on decorations.

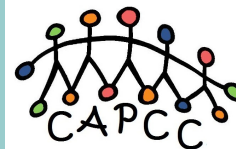




# Simplify The Season

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## The Gift is in the Experience: Tamales By Diana Salcedo Trejo

Every year around the holidays, without fail, the smell of fresh tamales hits me, and the cravings start. There is nothing like homemade tamales. Making tamales is time-consuming, but the time passes quickly when you are in good company. Making tamales with friends and family is a great, low-cost way to connect with one another during the holidays.

### Ingredients:

- Corn husks: 8-ounce pack
- 1  $\frac{1}{3}$  cups of lard
- 4 cups of corn flour (Maseca)
- 2 teaspoon baking powder
- 1 teaspoon salt
- 1 teaspoon of cumin
- 3 cups of chicken broth or water



### Filling ideas:

- **Salsa verde chicken:** 3  $\frac{1}{2}$  cups of cooked, shredded chicken mixed with a 16-ounce can of salsa verde (whichever you prefer!)
- **Bean and cheese:** 15 oz can of refried beans and 1  $\frac{1}{2}$  cups shredded mozzarella cheese

### Instructions:

1. **Soak the corn husks** in a bowl of very hot water for 30 minutes or until softened.
2. **Prepare desired fillings.** You'll need about 3  $\frac{1}{2}$ -4 cups of filling for one batch of tamale dough.
3. **Make the tamale dough:** In a large bowl, beat the 1  $\frac{1}{3}$  cups of lard with 2 tablespoons of broth (or water) until fluffy, about 3-5 minutes. In a separate bowl add 4 cups of corn flour (Maseca), 2 teaspoons of baking powder, 1 teaspoon of salt, and 1 teaspoon of cumin. Combine. After the dry ingredients are mixed, stir the lard into the mixture, about 3-5 minutes.
4. **Add the chicken broth** or water little by little to the dough mixture. Add more broth or water if needed. The dough should spread like peanut butter and should be slightly sticky. Cover the bowl with a damp paper towel to keep the dough from drying out.

...continued on page 5

...continued from page 4

5. **Assemble the tamales:** Lay a corn husk with the glossy side up on the counter with the wide end at the top. Scoop about ¼ cups of dough onto the top center of the corn husk. With a spoon or whatever utensil feels most comfortable, spread the dough into a thin layer, around ¼ inch thick. Keep the dough along the top half of the corn husk to allow room to fold the bottom part when it is time.

6. **Place 1-2 tablespoons of the filling in the center of the dough.** You don't want too much filling or it will overflow when cooking.

7. **Fold in one long side of the husk over the filling.** Fold in the other long side, overlapping the first (like folding a brochure). Fold the bottom of the husk up.

8. **Cooking on the stove-top or Instant Pot:** Add water to the bottom of your steamer or Instant Pot. (About 1 cup for Instant Pot and a few cups for a steamer- don't fill above the steamer rack. Lay a few corn husks on the bottom rack to keep the tamales from falling through and to prevent any boiling water from directly touching them.

9. **Place tamales standing upright,** with their open end up, add just enough tamales to keep them standing up. If using a steamer, lay a few soaked corn husks or a wet towel over the top of the tamales before closing the lid.

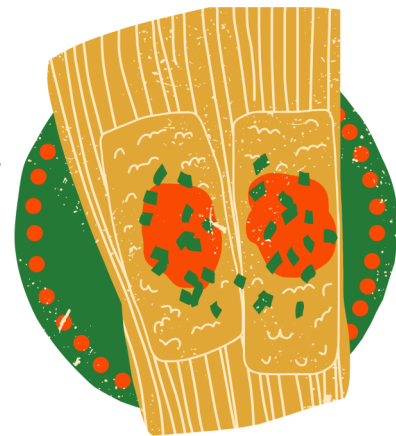
10. **Steamer:** Bring water to a boil. Once boiling, reduce to a simmer and steam for 45 minutes to 1 hour, or longer. Check them after 45 minutes.

