



# CSC Welcomes New Board Members

By Carol Holden  
Executive Director, Citizens for Safe Yakima Valley Communities



CSC is pleased to see community engagement and volunteerism is abundant among local leaders. We held our annual election on December 3, 2009, and the results are as follows. Ms. Erin Black, Director of Yakima's YWCA, and Mr. Dan Kellerher, Director for the Committee for Downtown Yakima, were elected to serve for 2010 with the option to continue service for an additional three years. Mr. Kyler Bachofner, Youth Services Director for EPIC, and Mr. James P. Hagarty, Yakima County Prosecuting Attorney, were elected to serve two year terms with the option to renew for up to three more years.

The following board members were elected for three year terms, also with the option to renew: Ms. Vernita Adolf, Youth Program Employment Coordinator for Southeast Community Center; Ms. Maureen Adkison, Yakima City Councilmember; Mr. DeNard Jones, President of The Field Group; Mr. Nick Marquez, Yakima Real Estate Services; and Ms. Sonia Rodriguez, Attorney at Law for Morales Rodriguez PS Attorney's at Law.

CSC endeavors to include a cross-section of community stakeholders who can help address systemic and systematic change to reduce crime rates in our valley. CSC has opportunities for you too. Please consider volunteering on one of our subcommittees: Safe Neighborhoods and Communities, Legislative Communications, Community Benchmarks and Assessment, Anti-Gang Initiative, Faith & Families, Youth Programs and Education, Drug Free Communities, or Public Relations.

## Some advice for Parents on Bullying

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*Bully: a blustering, quarrelsome, overbearing person who habitually badgers and intimidates smaller or weaker people.*

“As a parent, nothing breaks your heart more than hearing your child is being picked on or bullied at school. It can leave you wondering just how bad things really are and what you can do to stop this behavior.

First, believe what your child is saying when there is an expression made that pertains to being bullied. If you express doubt, your child may not tell you there is a problem going on for weeks or even not at all. This leaves your child feeling he has to deal with this problem alone. Consider the fact that he may have already been dealing with this for weeks trying to resolve the issue on his own, before coming to you with his problem. Do not try to solve the problem too quickly. Listen to your child and try to ascertain how the problem began and how long it has persisted. Never try to put blame on your child. It is not his fault he is being targeted. Do let your child know that bullying is a common problem faced by thousands of children and that the problem can and will be solved.



Try to talk to your child about discouraging the bully by being an unhelpful victim. If he responds to things the bully says by rolling his eyes or looking bored, it can help. A bully wants to get that rise out of your child. It is not easy, but verbal and non verbal responses get much easier with practice. Try role playing for practice at home. This can help your child gain more self confidence and the feeling that he can stand up for himself.

Follow up regularly to ensure the bully is not picking on your child. Bullies feel entitled to power and enjoy making others uncomfortable. They do not easily change their ways. If attempts are unsuccessful, involve school staff and other officials to put an end to the bullying of your child so he can have a better school experience.”

In Yakima, we have a great resource to help kids deal with bullying. Her name is Maureen Mould. She creates and presents situational solutions to many youngsters at local schools and other events. Her methods of reaching children are fun, engaging, age appropriate, and very informative. Ms. Mould owns *Kaleidoscope Connection* and can be reached at (509) 452-2296.

*CSC's purpose is to mobilize and collaborate with stakeholders in the Yakima Valley who have a shared vision of a safe community.*

*CSC's mission is to strengthen community efforts to make our neighborhoods safe.*