



# Parenting News



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.

## Lessons From Crafting

By Crystal Rowell

I love to craft. It is a passion of mine. I enjoy crocheting, paper crafts, wirework, and just about anything else I come across. Recently, it occurred to me that these crafts are more than a hobby. They had taught me something about how I see the people around me. These lessons have given me more patience with myself and others around me. Doing crafts with our kids gives us the opportunity to introduce these ideas to them too.

First, I have learned to see other people and myself as a craft in progress. No one is a completed project but is instead working to make themselves into the person they

dream of being. There are several stages in that journey, and I have no idea where they are on their journey.

Just like you can't judge a project before it is completed, we can't judge others or ourselves as we are now. My crafts go through a lot of phases. In the beginning I'm excited about what it's going to be, then after a while, sometimes I get discouraged or bored and I slow down. Sometimes I get to a point where I am not sure what comes next and I set the project aside for a while to figure it out. People go through all of these stages and none of them indicate

how good or bad a person is.

Beautiful crafts often come from plain or even ugly beginnings or components. Our beginnings or events that happen in our lives don't determine who we are ultimately going to be. They are merely pieces and it's what we do with them that matters.

And finally, beauty is different for everyone and without that difference, my idea of beauty wouldn't be as impactful. It is often through contrast that we can see things more clearly. Without our diversity, physical, mental, behavioral, and emotional, life would be drab and boring.

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## Activities

- Wed & Thurs (10:30a), Mon (7p), Storytime with a puppet show, Albany Public Library
- 3rd Mon every month, Lebanon Gardening Club, First Christian Church
- 1st Mon of month (6-8p), chess with pizza (free), Albany Main Library
- Aug 24-26 Northwest Art & Air Festival at Timber-Linn park in Albany.

*Savor the last days of summer vacation!!! :)*

## Summer Transition

By April Wheeler

With the end of summer rapidly approaching, our kids are faced with goodbyes. Goodbyes to summertime activities, to late mornings, to homework freedom, possibly to summer friendships, and yes, even us. I know my kids are struggling with the realization of friends who are moving—to other schools or

other states. This is a time kids will need our patience and understanding.

The adjustment from summer to school can be a rough one. Not only are they saying farewells, but they are introduced to newness. From teachers to classrooms, new routines and schoolwork. Our kids

face a doubly hard challenge this time of the year.

Our job as parents is to maintain boundaries and expectations,. But it's also to listen to their concerns, let them know (despite how very old we are) that we've been there too, and we understand the difficulty of dealing with all this change.



# Outdoor Corner

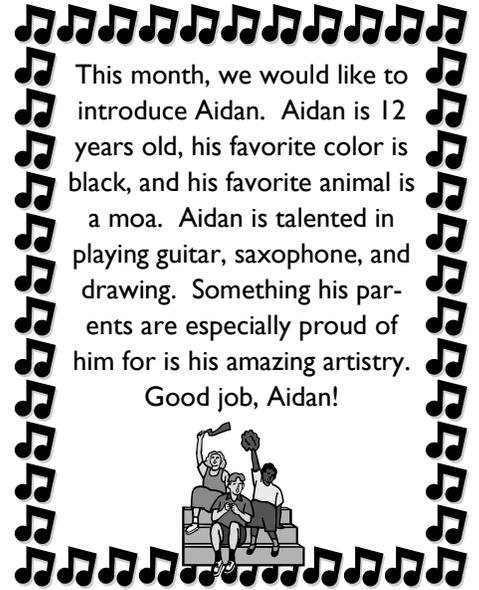
By Joel Wheeler

On August 6<sup>th</sup>, the latest Mars rover – Curiosity – landed on the red planet. While one cannot watch that directly, perhaps an evening of celebratory stargazing is in order. Mars will be visible in the evening sky all month long. The Perseids, one of the most well-known meteor showers, is already happening, and will peak around mid-month.

Chinook fishing on the Columbia should be good this month, and camping out in Oregon is always good in August.

If things are just too hot for you, there are many swimming holes around Linn County, especially along the Calapooia, along the Santiam, and at Foster or Green Peter. Even in the high summer, temperatures at Clear Lake range from 35-43F, which leaves those water amazingly clear (hence the name) and have kept the 3000 year gone forest under the lake still standing for all to see.

# August's Kiddo



This month, we would like to introduce Aidan. Aidan is 12 years old, his favorite color is black, and his favorite animal is a moa. Aidan is talented in playing guitar, saxophone, and drawing. Something his parents are especially proud of him for is his amazing artistry.

Good job, Aidan!



## Family Fun!!!

<p><b>Breakfast Berry Sauce</b></p> <p><b>Ingredients</b>                  2 ½ cups fresh or individually frozen berries                  1/3 cup sugar                  1/2 cup orange juice                  1 tablespoon cornstarch                  2 teaspoons lemon juice</p> <p><b>Directions</b>                  Combine berries, sugar, and 1/4 cup of OJ in saucepan. Warm mixture over moderate heat, stirring occasionally.</p>	<p>While berries heat, blend cornstarch into remaining OJ, using the back of spoon to dissolve lumps.</p> <p>Increase heat under pan and bring sauce to boil. Stir cornstarch mixture again and stir it into the fruit. Cook sauce at low boil for 1 minute, stirring constantly.</p> <p>Remove pan from heat and stir in lemon juice. Cool sauce for 5-10 min. Makes about 2 cups.</p>	<p><b>Olympic Puzzles</b></p> <p><i>Gold Medal Sudoku</i> - Every row, column and mini-grid must contain the letters M, E, D, A, L, and S.</p> <table border="1" data-bbox="820 1050 1161 1365"> <tr><td>S</td><td></td><td></td><td></td><td></td><td>D</td></tr> <tr><td></td><td></td><td>D</td><td>L</td><td></td><td></td></tr> <tr><td></td><td>S</td><td>M</td><td>D</td><td>A</td><td></td></tr> <tr><td></td><td>D</td><td>A</td><td>S</td><td>L</td><td></td></tr> <tr><td></td><td></td><td>L</td><td>E</td><td></td><td></td></tr> <tr><td>A</td><td></td><td></td><td></td><td></td><td>L</td></tr> </table>	S					D			D	L				S	M	D	A			D	A	S	L				L	E			A					L	<table border="1" data-bbox="1209 850 1485 1081"> <tr><td>S</td><td>T</td><td>R</td><td>A</td></tr> <tr><td>W</td><td>I</td><td>M</td><td>C</td></tr> <tr><td>P</td><td>D</td><td>K</td><td>F</td></tr> <tr><td>O</td><td>L</td><td>E</td><td>I</td></tr> </table> <p><i>Summer Olympics Boggle</i> - How many words can you find? Letters must be connected by a side or a corner.</p>	S	T	R	A	W	I	M	C	P	D	K	F	O	L	E	I
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### Upcoming Group Schedule

**Albany** groups: To be announced.

**Lebanon/Sweet Home** groups: To be announced.

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