11. **Instant Pot:** Cook on Manual/High pressure for 25 minutes. Allow pressure to naturally release for 10 minutes, and then quick release.

12. **To test if the tamales are done:** Remove one and try to pull the husk off. If the husk pulls away cleanly from the tamale they're done. If the dough is still sticky or wet looking, cook them for 5-10 minutes longer and try again.

13. Store leftover tamales in the refrigerator for 5-7 days. You can also store them in the freezer for up to 2-3 weeks.

14. **Reheating:** Wrap the tamale in a few damp paper towels and microwave until warmed through. The wet paper towel will help them "steam" as they are reheated. Be careful when unfolding them, they will be hot!!!



[Tastes Better From Scratch Tamales Recipe](#)



# Simplify The Season

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## Holiday Self-Care Tips for LGBTQIA Youth



The holidays can put a lot of pressure on anyone. The holidays can be a particularly difficult time for lesbian, gay, bisexual, transgender, queer, questioning, intersex, and asexual ([LGBTQIA](#)) youth. The complicated expectations and relationships LGBTQIA youth have with their families can sometimes leave them feeling anxious, raw, and stressed before, during, and after the holidays. Self-care builds resilience against the pressures of the holidays. It can be incredibly powerful for LGBTQIA youth to identify ways they can support themselves if things get tough. Check out [The Trevor Project’s Holiday Self-Care Tips for](#)

[LGBTQ Youth](#) to create a self-care plan this holiday season. For family members and friends that want to support the LGBTQIA youth in your life check out The Human Rights Campaign’s article on [How to Show Support and Love for LGBTQ Youth During the Holidays](#). For local support for LGBTQIA youth, all year round, check out The [Redwood Community Action Agency Youth Service Bureau’s RAVEN Project](#).

### Suggestions for a low or no-cost holiday: Homemade “coupon book”

By Forrest Archer



This coupon book includes little favors that can be “cashed in” throughout the year. You can make them on notecards, on pieces of paper stapled together, or on the computer. Make it fun for the whole family by coming up with a booklet together! Focus on activities that are exciting for the recipient and you are willing to allow. When your child, or whomever you are gifting the booklet to, is ready to “cash in” a coupon, they bring it to you. If it is not immediately doable, arrange a time for the activity. Then the spent coupon is put away until the booklet runs out. Some fun suggestions for coupons include:

- Movie night
- One hour of alone time with Mom, Dad, Grandma, or Grandpa
- Bake one batch of cookies together
- Build a blanket fort
- Stay up 30 minutes past bedtime

- Pajama day
- Game night
- Get out of doing one chore
- A giant bear hug
- Breakfast food for dinner

# Eel River Valley & Southern Humboldt Calendar

Sun

Mon Tues Wed Thurs

Fri

Sat

Check out 211Humboldt's Holiday Resource List to find free hot meals, gifts, and toys in your area.



**11**  
[Birdwalk at Wildlife Refuge](#)  
 Humboldt Bay Wildlife Refuge  
 1020 Ranch Rd.  
 Loleta, CA  
 9 am

[Loleta Holiday Market](#)  
 824 Loleta Drive  
 9 am-4 pm

[Seussical the Musical](#)  
 Ferndale Repertory Theatre  
 447 Main St. Ferndale  
 2 pm  
 Price:\$16-18

[Fortuna Christmas Music Festival](#)  
 Fortuna River Lodge  
 1800 Riverwalk Dr., Fortuna  
 3-5:30 pm



**12** **13** **14** **15** **16**

[Seussical the Musical](#)  
 Ferndale Repertory Theatre  
 447 Main St. Ferndale  
 8 pm  
 Price:\$16-18

**17**

[Seussical the Musical](#)

[Garberville Lighted Truck Parade](#)  
 Starts at Redway Elementary  
 344 Humboldt Ave.  
 Redway/Garberville  
 5:30-6:30 pm

