



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.

What is a Father and how is he different from a Daddy, Papa, or Pop?

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Activities

By Tom McCauley

and my life mentor, Papa Jack Fousie. They were the men that opened me up to the man I would become. They showed me Tenderness and Patience. That taught me that your children emulate how you behave, rather than what you say. Each one showed me the Heart and Soul of what a truly loving Man can be. My Granddad taught me to fly fish when I was seven years old. It was quite an ordeal but I felt his patience, loving guidance till I got the hang of it. I can still hear his whispering voice and his calming touch. Papa Jack was my scout master and so much more. He walked me through my teen years. He

taught me strength and endurance. What integrity was and how to be an honorable Man, and how to survive in the woods and always find my way home. To take responsibility for my actions and that the truth was always my best friend. Even when I was at my worst he never failed to see the good in me. And for that, I am forever grateful.

I guess it just goes to show you that Fathers can be good men that we meet along the way of life. If you were lucky enough to get a good Dad, cherish him. If not, keep your eyes and Heart open. There are many out there overflowing with just what you need!

My dad was a tyrant ruling the roost with an iron fist when he was around. I hoped to be different, but in truth I was pretty much the same. It was based on generations of role modeling in our family. We thought order and discipline would create harmony in our family. The difference between my Dad and I was he saw his family as a burden, and I saw it as a bouquet. I adored my children. I liked each for their diversity. I know that some of my children might question adoration, but I think they would admit my commitment to every one of them.

I would like to honor two men: my Granddad Tom O'Reilly,

Geek Dad. Gamer Dad.

By Joel Wheeler

When I think back to my childhood, I don't remember much of it. There were events here and there, but mostly, I spent my childhood alone, as I was an only child, and since they say that strong memories tend to be tied to emotions, I don't have a lot stored on the hard drive that is my brain.

Of those few memories, the ones I treasure most are the ones when I shared something with my dad. To this day the only main-

stream sport I care for is basketball, because it's the one that my dad and I used to play. Baseball, football, and soccer just can't keep my attention.

This is Oregon, though, and there are more rainy days than sunny. My dad tried to play board games with me, but I wasn't a challenge. I remember playing chess, Monopoly, The Farming Game, Solarquest, and others. However, one can only play so much Monopoly before one is sick of it. I rarely if ever play it - it's complex and not

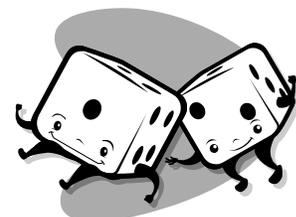
intellectually stimulating - it's all about what numbers show up on the dice.

This is why I was so thrilled to be (re)introduced to a game called Settlers of Catan. My kids really like to watch me when I play Civilization style games; this seemed like fun. Over the last few weeks, I've been introduced to some other table top games that are both interesting and challenging, and I look forward to getting my kids playing those.

It looks like I may have finally

- June 1-3, Lebanon Strawberry Festival; Cheadle Lake Park
- June 1, Albany Public Library Summer Reading Program starts.
- June 9 (9a-12p), Jim Bean Memorial Safety Fair; Sweet Home Police Department
- June 18 (7p), Bilingual Story time; main Albany Public Library
- June 20 (4p), Albany Millersburg Talking Water Gardens Opening Ceremony; 577 Waverly Dr. NE
- Lebanon Public Library is CLOSED June 11 to June 20.
- July 3 (6p-8p), Lebanon Concerts in the Park; Ralston Park
- July 4 (5:30p), River Rhythms; Monteith Park, Albany

found a way to connect with my kids, especially now that they're old enough to play the sorts of stimulating games that I enjoy. I just need to make sure that there is a nice selection from which to choose, so my kids don't get burned out on certain games like I did growing up.



Outdoor Corner

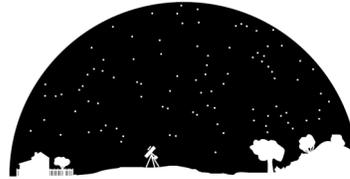
By April Wheeler

Solar eclipses, like the one on May 20th, are often well-publicized. Lesser known are the planets' transits. On June 5th, Venus will appear as a small black dot passing in front of the sun, which will not happen again until 2117. The best time for viewing in our area start in the mid-afternoon and goes for five or six hours. **Do not directly look at the sun; use appropriate safety glasses, welding glass, or a pinhole projector.**

(Instructions for making the projector can be found here: www.exploratorium.edu/eclipse/how.html)

On June 17th around dawn, Jupiter can be seen quite close to the moon, with Venus hanging out a little west, and toward the horizon. On the 21st, at twilight, Mercury is visible up and to the east. Saturn shows near the moon almost directly above the moon in the evening on the 27th (not to be confused with the bright star, Spica).

Keep looking to the night sky!



Family Fun!!!

New: Kid of the Month

Beginning next month, we would like to feature one of your kiddos each month. These kids will be nominated by their parents who will provide the information to be printed. Once submissions have been received, one will be chosen at random each month to be featured. To get the ball rolling, questionnaires will be provided to parents asking about their child with such questions as name, age, favorite color, something I'm proud of my kid for, etc. We look forward, as we hope you do, to meeting all your wonderful children.

- The Editors -

Ice Cream Pie

Easy, yummy, and refreshing on a hot day. This recipe is a must to keep on hand in the summer.

- 1 can frozen pink lemonade concentrate
- 1 quart vanilla ice cream
- 1 graham cracker crust

Blend together the ice cream and lemonade. You may need to soften the ice cream to

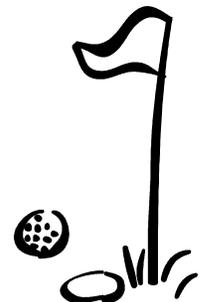
make it easier to blend. Pour mixture into graham cracker crust and chill in freezer until set (about 20 minutes)



Custom Mini-Golf

Just about anything can be used to make your very own mini golf course indoors or out. Styrofoam cups make great holes and any kind of small ball can be used. Empty paper towel rolls or wrapping paper rolls can be used for clubs. The really fun and creative part comes in making the course. All kinds of objects such as empty boxes, empty toilet paper rolls, even

stuffed animals can be used as obstacles or decorations. Each member of the family can make their own hole and challenge the other family members to make a hole in one.



Summer Group Scheduling

Albany group at Eastside Christian Church, 1910 Grand Prairie Rd.

First meeting: June 28th. CPS: Thursdays 6:00-8:00.

Lebanon/Sweet Home group at Free Methodist Church, 580 F St., Lebanon.

First meeting: June 26th. Time to be announced.

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



To submit an article or feedback, write to fsveditors@gmail.com or talk to Crystal Rowell.