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# Parenting News

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We are a group of parents in Linn County who want to be supports to other parents. We have difficult kids or kids with difficult behaviors, and have felt alone, misunderstood, isolated, confused, frustrated, and everything in between.

Support with other parents has been a lifeline, and reminded us that we do not have to be alone.

## Back To School

By Crystal Rowell

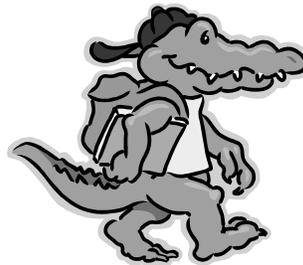
This summer seemed to go way too fast, and now it's time for thinking about the kids heading back to school. For parents of kids with behavioral problems, this can be scary. Will the new teacher know how to handle a kid like mine? How will my kid get along with the new teacher? How will (s)he respond to new classmates? In our Collaborative Problem Solving classes, one of the tools we use to help our kids is a proactive discussion.

Having a proactive discussion means sitting down with your child before these kinds of changes and talking with them about how they feel about it

and what might help them to be successful. One of the most important keys to these kinds of discussions is making sure that your child feels heard. It's important for them to know that their anxiety and concerns are important to you and that you are on their side. It is also important for them to know that you have concerns as well. One of the hardest parts of these conversations though, is not jumping to "fixing" right away. If we take the first concern the child brings up and try to solve it for them, we might be missing a deeper concern that will still make things difficult. One rule of thumb is to talk with and listen to your child until they have voiced at least

two concerns.

This is a very simplified explanation of a proactive discussion and there are many parts that have been left out. If you would like to learn more, we have new fall classes starting up in the first week of September in Albany, Halsey, and Lebanon. If you are interested, or haven't signed up yet, please call Debbi at (541) 971-0246 to reserve a seat. We would love to see you there.



## Avast! Speak Ye Pirate?

By Joel Wheeler

Way back in 1995 (before some of our kids were born!) a couple of guys were playing racquetball in Florida, and took to talking to each other in "pirate". This inspired them to try and setup an informal holiday, where one day a year people can let go of their seriousness and just be silly by talking like pirates. In 2002, columnist Dave Berry got wind of it, mentioned it in his

column, and a minor holiday has been the result. International Talk Like a Pirate day happens on September 19<sup>th</sup> every year, occurring on Monday this year, and is a great opportunity for some silly fun with the kids. Along with learning nautical terms, many still in use today on US Navy vessels, it's also a great opportunity for other lessons. For more information, or to learn some pirate lingo yourself, head over to

[www.talklikeapirate.com](http://www.talklikeapirate.com). For those without home access, the internet is available at the public library.

### Some Pirate Basics

**Ahoy!** - "Hello"  
**Arrr!** - Exclamation of approval or frustration  
**Avast!** - "Check it out!"  
**Aye!** - "Yes" or "I agree"  
**Aye aye!** - "I'll get right on that!"  
**Be** - "Am," "Are," or "Is"

Volume 1, Issue 2

September 2011

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## Activities

- Sept 9-10—Roots & Rhythms Festival; Academy Square, Lebanon; 11a-9p
  - Sept 10-11—SickTown Derby Dames Roller Derby; Albany Fairgrounds
  - Sept 10—Oregon Jet Sprint Boat Races; 33131 Witt Dr., Tangent; 10a-5p
  - Sept 14-18—Border Collie National Trials; Albany Fairgrounds
  - Sept 17—50's in the Fall Car Show; River Park, Lebanon; 9a-4p
  - Sept 17-18—Horse Show; Albany Fairgrounds
  - Sept 24-25—National Alpaca Days; 2 Rivers Country Trail
  - Sept 30-Oct 2—Oregon Barrel Racing; Albany Fairgrounds
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**Matey** - A friend  
**Smartly** - Quickly  
**Ye** - "You"  
**Yer** - "Your"



# The Outdoor Report

By Robert Meston

The Wildlife Safari is a habitat home to more than 600 animals. The Safari has a free section called "The Village", where visitors can view some animals, with a petting zoo and playground. For a fee, people can drive a 4.5 mile route.

www.wildlifesafari.net  
 541-679-6761  
 Winston, OR 97496  
 Adults (13-59) \$17.99  
 Children (4-12) \$11.99  
 Children (under 4) FREE

It's time to start preparing for crabbing, as the season for crab yielding lots of meat nears us. Typically, crabbing is best in the months with the letter "r" in the name.



# Summer Jubilee

By April Wheeler

The Lebanon church community holds an annual school supplies drive for local children, Summer Jubilee, on the 3rd weekend in August at Century Park. The Free Methodist Church asked the Family Support Volunteers to help, and to donate crayons, and we delivered 94 boxes!

Along with the distribution of supplies, there will be food and fun activities, such as a bouncy gym.

## Family Fun!!!

### Fast Summer Salad

By Mellie Meston

#### Ingredients:

- 2 cans chicken (drain)
- 1 can sliced olives (drain)
- 2 small green onions (diced)
- 1 TBSP garlic (diced)
- 1 bag mixed spiral noodles
- 1 Green Goddess salad dressing
- 3-4 TBSP Parmesan cheese

#### Directions:

Cook noodles 10 min. or as bad directs. Drain noodles, and run cold water over them to cool. Add in the chicken, olives, green onions, and mix. Add in garlic and dressing to desired consistency; 2.5 cups of dressing is standard.

### Actual Excuse Notes

Please excuse John being absent on Jan. 28, 29, 30, 31, 32, and also 33.

Please excuse Gloria from Jim today. She is administering.

Please excuse Roland from P.E. for a few day. Yesterday he fell out of a tree and misplaced his hip.

Mary could not come to school because she has been bothered by very close veins.

My son is under the doctor's care and should not take P.E. today, Please excuse him.

Please excuse Jimmy for being. It was his father's fault.

For more, please visit: <http://www.funny-stuff-central.com/excuses.php>

## Upcoming Class Schedule

Albany classes are at Eastside Christian Church, 1910 Grand Prairie Rd. starting Sept. 8th.  
 CPS Phase 2: Thursdays 12:30-2:30. Registration will begin at 12pm.  
 CPS: Thursdays 5:45-7:45. Registration will begin at 5:30pm.

Lebanon/Sweet Home classes are in Lebanon at the Free Methodist Church, 580 F St. starting Tuesday, Sept. 6th. Class time is 12:30-2:30, with registration at 12pm Sept. 6th.

Halsey/Harrisburg classes will be in Halsey; location is yet to be determined. They will be on Thursdays, beginning on Sept. 8th. Registration will start at 12pm on Sept. 8th.

Comments, questions? Contact us by phone or through e-mail:  
 541-971-0246 or [parentingquestions@hotmail.com](mailto:parentingquestions@hotmail.com).



To submit an article or feedback, write to [preditors@gmail.com](mailto:preditors@gmail.com) or talk to Crystal Rowell.