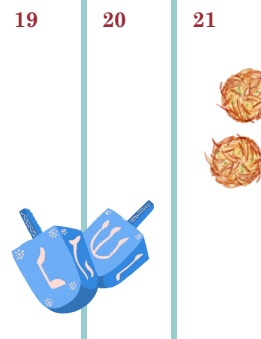
[Southern Humboldt's Small Town Christmas](#)  
 Southern Humboldt Chamber of Commerce Parking Lot  
 782 Redwood Drive  
 Garberville  
 3-6 pm

[Winter Arts Faire – Mateel](#)  
 Mateel Community Center  
 59 Rusk Lane Redway  
 (707) 923-3368  
 10 am-6 pm  
 Price: \$5, Kids 12 and under,  
 Adults 65+, Free

**18**

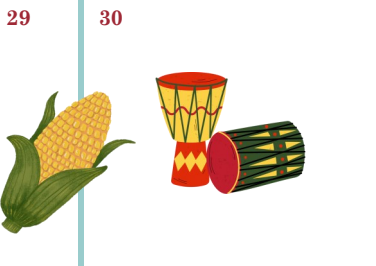
[Seussical the Musical](#)  
 Ferndale Repertory Theatre  
 447 Main St. Ferndale  
 2 pm  
 Price:\$16-18

[Lighted Tractor Parade](#)  
 Main Street Ferndale  
 Starts at Main St. & Ocean Ave.  
 (707) 786-4299  
 5-7 pm



**25**

[River Life Foundation Christmas Dinner](#)  
 1426 Main St.  
 Fortuna Veterans Memorial Building Fortuna  
 (707) 362-9384 Sean Swanson  
 1-3 pm  
 Price: Free



# Arcata Activities Calendar

Sun	Mon	Tues	Wed	Thurs	Fri	Sat
<p><b>C</b>heck out 211Humboldt's Holiday Resource List to find free hot meals, gifts, and toys in your area.</p>				1	2	3
4	5	6	7	8	9	10
					<p><a href="#">Arts Arcata</a> Arcata Plaza (707)822-4500 4-8 pm</p> 	<p><a href="#">Arcata Farmer's Market</a> Arcata Plaza</p> <p><a href="#">Arcata Marsh &amp; Wildlife Birdwalk</a> Arcata Marsh &amp; Wildlife Sanctuary South "I" Street Parking Lot 8:30-11 am</p> <p><a href="#">Holiday Craft Market</a> Arcata Community Center 321 Dr. Martin Luther King Jr. Pkwy., Arcata 10 am-5 pm Price: \$1</p> <p><a href="#">Arcata Marsh Tour</a> Arcata Marsh &amp; Wildlife Sanctuary 569 South "G" Street 2-3:30 pm</p>
11	12	13	14	15	16	17
<p><a href="#">Holiday Craft Market</a> Arcata Community Center 321 Dr. Martin Luther King Jr. Pkwy., Arcata 10 am-4 pm Price: \$1</p> <p><a href="#">Sunday Art Market</a> Arcata Plaza 11 am-4 pm</p> <p><a href="#">Santa, Trains, &amp; Candy Canes</a> The Samoa Roundhouse 930 Vance Avenue (707) 499-8481 11 am-3 pm</p>						<p><a href="#">Arcata Farmer's Market</a> Arcata Plaza</p> <p><a href="#">Arcata Marsh &amp; Wildlife Birdwalk</a> Arcata Marsh &amp; Wildlife Sanctuary South "I" Street Parking Lot 8:30-11 am</p> <p><a href="#">Arcata Marsh Tour</a> Arcata Marsh &amp; Wildlife Sanctuary 569 South "G" Street 2-3:30 pm</p> <p><a href="#">Samoa Dunes &amp; Wetlands Guided Walk</a> Arcata Call for details (707) 444-1397 10 am-12:30 pm</p>
18	19	20	21	22	23	24
<p><a href="#">Sunday Art Market</a> Arcata Plaza 11 am-4 pm</p> 						<p><a href="#">Arcata Farmer's Market</a> Arcata Plaza</p> <p><a href="#">Arcata Marsh &amp; Wildlife Birdwalk</a> Arcata Marsh &amp; Wildlife Sanctuary South "I" Street Parking Lot 8:30-11 am</p> <p><a href="#">Arcata Marsh Tour</a> Arcata Marsh &amp; Wildlife Sanctuary 569 South "G" Street 2-3:30 pm</p>
25	26	27	28	29	30	31
<p><a href="#">Arcata Marsh Christmas Day Walk</a> Arcata Marsh Interpretive Center 569 S "G" Street Arcata 10 am</p> 						<p><a href="#">Arcata Farmer's Market</a></p> <p><a href="#">Arcata Marsh &amp; Wildlife Birdwalk</a> 8:30-11 am</p> <p><a href="#">Arcata Marsh Tour</a></p>



# Eureka Activities Calendar

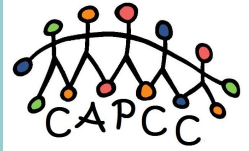
Sun	Mon	Tues	Wed	Thurs	Fri	Sat
<p><b>C</b>heck out 211Humboldt's Holiday Resource List to find free hot meals, gifts, and toys in your area.</p>				1	2	3
4	5	6	7	8	9	10
						<p><a href="#">Eureka Truckers Parade</a> Begins at Redwood Acres Fairgrounds 6 pm</p> <p><a href="#">Santa in Eureka</a> Old Town Gazebo 2nd &amp; "F" Street (707) 442-9054 12-3 pm</p>
11	12	13	14	15	16	17
<p><a href="#">Redwood Acres Flea Market</a> 3750 Harris St. Eureka 9 am-3 pm Price: \$2, kids under 12 free, Free Parking</p> <p><a href="#">Santa, Trains, &amp; Candy Canes</a> The Samoa Roundhouse 930 Vance Avenue (707) 499-8481 11 am-3 pm</p> <p><a href="#">Salty Santa Boat Parade</a> The Eureka Waterfront Starts around Waterfront Drive &amp; "M" Street 11:30 am</p> <p><a href="#">Santa in Eureka</a> Old Town Gazebo 2nd &amp; "F" Street (707) 442-9054 12-3 pm</p>						<p><a href="#">Santa in Eureka</a> Old Town Gazebo 2nd &amp; "F" Street (707) 442-9054 12-3 pm</p> 
18	19	20	21	22	23	24
<p><a href="#">Audubon Birdwalk Hikshari Trail</a> — Eureka Waterfront West Del Norte &amp; Railroad St. Eureka 9 am</p> <p><a href="#">Santa in Eureka</a> Old Town Gazebo 2nd &amp; "F" Street (707) 442-9054 12-3 pm</p> 						
25	26	27	28	29	30	31
						



# Simplify The Season

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*The Child Abuse Prevention Coordinating Council of Humboldt County is a broad-based non profit advocacy organization that works to eliminate child abuse and neglect in our community through (1) striving to assure coordinated services and policies for the prevention, intervention and treatment of child abuse among agencies and organizations, (2) actively promoting and supporting high-quality programs that successfully reduce child abuse and neglect and (3) increasing public awareness of resources to help prevent child abuse and decrease family stress.*

## CAPCC Mission

Strengthening community connections to promote safe, healthy, resilient children & families in Humboldt County.



[@capcchumboldt](https://www.instagram.com/capcchumboldt)



### Special Thanks to:

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### Newsletter Edited by:

Lauren Dahl  
For feedback or questions  
contact Lauren at  
[capcchumboldt1@outlook.com](mailto:capcchumboldt1@outlook.com)  
707-601-4105

Please consider joining us to create a safer community for our children and fill out a general membership application, a short process and completely free. It is available on our website: [www.capcchumboldt.org](http://www.capcchumboldt.org).